Beating Obesity Is Not Mission Impossible

Level 2: Notes

- Obesity prevalence rates rising out of control, never seen before in human history

- Can we reverse the trend?

- Dr. Michael Dansinger, Obesity Researcher at Tufts-New England Medical Center: yes!

- 4 reasons:

  - 1st: Many people making healthy lifestyle choices. would have more body fat if not making effort, deserve praise as models

  - 2nd: Variety of excellent fruits and vegetables available 364/364. Recipes from every culture readily accessible, healthy prepared foods more easily obtainable & affordable

  - 3rd: previous long-term weight loss results have been disappointing but health professionals design more effective systems to maintain lost weight, e.g: lifestyle coaching

  - 4th: power of the "will of the people" use of government power to offset the factors that promote obesity, e.g: limit advertising of unhealthy food, strengthen lifestyle teaching in schools, create stronger financial incentives to adhere to lifestyle recommendations. The eager the people are to fight the obesogenic environment, the more responsive and effective governments will become

- Reasons for optimism. Beating obesity = difficult mission, but not impossible

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