

# "Globosity"

## The New Global Burden

By Walter M. Bortz, II, MD

The World Health Organization recently reported on "globosity." It has doubled in the last 35 years, till there are now two billion persons worldwide who are recorded as overweight or obese.

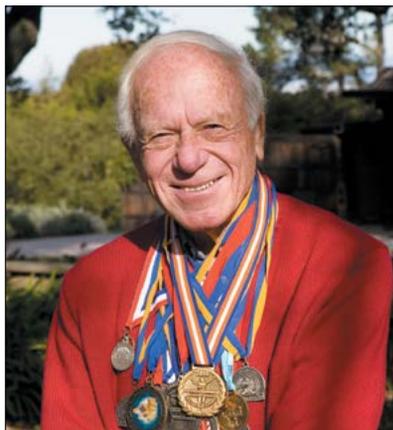
Over the entire globe, obesity kills more people than underweight, even in Africa. 40 percent of adults are affected.

Obesity is not just the jolly, chubby comedian. It is a killer. Type II diabetes is the principle risk, although a wide range of demerits accrue to this issue. And it is getting worse.

It is tightly tied to economic development. A century ago, under nutrition was the norm. Under nutrition makes people susceptible to infectious. This accounts for the fact that until now the infectious diseases were the principal global burdens.

TB, smallpox, cholera, plague, malaria, AIDS, etc. sent billions of people to early graves. But with spectacular gains in public health including safe drinking water, the infectious killers are in retreat.

Now the big killers are the chronic diseases in which obesity is a prime player. AND it is preventable.



This fact is reaching national attention. Michelle Obama is on board. It was reported that Singapore will not promote children in school if their weights are not in range.

The Philippines started a sin tax to confront the epidemic of behaviorally driven assaults. Our genes haven't changed. Our behaviors have.

With the dollar cost of all of this in the trillions, it is urgent for all to address this new global health burden. It will not lend itself to a simple technical solution, a vaccine or a drug. That means that a whole culture shift of immense proportions is mandated.

Are we up to it?

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**Dr. Walter M. Bortz, II is one of America's most distinguished scientific experts on healthy aging and longevity. He spent his entire career at Stanford University where he holds the position of Clinical Associate Professor of Medicine. An active marathoner, he has written seven books including "Dare to Be 100" and "Next Medicine." To learn more, visit [walterbortz.com](http://walterbortz.com) or email: [DRBortz@aol.com](mailto:DRBortz@aol.com).**

**Editor's Note:** For more insight on how the body ages over time, Dr. Walter M. Bortz has written an excellent book on the topic: "Dare To Be 100." Available from [Amazon.com](http://Amazon.com).

