



Breaking: US Obesity Rates Drop After 10+ Years – ScienceAlert

Description

In a significant shift, the number of individuals classified as obese in the United States has seen a decline for the first time in over a decade, sparking optimism among experts for a potential reversal of troubling health trends.

An in-depth analysis conducted by the Computational Epidemiology Lab at Boston Children's Hospital and Optum Life Sciences delved into the health records of more than 16.7 million individuals, meticulously matching data to ensure a more accurate representation of the US population.

The data unveiled a decline in both the average body mass index (BMI) and obesity rates across the population in 2023, following a steady increase since 2013, which plateaued in 2022.

While data for 2024 is not yet available, the shift signifies a promising trend where more individuals are amending their dietary habits and increasing physical activity to enhance their overall well-being.

Obesity chart or type unknown

The study data shows a leveling off. (Rader et al., *JAMA Health Forum*, 2024)

The average BMI values were 30.23 for 2021, 30.24 for 2022, and decreased to 30.21 in 2023, accompanied by a similar pattern in obesity rates, calculated as the percentage of individuals with a BMI of 30 or higher.

While a high BMI does not directly correlate with individual health status, it serves as a gauge for health and mortality rates within a population, making the upward trend in obesity rates a pivotal public health concern.

"These findings indicate a decline in BMI and obesity prevalence in the US during 2023, marking the first such decrease in over a decade," as outlined by the researchers in their published study.

Considering the unweighted raw data from study participants, obesity rates were documented at 46.2% in 2021, 46.0% in 2022, and 45.6% in 2023.

The most notable decreases in obesity were observed in Southern states and among individuals aged 66 to 75, with women showing a more significant drop compared to men – offering valuable insights for future investigations.

The researchers suggest that the increased utilization of GLP-1 medications for weight management, including Ozempic, Wegovy, and Mounjaro, may account for these positive outcomes, particularly prevalent in the southern regions of the US.

Nonetheless, drawing definitive conclusions is premature. A comprehensive database is necessary to affirm the ongoing reduction in adipose tissue among Americans.

"Obesity and BMI, while valuable proxies, merit further exploration of alternative body composition measures and potential determinants behind these observed shifts," the researchers suggest.

The trajectory of obesity rates remains uncertain. Some experts forecast a persistent increase, while others harbor doubts. However, the desired direction is apparent, given the numerous health implications linked to excess weight, ranging from cognitive decline to heightened cardiovascular risks.

"Despite persisting concerns over obesity, the documented reductions in obesity prevalence signify an encouraging departure from longstanding escalations," the researchers highlight.

The study has been presented in *JAMA Health Forum*.

Vocabulary List:

1. **Obese** /əʊ'bi:s/ (adjective): Extremely overweight usually defined as having a body mass index (BMI) of 30 or higher.
2. **Prevalence** /'prɛvələns/ (noun): The fact or condition of being widespread or common in a particular area or at a particular time.
3. **Meticulously** /mə'tɪkjələsli/ (adverb): In a way that shows great attention to detail; very thoroughly.
4. **Utilization** /,ju:tɪlə'zeɪʃən/ (noun): The action of making practical and effective use of something.
5. **Trajectory** /trə'dʒektəri/ (noun): The path followed by a projectile or an object moving under the action of given forces; also used to describe a pattern of development.
6. **Cognitive** /'kɒɡ.nɪ.tɪv/ (adjective): Relating to the mental action or process of acquiring knowledge and understanding through thought experience and the senses.



Comprehension Questions

Multiple Choice

1. What is the main subject of the analysis conducted by the Computational Epidemiology Lab at Boston Children's Hospital and Optum Life Sciences?
Option: Average BMI trends in the US
Option: Obesity rates in the US
Option: The impact of GLP-1 medications on weight management
Option: Dietary habits of Americans
2. Which year showed a decline in both average BMI and obesity rates in the US population?
Option: 2019
Option: 2020
Option: 2021
Option: 2023
3. According to the researchers, what may account for the positive outcomes in reducing obesity rates in the US?
Option: Increased physical activity
Option: Improved dietary habits
Option: Utilization of GLP-1 medications
Option: Genetic predisposition
4. Which demographic group showed the most notable decreases in obesity rates?
Option: Children under 10
Option: Individuals aged 20-35
Option: Individuals aged 66-75
Option: Elderly above 75
5. What do the researchers highlight as necessary to affirm the ongoing reduction in adipose tissue among Americans?
Option: Further dietary studies
Option: Comprehensive database
Option: Medical interventions
Option: Public awareness campaigns



6. What do the researchers suggest requires further exploration regarding obesity and BMI?

- Option: Genetic influences
- Option: Socioeconomic factors
- Option: Alternative body composition measures
- Option: Psychological impacts

True-False

7. The number of obese individuals in the US has consistently increased since 2013.
8. The decline in BMI and obesity prevalence in 2023 is the first such decrease in over a decade.
9. The study data suggests a potential persistent increase in obesity rates in the future.
10. GLP-1 medications such as Ozempic, Wegovy, and Mounjaro are primarily used in the northern regions of the US.
11. The reduced obesity rates are particularly significant in the Western states of the US.
12. According to the researchers, high BMI directly correlates with better individual health status.

Gap-Fill

13. The average BMI values were 30.23 for 2021, 30.24 for 2022, and decreased to _____ in 2023.
14. The obesity rates documented for 2021 were at 46.2%, while in 2023, they dropped to _____.
15. The researchers suggest that the increased utilization of GLP-1 medications for weight management may account for the positive outcomes, particularly prevalent in the _____ regions of the US.
16. Some experts forecast a persistent increase in obesity rates, while others _____.



17. The reduction in obesity prevalence signifies an encouraging departure from longstanding _____.

18. Despite persisting concerns over obesity, the documented reductions in obesity prevalence signify an encouraging departure from longstanding _____.

Answer

Multiple Choice: 1. Average BMI trends in the US 2. 2023 3. Utilization of GLP-1 medications 4. Individuals aged 66-75 5. Comprehensive database 6. Alternative body composition measures

True-False: 7. False 8. True 9. False 10. False 11. False 12. False

Gap-Fill: 13. 30.21 14. 45.6% 15. southern 16. harbor doubts 17. escalations

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the ability to recover from setbacks and adapt to challenges?

Option: Mend

Option: Resilience

Option: Fatigue

Option: Crystalline

2. Which word describes a fact or situation that is observed to exist or happen?

Option: Transformative

Option: Phenomenon

Option: Exacerbate

Option: Solace

3. What term refers to extreme tiredness resulting from mental or physical exertion?

Option: Aggravate

Option: Fatigue

Option: Mindfulness

Option: Resilience

4. What word means comfort or consolation in a time of distress or sadness?

Option: Resilience



- Option: Nourishment
- Option: Solace
- Option: Prevalence

5. Which term describes a person significantly overweight?

- Option: Obese
- Option: Prevalence
- Option: Meticulously
- Option: Utilization

6. What adjective relates to mental processes such as perception memory and problem-solving?

- Option: Trajectory
- Option: Cognitive
- Option: Hydration
- Option: Myriad

7. Which adverb means in a way that shows great attention to detail?

- Option: Causation
- Option: Dehydration
- Option: Meticulously
- Option: Consultation

8. What term means a countless or extremely great number?

- Option: Comprehensive
- Option: Dismemberment
- Option: Cannibalism
- Option: Myriad

9. What concept refers to the denial of someone's human qualities or rights?

- Option: Cannibalism
- Option: Dehumanization
- Option: Vendettas
- Option: Extravagant

10. Which term describes something lacking restraint in spending money or using resources?

- Option: Gruesome
- Option: Extravagant
- Option: Vendettas
- Option: Dismemberment

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)



11. Experiencing a challenging situation can be _____ leading to personal growth.
12. Lack of sleep can worsen or _____ existing health issues.
13. Proper _____ is essential for overall health and cognitive function.
14. Efficient _____ of available resources is crucial for sustainable development.
15. A balanced diet ensures the body receives adequate _____ for optimal functioning.
16. The artist's work reflected the _____ clarity of a perfect diamond.
17. It is advisable to seek _____ with a healthcare professional before starting a new exercise regimen.
18. A _____ study of the issue revealed various underlying factors.
19. Feuds and _____ can lead to long-standing conflicts between families or groups.
20. The company's positive financial _____ continued for several quarters.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The athlete's ability to bounce back from a career-threatening injury showcased true .
22. After the conflict efforts to relationships within the community were successful.
23. Practicing daily meditation promotes a state of focused awareness known as .
24. A study on the of mental health disorders revealed alarming statistics.
25. Understanding the root of a problem is crucial for effective solutions.
26. Severe can lead to serious health complications if left untreated.
27. The horror movie depicted scenes of violent unsettling the audience.
28. The survival story involved desperate acts of in extreme conditions.
29. The crime scene investigation revealed details that shocked even seasoned detectives.



30. Failure to address the issue promptly may only serve to the problems faced by the community.

Answer

Multiple Choice: 1. Resilience 2. Phenomenon 3. Fatigue 4. Solace 5. Obese 6. Cognitive 7. Meticulously
8. Myriad 9. Dehumanization 10. Extravagant

Gap-Fill: 11. Transformative 12. Aggravate 13. Hydration 14. Utilization 15. Nourishment 16. Crystalline
17. Consultation 18. Comprehensive 19. Vendettas 20. Trajectory

Matching sentence: 1. Resilience 2. Mend 3. Mindfulness 4. Prevalence 5. Causation 6. Dehydration
7. Dismemberment 8. Cannibalism 9. Gruesome 10. Exacerbate

CATEGORY

1. Health - LEVEL5

Date Created

2024/12/20

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