

Weight disqualifies one in three young adults from US military

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(HealthDay)—One-third of young adults in the United States are too overweight to be in the military, according to a report from a group of retired military leaders.

The document was released Wednesday by Mission: Readiness (Military Leaders for Kids), a nonprofit, non-partisan group that is promoting healthy school lunches as a way to tackle the problem of obesity among young Americans, the *Associated Press* reported. Obesity is one of the main reasons why people ages 17 to 24 are deemed ineligible for the military. Other reasons include too little education, drug use, or a criminal history.

"We think a more [healthy lifestyle](#) over the long term will have significant impacts on both the military posture—those available to get into the military—and across our society as a whole from a medical perspective," retired Brigadier Gen. John Schmader told the *AP*.

Since 2002, there has been a 61 percent rise in obesity among the U.S. military's active duty forces, resulting in higher costs for obesity-related health care and replacement of unfit personnel, according to the report.

More information: [Health Highlights: July 16, 2015](#)

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