

Parish Nurses Notes

December 1, 2025

Say it isn't so! Nearly 7 in 10 American adults are now classified as obese.

For decades, obesity was defined as having an elevated Body Mass Index (BMI). This metric is obtained by dividing your weight in pounds by your height in inches. This was unfair to those who were into weight training and were very muscular. So other factors such as waist circumference, waist to height ratio and waist to hip ratio are now incorporated into the assessment. (I personally think it is now unfair to those of us who have lost height due to osteoporosis! But I digress.)

Researchers at Harvard Medical School and Massachusetts General Hospital used the U.S.-based "All of Us" database to determine the prevalence of obesity under the new definition. 68.6% of us are considered obese now. It doesn't surprise me that obesity is more prevalent with older age.

In 2024, the CDC stated that obesity is a "common, serious, and chronic disease" in the United States. The CDC says that our dietary habits and our exercise habits are the greatest determinant of whether we become obese or not. Did you know that fewer than one in ten of us are eating the recommended daily amount of vegetables?! And only one in four of us are fully meeting our daily physical activity requirements.

Just sharing some "food for thought". At least thinking won't make us fat. Well, if I think about Baskin-Robbins Pralines and Cream too long it might!!

Stop by our table on Sunday for a free blood pressure check.