

Medical Edge Radio from Mayo Clinic

Obesity Trends

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	HOW MUCH DO YOU WEIGH? AMERICANS ARE BIG AND GETTING BIGGER. OBESITY IS ON THE RISE AND IT'S A MAJOR HEALTH CONCERN.
Dr. Donald Hensrud	"THE CONSEQUENCES ARE MORE THAN COSMETIC. IT CAN LEAD TO TYPE TWO DIABETES, HYPERTENSION, CORONARY ARTERY DISEASE, ARTHRITIS, AND THE LIST GOES ON AND ON."
	MAYO CLINIC NUTRITION EXPERT, DR. DONALD HENSRUD SAYS OBESITY RATES HAVE CLIMBED

	<p>DRAMATICALLY IN THE PAST 20 TO 30 YEARS. SO WHAT'S HAPPENED? DR. HENSRUD BELIEVES MUCH IS DUE TO LIFESTYLE CHANGES. AT WORK WE SPEND MORE TIME SITTING IN FRONT OF COMPUTERS. WE DRIVE MORE, DINE OUT MORE AND EAT MORE CALORIES.</p>
Dr. Hensrud	<p>"THE INVIRONMENT HAS CAUSED US, IN A NUTSHELL, TO DO LESS AND EAT MORE. AND THOSE ARE THE FACTORS THAT NEED TO BE REVERSED."</p>
	<p>DR. HENSRUD FEELS WE'RE JUST STARTING TO TAKE THIS PROBLEM SERIOUSLY, BUT THERE'S MUCH WORK AHEAD TO REVERSE THE TREND.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>
