

## Obesity has Caused Soaring Numbers of Diabetics

The Centers for Disease Control and Prevention recently reported on a new study indicating self-reported diabetes has soared in the past six years. They also state that obesity is the primary reason for this dramatic increase. Groups that have an increased risk are older populations, poorly educated, and minorities. Minorities show a predisposition to developing diabetes, more so than white Caucasians. The initial study was done on a regional basis; the newest study included the entire nation. The results were alarming, and the CDC are concerned there will be increased problems on the horizon.

This trend was investigated and it was determined the cause was not as a result of better detection. The ratio for those diagnosed with diabetes remained within the normal age range. They did not find diabetes in the rise among the younger and healthier population. Scientists believe that fasting glucose tests are more accurate for diabetes diagnosis than oral glucose-tolerance tests. The studies did not demonstrate a higher rate of stroke, heart disease, hypertension, or other chronic diseases. Diabetes alone has emerged as a major health concern. It is the sixth leading cause of death from complications such as high blood pressure, heart disease, and blindness.

Receiving a diabetes diagnosis does not automatically cause people to make a better effort to get in shape. In fact, the opposite is true; the generation suffering from diabetes is also the most obese. In our current culture and society, it is simple to sit in front of the television and snack, eat too much during mealtimes, and purchase fast-food that is high in fats. An adult merely needs to lose between five and seven percent of their body fat to reduce their diabetes and heart disease risk. A 200-pound person would require only ten lost pounds to see benefits. An increase in exercise level, striving towards 30 minutes a day of moderate activity will have good results.

A moderate lifestyle change will not only help reduce the risk of diabetes development but also will benefit your health in countless other ways. Exercise also has positive benefits for heart problems, circulation problems, osteoporosis, as well as many other health concerns. Moderate walking and mild stretching routines are a good way to initiate a healthy exercise regimen. It is important to consult your doctor before beginning any new exercise program. Your doctor will be able to guide you as you are starting out and give you helpful ways to begin. Studies have indicated that even slow walking, instead of the recommended brisk walk will offer many benefits. Gentle exercises for strength or yoga routines are good ways to start a new exercise program. It is also beneficial to try parking your car farther from the store in the parking lot when you go shopping. This adds a few extra steps to your daily routine and, if you do it consistently, the steps will add up. You may even want to begin marching in place during television commercials. One woman who began doing this has reported improved feeling of well-being and more incentive to eat healthy and to get more exercise.

Healthy eating, more exercise, and improved body care will help decrease your diabetes risk.