

July 28, 2016 – Grand Rapids, MI

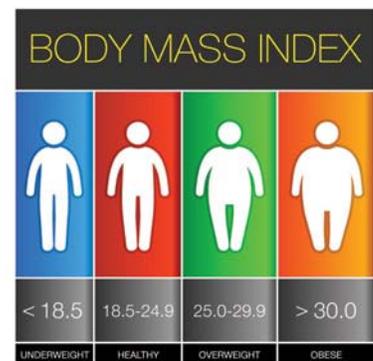
## Death by Obesity

The Global BMI Mortality Collaboration examined the mortality of being overweight and obese in most parts of the world. They purposefully did not include people in the meta-analysis who had ever smoked or had a chronic disease when the study began; that makes sense because both can affect mortality within the five-year span they were examining. The range of the subjects was 20 to 89 years old and a BMI greater than 15.0.

They performed a hazard ratio analysis of the combined data, which examines the rate of an event (in this case death) within each weight category during a specific time period of five years. Of the close to four million subjects, 385,879 subjects died within that time, or almost 10%.

The researchers set the risk of death in the normal weight category of 18.5 to 25.0 as the norm. As the rate of overweight and then obesity increased, so did the mortality. Here are the specific numbers.

BMI 15.0 – 18.5: 47% greater risk  
BMI 18.5 – 24.9: normal risk  
BMI 25.0 – 29.9: 11% greater risk  
BMI 30.0 – 34.9: 44% greater risk  
BMI 35.0 – 39.9: 92% greater risk  
BMI >40.0: 171% greater risk



Why would people die at a greater rate with a low BMI? Chronic starvation, including anorexia, and the possibility that someone had an undiscovered wasting disease or one developed during the five years.

How did specific regions of the world do? I'll let you know in the message on Saturday.

I hope to see you at the [Live in Dallas](#) seminar!

What are you prepared to do today?

**Dr. Chet**

Reference: [http://dx.doi.org/10.1016/S0140-6736\(16\)30175-1](http://dx.doi.org/10.1016/S0140-6736(16)30175-1).

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