

10 Minutes That Can Save Your Life!

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On February 20, 2014, Gallup-Heathway's researchers unveiled new data from their annual survey, "The State of American Well-Being; 2013 State Rankings and Analysis". This year there has been a marked increase in the rate of obesity across all states. Mississippi and West Virginia are the most obese states in the country with 35% of people in both states qualifying as obese. What really stands out in the study is that in 2012, just 1 year earlier, only 5 states registered more than 30% of their population as obese; and yet, in 2013, every state in the top ten most obese states had surpassed the 30% mark.

In their report, Gallup defined people as obese if they had a body mass index of 30 or greater. They surveyed more than 178,000 adults during 2013. Montana and Colorado were the least obese states with about 2 in 10 people registering in the obese range. What is really alarming is that if you add the people that are overweight, defined as those with a BMI greater than 25, to Gallup's numbers you would come up with an astounding 64% of adults in the United States are overweight or obese! The full report can be viewed at:

<http://info.healthways.com/wbi2013>

In the 1970's no one would have thought that in just 40 years a 30 billion dollar industry would emerge that caters to the overweight and obese in our country. WideBodies Furniture, in New Braunfels, Texas is an example of one business capitalizing on the obesity epidemic. Below is an image of an elegant plus size chair that is marketed to 'robust' individuals.



Due to the epidemic of diabetes, we are facing a national health crisis of peripheral vascular disease, critical limb ischemia, soaring amputation rates, kidney failure, heart attack, stroke and blindness. In light of the news that obesity rates are still climbing, I thought a synopsis of the recently released study data on Diabetes would be timely.

New data just published in the Surgeon General's 50th Anniversary report on smoking, concluded for the very first time that, "The evidence is sufficient to infer that cigarette smoking is a *cause* of Diabetes". Active smokers have a 30-40% higher risk of developing Type 2 Diabetes compared with nonsmokers. The new Surgeon General's report provided several biologic mechanisms for the causal connection between smoking cigarettes and the development of Type 2 Diabetes. The report noted that smoking promotes central obesity and increases inflammatory markers and oxidative stress, all of which are implicated in the development of Diabetes.

A new study from Harvard School of Public Health, found that coffee consumption is strongly associated with a reduced risk of Type 2 Diabetes. What was interesting about this study is that it did not matter whether the coffee was caffeinated or decaffeinated. Researchers found that 6 cups of coffee a day was associated with a 33% lower risk of Type 2 Diabetes. That may sound like a lot of coffee but with the jumbo sized mugs commonly used by consumers today, many coffee drinkers are consuming that amount each day.(1)

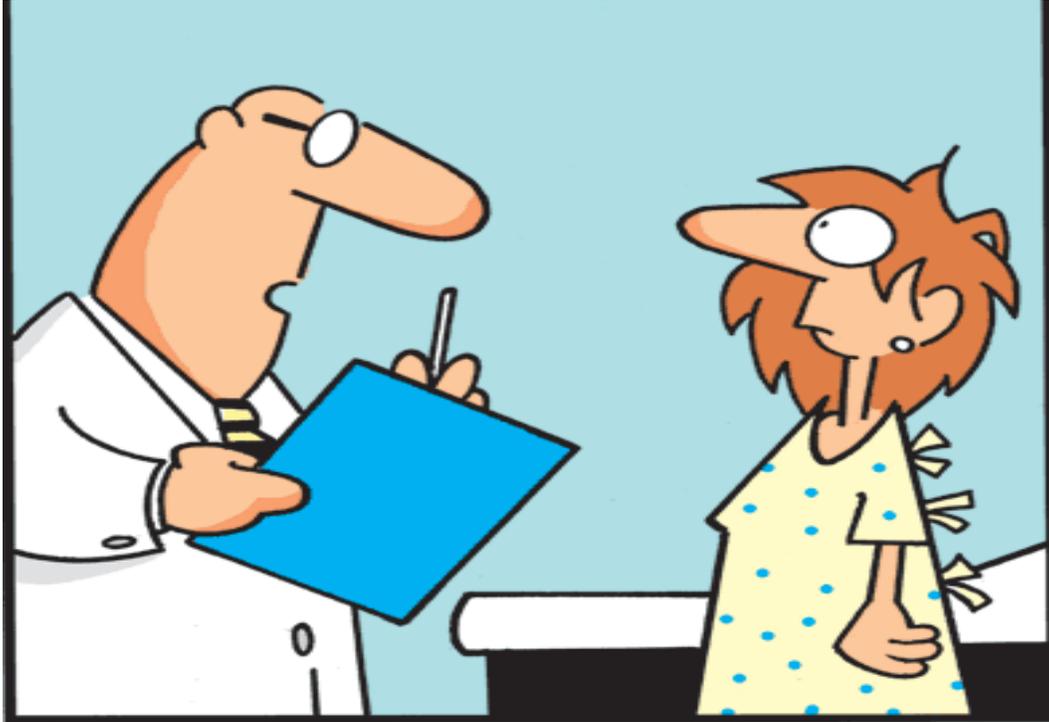
Results from a new observational study by The University of Cambridge School of Clinical Medicine in the United Kingdom were recently detailed on Medscape. The University is reporting that subjects with the highest consumption of low-fat yogurt had a 28% lower risk of developing Type 2 Diabetes. The researchers

stated, "Swapping snacks, such as potato chips, for low-fat yogurt can cut the risk of developing Type 2 Diabetes by almost half."(2)

Research from The Interdisciplinary Center for Psychopathology and Emotion Regulation at the University Medical Center Groningen in the Netherlands showed, for the very first time, that eating disorders are linked to adult onset diabetes. The study showed that individuals with binge eating or bulimia were more than twice as likely to have diabetes. This data brings to mind, the Actor Tom Hanks, who recently announced he had developed diabetes. His doctors speculate it is due to his fluctuating weight over his film career. Hanks gained and lost weight for various film rolls during his career. In the movie Philadelphia, he lost 26 pounds. In Shipwrecked, Hanks gained 40 pounds and subsequently lost 50 pounds during the filming of the movie. The lead researcher stated, "The particularly strong association found between eating disorders and diabetes was surprising to me". This new study also showed that individuals with depression were 30% more likely to be diagnosed with Type 2 Diabetes. (3)

Not too long ago, the prestigious medical journal "JAMA" devoted an entire issue to the topic of obesity. In addition, The Trust for America's Health and the Robert Wood Johnson Foundation produced the report, "F as in Fat: How Obesity Threatens America's Future 2013." The report reveals stunning statistics about obesity. It also forecasts that if trends do not change, by 2030 the obesity rate for adults in the US could surpass 44%. In addition, the report states that rates could exceed 50% in 39 states and 60% in 13 states!

The American Diabetes Association calculates that in 2013 the number of Americans with Diabetes to be nearly 26 million with an additional 79 million to be Pre-Diabetic. In view of the current rapid upward trend in obesity and the multitude of diseases and conditions directly exacerbated or precipitated by obesity and diabetes, the question begs to be asked; Is the "healthy" patient on the path to becoming an anomaly?



**“You have a rare condition called ‘good health’.
Frankly, I’m not sure how to treat it.”**

1. Ming Ding, Shilpa N Bhupathiraju, Mu Chen, Rob M van Dam, and Frank B Hu. Caffeinated and Decaffeinated Coffee Consumption and Risk of Type 2 Diabetes: A Systematic Review and a Dose-Response Meta-analysis. *Diabetes Care* February 2014 37:2 569-586; doi:10.2337/dc13-1203 1935-5548
2. **Eating Low-Fat Yogurt Cuts Risk of Type 2 Diabetes.** *Medscape*. Feb 07, 2014.
3. Peter de Jonge, Jordi Alonso, Dan J. Stein, Andrzej Kiejna, Sergio Aguilar-Gaxiola, Maria Carmen Viana, Zhaorui Liu, Siobhan O’Neill, Ronny Bruffaerts, et al. **Associations between DSM-IV mental disorders and diabetes mellitus: a role for impulse control disorders and depression.** *Diabetologia*, April 2014, Volume 57, Issue 4, pp 699-709