



July 30, 2016 – Dallas, TX

## Obesity: A Global Problem

The overwhelming conclusion by the Global BMI Mortality Collaboration is that the rate of mortality linked with the degree of obesity follows the same pattern in the entire world with one exception: South Asia. If you look at the graphs of the mortality rate per BMI category, they're virtually identical in North America, Europe, Australia, New Zealand, and East Asia. One of the reasons that South Asia might be different was that only three studies were included in the analysis.

We are not alone in our fight to lose weight and get healthier. Actually, that's a completely different question and one that hasn't been answered in research to date. Just as the assumption that as BMI increased so would mortality in this world study, the question of decreased mortality with weight loss hasn't been answered yet. It seems obvious but we don't have the data to support.

That shouldn't change our effort. We know that overweight and obesity contributes to type 2 diabetes, hypertension, and cancer among other diseases. We can reduce our risk of getting those diseases by losing weight and maintaining it. If we can do that, we can lead the world in getting healthier and more than likely, reducing our risk of an early mortality.



Eat less. Eat better. Move more. It's not overly complicated. Let's teach the world how it's done.

I hope to see you today at the [Live in Dallas](#) seminar! If you're not already registered, you can register at the door—you've got until 2 p.m. to get to the Park West Omni.

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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