

Lighten Up!

OBESITY FACTS

- About **65%** of U.S. adults older than 20 are either overweight or obese, with 30 percent obese.
- In South Carolina, more than 3 in 5 adults are either overweight or obese; 1 in 4 is obese.
- The prevalence of overweight and obese U.S. adults increased 16 percent "in ten years"
- The percentage of U.S. children ages six to 19 who are overweight has more than tripled since 1980.
- The U.S. Department of Health and Human Services Healthy People 2010's goal is to reduce the prevalence of obesity among U.S. adults to below 15 percent.
(SOURCE: U.S. Department of Health and Human Services, S.C. Department of Health and Environmental)
- From 1977 to 1995, Americans decreased walking trips by 40 percent, while increasing car trips by 90 percent.
- Diabetes: Seven percent of Americans have diabetes; experts predict that 30 percent to 40 percent of all children born in the U.S. in 2000 will be diagnosed with diabetes during their lifetime.
- Arthritis cases linked to obesity rose from 3 percent in 1971 to 18 percent in 2002

ACROSS THE NATION

U.S. targets obesity, diabetes in veterans

Items compiled from Tribune news services
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Childhood obesity time bomb explodes

By Beezy Marsh and David Harrison
(Filed: 26/02/2006)

Soaring levels of obesity have sparked a crisis of "adult" diabetes in children, a new study has revealed.

Wellness programs catching on

HEALTH: Schools, state, companies trying to battle weight problems

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Israeli doctors find a link between obesity and eye diseases

age-related macular degeneration (AMD), cataracts, glaucoma and diabetic retinopathy.

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Obesity threatens to 'collapse' public health care system

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The [New Zealand](#) Parliament's health committee announced yesterday that it will hold an inquiry into obesity, saying the country was in the grip of an epidemic which threatens to collapse the public health system.