

The President's Challenge

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OBESITY CAN CUT YEARS OF LIFE OF ADULTS AND YOUTHS

A recent study appearing in the January 7, 2003 edition of the Annals of Internal Medicine suggests that people who are overweight or obese at or above the age of 40 will have a shortened life expectancy by at least 6 to 7 years. Obese and overweight smokers can double this number. A similar study conducted at the Johns Hopkins University School of Medicine has found similar trends in those obese and overweight individuals at the age of 20. Obesity is classified as being over 20 percent more than an individual's maximum healthy body weight. This added weight strains and stresses the heart and body to a difficult degree and increases the likelihood of diseases such as diabetes. To read the full details of these two studies, please visit <http://www.cnn.com/2003/HEALTH/diet.fitness/01/06/obesity.mortality/index.html> and <http://www.cnn.com/2003/HEALTH/diet.fitness/01/08/obesity.young.reut/index.html>