

Weight can affect health, life span

July 28 2006

Overweight Americans usually are sick considerably more than their thinner contemporaries, look older and die younger, a new survey shows.

Researchers at Columbia University in New York found that overweight and obese women spend an average of three more years in ill health than normal-weight women. Heavy men, on average, are sicker one more year than their thinner counterparts.

The survey indicates further that overweight Americans are sicker late in life than normal-weight people and die prematurely, USA Today said.

Heavy people are more likely to suffer from pain, arthritis, type 2 diabetes, heart disease and other illnesses.

About 136 million U.S. adults are overweight or obese, government reports say. About one-third of children and teens, or 25 million children, are overweight or at risk of becoming so, the survey shows.

Copyright 2006 by United Press International

Citation: Weight can affect health, life span (2006, July 28) retrieved 25 April 2024 from <https://medicalxpress.com/news/2006-07-weight-affect-health-life-span.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--