

Obesity can reduce life expectancy by up to 8 years

A recent study reported in the medical journal Lancet, showed a decrease in life span caused by excess body weight.

They found that the effect of excess weight on years of life lost was greatest for young individuals and decreased with increasing age. The loss in longevity was greatest in the very obese group with an average of 8.4 years lost for those under 40 years old and 0.9 years for those over 60 years old.

The Researchers conclude that the data showed “both healthy life-years and total years of life lost show the effect of excess bodyweight on cardiovascular disease and diabetes, and might provide a useful health measure for discussions between health professionals and their patients.”

This is what we all suspected for a long time. It is not healthy to be overweight. It further shows that losing weight can add years of life by avoiding cardiovascular disease and diabetes.

Editorial: We believe that wellness, nutrition, exercise and an overall healthy lifestyle are the keys to creating a healthy, happy and productive Nation. If you are concerned about your weight there are many resources that can lead you to weight loss. We suggest that you consult with your healthcare professional and also look at the many digital and online resources. You can find a selection of these on the EZHealthAccess.com website and the M-health button.

Bibliography

Grover SA, Kaouache M, Rempel P, et al. Years of life lost and healthy life-years lost from diabetes and cardiovascular disease in overweight and obese people: a modeling study. *Lancet*. 2014 December 5 [epub ahead of print]. doi:10.1016/S2213-8587(14)70229-3.