

The following information is being shared with you by Sharon Todd:

AMERICAN WAY OF LIFE: HAZARDOUS TO IMMIGRANTS' HEALTH

According to a Dec. 15th Houston Chronicle article, "Long-term exposure to American culture may be hazardous to immigrants' health. A new study found that obesity is relatively rare in the foreign-born until they have lived in the United States-- the land of drive-thrus, remote controls and double cheeseburgers -- for more than 10 years. Only 8 percent of immigrants who had lived in the United States for less than a year were obese, but that jumped to 19 percent among those who had been here for at least 15 years. That compared with 22 percent of U.S.-born residents surveyed.

"The study, published in today's Journal of the American Medical Association, shows the flip side of the American dream of finding a better life in the land of plenty. 'Part of the American dream and sort of life of leisure is that you also have some of the negative effects, and obesity is one of the major side effects of the success of technology and just having a life of leisure,' said co-author Dr. Christina Wee of Harvard Medical School. 'It's a double-edged sword.'..."

Source: www.chron.com/cs/CDA/ssistory.mpl/health/2948689

Archive search: www.chron.com/content/archive/index.mpl

Cost: Yes

Title: "Moving to Americamay be hazardous to health"

Author: AP

AMERICANS DRIVE MORE BUT LIKE TO WALK

According to a Dec. 9th Topeka Capitol Journal, "Americans are on the road more than ever. Drivers in a typical household log enough miles every year to travel between New Yorkand Los Angelesalmost eight times -- 21,200 miles. On those road trips, they might snack on cheese. Americans consume almost 31 pounds of it a year. Lots of people -- almost 29 million -- try to burn off those calories by joining health clubs. Those and myriad other facts and figures can be found in the latest edition of the Census Bureau's Statistical Abstract of the United States, a 1,000-page tome on life in America. 'It's Uncle Sam's almanac,' said Glenn King, the bureau economist who oversees production of the annual compendium. The tables are compiled from government and private sources...

Some other tidbits:

- The top sporting activity for Americans? "Exercise walking," done by 82 million people in 2002...
- On average, drivers in a U.S.household got behind a steering wheel for 21,188 miles in 2001, up roughly 75 percent since 1977.

"That's partly a reflection of the decades-long trend of people moving farther away from their jobs to find larger or more affordable homes, said Alan Pisarski, author of 'Commuting in America.' Plus, more families own two or more cars. 'And as many jobs move out to the 'burbs to be near the workers, that gives the opportunity for workers to move even farther out,' Pisarski said. The average drive to work one-way is about 12 miles..."

Source: www.cjonline.com/stories/120904/pag_americans.shtml

Archive search: www.cjonline.com/archives/

Cost: No

Title: "Americans love cheese and driving"

Author: AP

For more on the "Statistical Abstract of the United States," go to:

www.census.gov/compendia/statab

ATSB: CYCLING BENEFITS OUTWEIGH DEATHS

s According to a Dec. 8th article in the Australian, "The benefits of regular bike riding outweighed the loss of life through cycling accidents, the Australian Transport Safety Bureau (ATSB) said today. About 35 cyclists die on Australian roads each year, but a recently published report said while the risks of cycling should not be ignored, they must be considered with the benefits. The ATSB report, Cycle Safely, said on average about 2500 bike riders were seriously injured on public roads each year. Cyclists accounted for about 2 per cent of road deaths and about 11 per cent of people seriously injured on the roads each year, the report found.

"But despite the deaths and injuries, the report said that regular cycling had been shown to have health benefits, including reducing heart disease, obesity and hypertension. It said an overseas study had shown that encouraging bike riding had not led to an increase in cyclist deaths and injuries. The study found that an increase in the number of cyclists in European towns and cities was associated with a reduction in the rate of deaths and serious injuries. 'The overall community benefits gained from regular cycling are likely to outweigh the loss of life through cycling accidents,' the report said..."

Source:

www.theaustralian.news.com.au/common/story_page/0,5744,11627517%255E1702,00.html

Archive search: www.theaustralian.news.com.au/archives/

Cost: Yes

Title: "Cycling benefits 'outweigh deaths'"

Author: Kate Williams

For more on the study (and a link to download a copy), go to:

www.atsb.gov.au/road/mgraph/mgraph17/index.cfm

WE'LL NEVER HAVE TO LEAVE OUR CHAIRS

s "Such electronic instant-gratification devices as television and videogames are cited for boosting obesity among America's youth. Now the concerned may have a new target: library books..."

www.forbes.com/2004/12/14/1214autofacescan04.html

AFRICAN-AMERICANS ESPECIALLY AT RISK FOR OBESITY

s "'Even correcting for obesity, African-Americans are slightly less fit,' Lavie tells WebMD. 'Everyone in the country needs to be thinking about their weight and their fitness. Our data support [that] this is of even greater urgency in African-Americans.'..." <http://my.webmd.com/content/article/98/104764.htm>

IT'S THAT FATTENING TIME OF YEAR

s "Children's physical fitness bottoms out this time of year, making it all the more difficult for them to burn off those extra Christmas cookie calories..." msnbc.msn.com/id/6712784/

"PREVALENCE OF OVERWEIGHT, OBESITY, AND COMORBID CONDITIONS"

"...Among U.S. and Kentucky Adults, 2000-2002;" by Todd M. Jenkins, MPH; Preventing Chronic Disease Vol. 2, No. 1, Jan. 2005. www.cdc.gov/pcd/issues/2005/jan/pdf/04_0087.pdf

"CHILDHOOD OBESITY"

"...What We Can Learn from Existing Data on Societal Trends, Part 1;" by Roland Sturm, PhD; Preventing Chronic Disease Vol. 2, No. 1, Jan. 2005. www.cdc.gov/pcd/issues/2005/jan/pdf/04_0038.pdf

CHILDHOOD OBESITY

www.lifeskills4kids.com/archives/newsletter03-2001.html