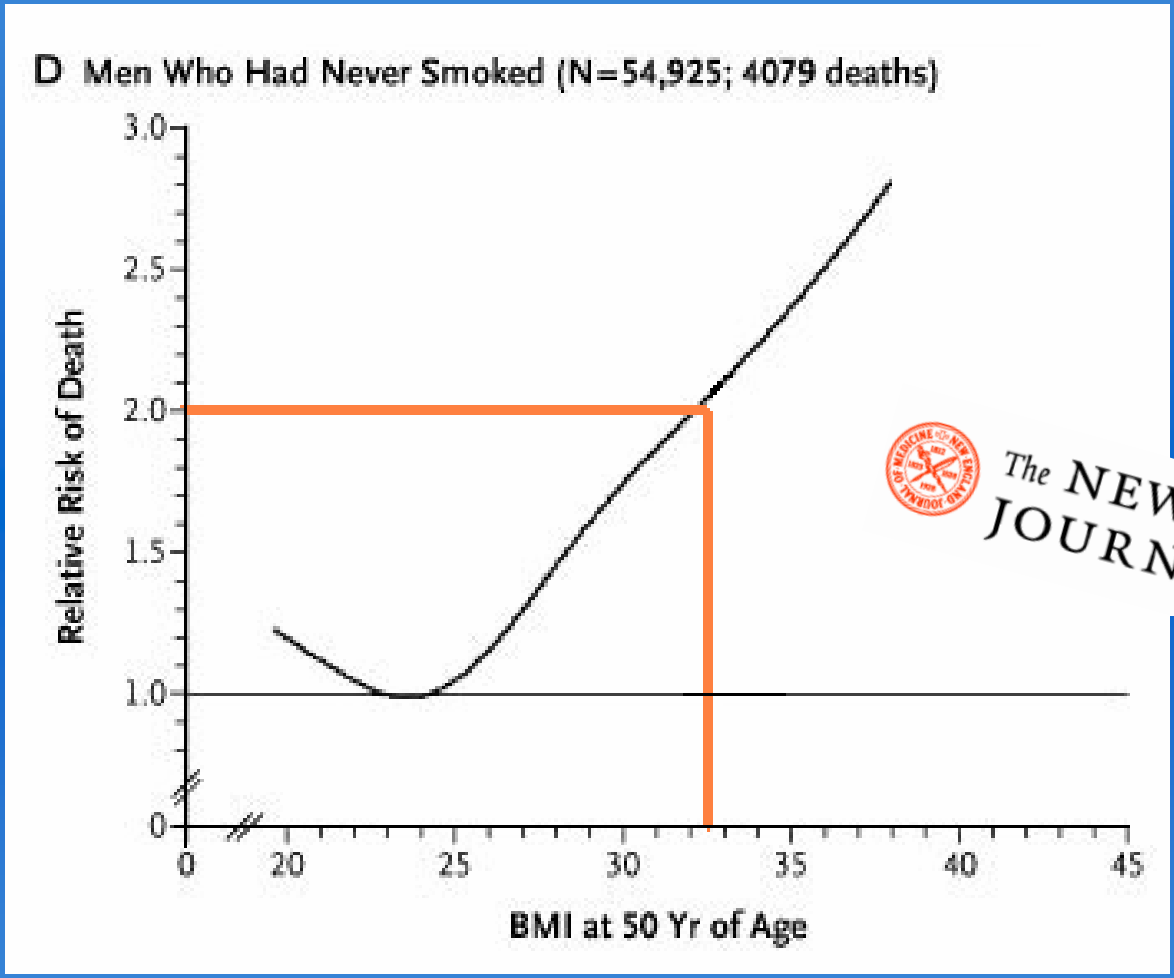
SSC Occupational Health Services



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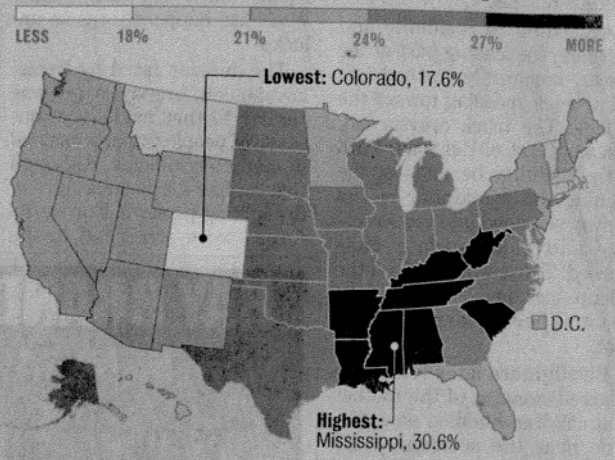
BMI = Body Mass Index

OVERWEIGHT RATES HIGH IN SOUTH

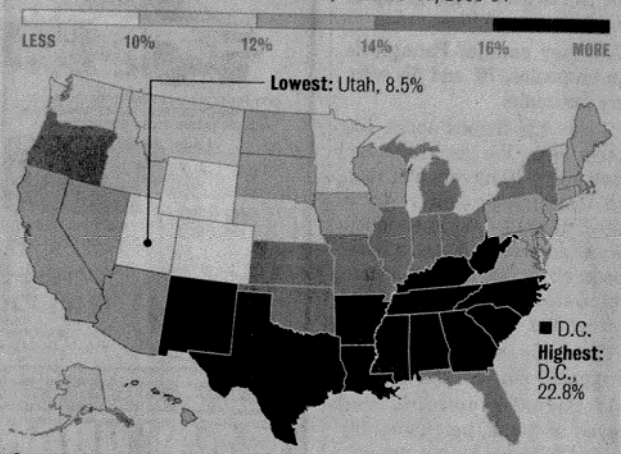
Mississippi, West Virginia and Alabama topped the list of states with the highest percentage of obese adults

PERCENTAGE OF OBESE ADULTS, 2004-06, three-year average



West Virginia, Kentucky and the District of Columbia had the highest percentage of overweight children ages 10-17

PERCENTAGE OF OVERWEIGHT CHILDREN, AGES 10-17, 2003-04



Source: Trust for America's Health

AP GRAPHIC

Mississippi retains the heavyweight title

Estimated Cancer Deaths for Selected Cancer Sites by State, US, 2004*

State	All Sites	Brain/ Nervous System	Female Breast	Colon & Rectum	Leukemia	Liver	Lung & Bronchus	Non-Hodgkin Lymphoma	Ovary	Pancreas	Prostate
Alabama	10,000	200	740	900	370	260	3,090	300	320	530	630
Alaska	780	†	†	80	†	†	220	†	†	†	†
Arizona	9,710	240	740	960	410	260	2,550	340	290	560	510
Arkansas	6,100	160	380	630	260	200	2,060	230	150	280	280
California	55,340	1,440	4,060	5,360	2,260	1,880	14,450	1,980	1,730	3,020	3,010
Colorado	6,390	180	480	620	310	160	1,610	290	210	380	330
Connecticut	7,010	150	530	660	280	170	1,850	270	200	380	430
Delaware	1,810	†	130	160	80	†	510	70	†	110	90
Dist. of Columbia	1,180	†	110	130	†	†	280	†	†	60	80
Florida	40,090	980	2,480	3,840	1,740	1,030	12,360	960	1,120	2,270	2,220
Georgia	14,600	260	1,130	1,320	550	300	4,660	470	430	750	740
Hawaii	2,090	†	140	200	80	100	530	90	†	150	130
Idaho	2,250	70	170	210	100	†	610	90	80	120	140
Illinois	24,840	490	1,790	2,580	1,080	650	6,760	810	660	1,400	1,290
Indiana	13,250	280	890	1,360	550	280	4,150	510	380	670	700
Iowa	6,570	160	430	710	320	110	1,680	230	210	380	410
Kansas	5,330	120	350	570	240	100	1,560	230	160	300	350
Kentucky	9,360	160	620	890	330	180	3,380	350	230	410	340
Louisiana	9,700	190	730	990	380	280	2,920	350	230	520	480
Maine	3,100	80	170	310	100	60	880	90	100	170	150
Maryland	10,430	210	760	1,090	450	240	2,940	370	300	590	530
Massachusetts	13,620	280	960	1,360	530	340	3,740	410	360	830	740
Michigan	19,870	450	1,350	1,900	840	500	5,690	730	580	1,120	1,110
Minnesota	9,360	250	670	850	440	190	2,380	460	270	540	550
Mississippi	6,230	160	460	620	210	190	2,060	140	160	320	440
Missouri	12,480	270	870	1,250	540	270	3,780	500	350	660	450
Montana	2,060	†	110	180	100	†	600	70	†	100	140
Nebraska	3,410	90	240	390	160	†	960	130	90	180	190
Nevada	4,530	80	300	480	180	110	1,450	150	110	220	260
New Hampshire	2,590	70	170	260	100	60	740	†	60	140	130
New Jersey	18,060	320	1,480	1,840	720	480	4,720	650	540	1,040	1,030
New Mexico	3,110	70	190	320	120	110	690	110	90	170	220
New York	36,340	690	2,820	3,820	1,470	890	9,250	990	1,080	2,270	1,880
North Carolina	16,580	320	1,090	1,590	650	350	5,270	530	450	900	930
North Dakota	1,340	40	100	140	70	†	330	†	†	90	70
Ohio	24,480	520	1,870	2,610	1,010	520	7,130	860	660	1,290	1,120
Oklahoma	7,640	160	540	800	310	160	2,370	270	170	360	340
Oregon	7,120	160	510	690	280	150	1,980	330	230	400	380
Pennsylvania	29,910	570	2,080	3,310	1,130	690	7,900	1,080	910	1,650	1,560
Rhode Island	2,450	†	160	250	90	60	700	100	60	160	130
South Carolina	8,860	200	610	880	340	190	2,720	310	170	500	620
South Dakota	1,650	†	100	190	80	†	420	80	60	100	120
Tennessee	12,710	300	800	1,340	510	270	4,320	500	340	660	590
Texas	34,830	940	2,410	3,560	1,490	1,120	9,670	1,060	960	1,930	1,760
Utah	2,620	80	200	260	150	60	440	140	90	150	140
Vermont	1,300	†	110	130	50	†	370	60	†	70	60
Virginia	12,850	290	1,180	1,370	530	320	3,740	440	400	750	660
Washington	11,280	340	750	1,050	500	300	3,250	460	390	700	630
West Virginia	4,710	90	300	490	190	100	1,640	180	140	190	200
Wisconsin	10,780	260	750	1,120	520	250	2,820	460	260	630	500
Wyoming	1,000	†	†	110	†	†	260	†	†	†	80
United States	563,700	12,690	40,110	56,730	23,300	14,270	160,440	19,410	16,090	31,270	29,900

Population by State

State	July 2005 pop.[1]	July 2004 pop.	Pop. rank, 2004	July 2003 pop.	Pop. rank, 2003
Alabama	4,557,808	4,530,182	23	4,500,752	23
Alaska	663,661	655,435	47	648,818	47
Arizona	5,939,292	5,743,834	18	5,580,811	18
Arkansas	2,779,154	2,752,629	32	2,725,714	32
California	36,132,147	35,893,799	1	35,484,453	1
Colorado	4,665,177	4,601,403	22	4,550,688	22
Connecticut	3,510,297	3,503,604	29	3,483,372	29
Delaware	843,524	830,364	45	817,491	45
DC	550,521	553,523	—	563,384	50
Florida	17,789,864	17,397,161	4	17,019,068	4
Georgia	9,072,576	8,829,383	9	8,684,715	9
Hawaii	1,275,194	1,262,840	42	1,257,608	42
Idaho	1,429,096	1,393,262	39	1,366,332	39
Illinois	12,763,371	12,713,634	5	12,653,544	5
Indiana	6,271,973	6,237,569	14	6,195,643	14
Iowa	2,966,334	2,954,451	30	2,944,062	30
Kansas	2,744,687	2,735,502	33	2,723,507	33
Kentucky	4,173,405	4,145,922	26	4,117,827	26
Louisiana	4,523,628	4,515,770	24	4,496,334	24
Maine	1,321,505	1,317,253	40	1,305,728	40
Maryland	5,600,388	5,558,058	19	5,508,909	19
Massachusetts	6,398,743	6,416,505	13	6,433,422	13
Michigan	10,120,860	10,112,620	8	10,079,985	8
Minnesota	5,132,799	5,100,958	21	5,059,375	21
Mississippi	2,921,088	2,902,966	31	2,881,281	31
Missouri	5,800,310	5,754,618	17	5,704,484	17
Montana	935,670	926,865	44	917,621	44
Nebraska	1,758,787	1,747,214	38	1,739,291	38
Nevada	2,414,807	2,334,771	35	2,241,154	35
New Hampshire	1,309,940	1,299,500	41	1,287,687	41
New Jersey	8,717,925	8,698,879	10	8,638,396	10
New Mexico	1,928,384	1,903,289	36	1,874,614	36

Cancer Deaths 2004

	All Sites	Breast	Colon					Ovary	Pancreas	Prostate	
Colorado	6,390	180	480	620	310	160	1,610	290	210	380	330
Mississippi	6,230	160	460	620	210	190	2,060	140	160	320	440

POPULATION

Colorado	**4,665,177**
Mississippi	**2,921,088**

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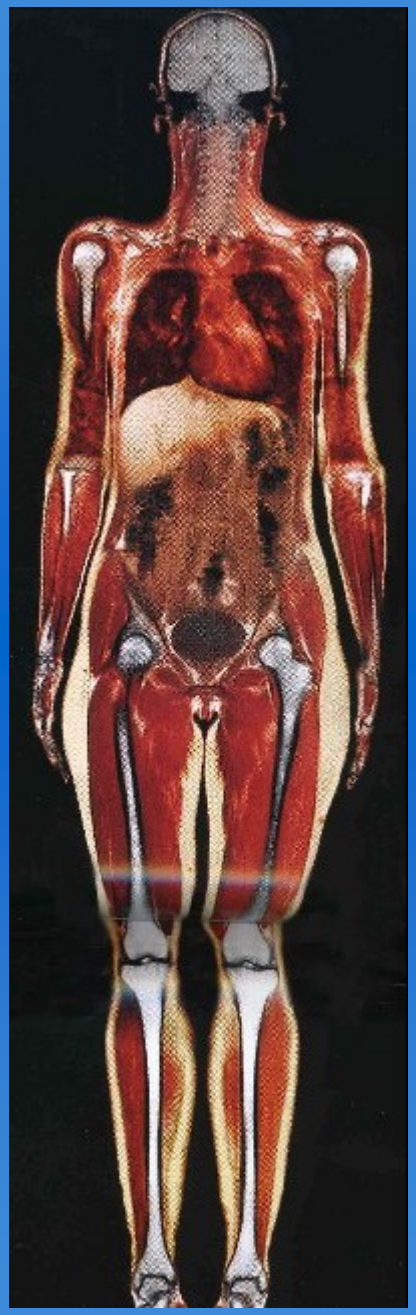
Colorado with a 60% greater population has essentially the same number of cancer deaths as Mississippi.



Original Article

Effects of Bariatric Surgery on Mortality in Swedish Obese Subjects

Lars Sjöström, M.D., Ph.D., Kristina Narbro, Ph.D., C. David Sjöström, M.D., Ph.D., Kristjan Karason, M.D., Ph.D., Bo Larsson, M.D., Ph.D., Hans Wedel, Ph.D., Ted Lystig, Ph.D., Marianne Sullivan, Ph.D., Claude Bouchard, Ph.D., Björn Carlsson, M.D., Ph.D., Calle Bengtsson, M.D., Ph.D., Sven Dahlgren, M.D., Ph.D., Anders Gummesson, M.D., Peter Jacobson, M.D., Ph.D., Jan Karlsson, Ph.D., Anna-Karin Lindroos, Ph.D., Hans Lönroth, M.D., Ph.D., Ingmar Näslund, M.D., Ph.D., Torsten Olbers, M.D., Ph.D., Kaj Stenlöf, M.D., Ph.D., Jarl Torgerson, M.D., Ph.D., Göran Ågren, M.D., Lena M.S. Carlsson, M.D., Ph.D., for the Swedish Obese Subjects Study

N Engl J Med
Volume 357(8):741-752
August 23, 2007

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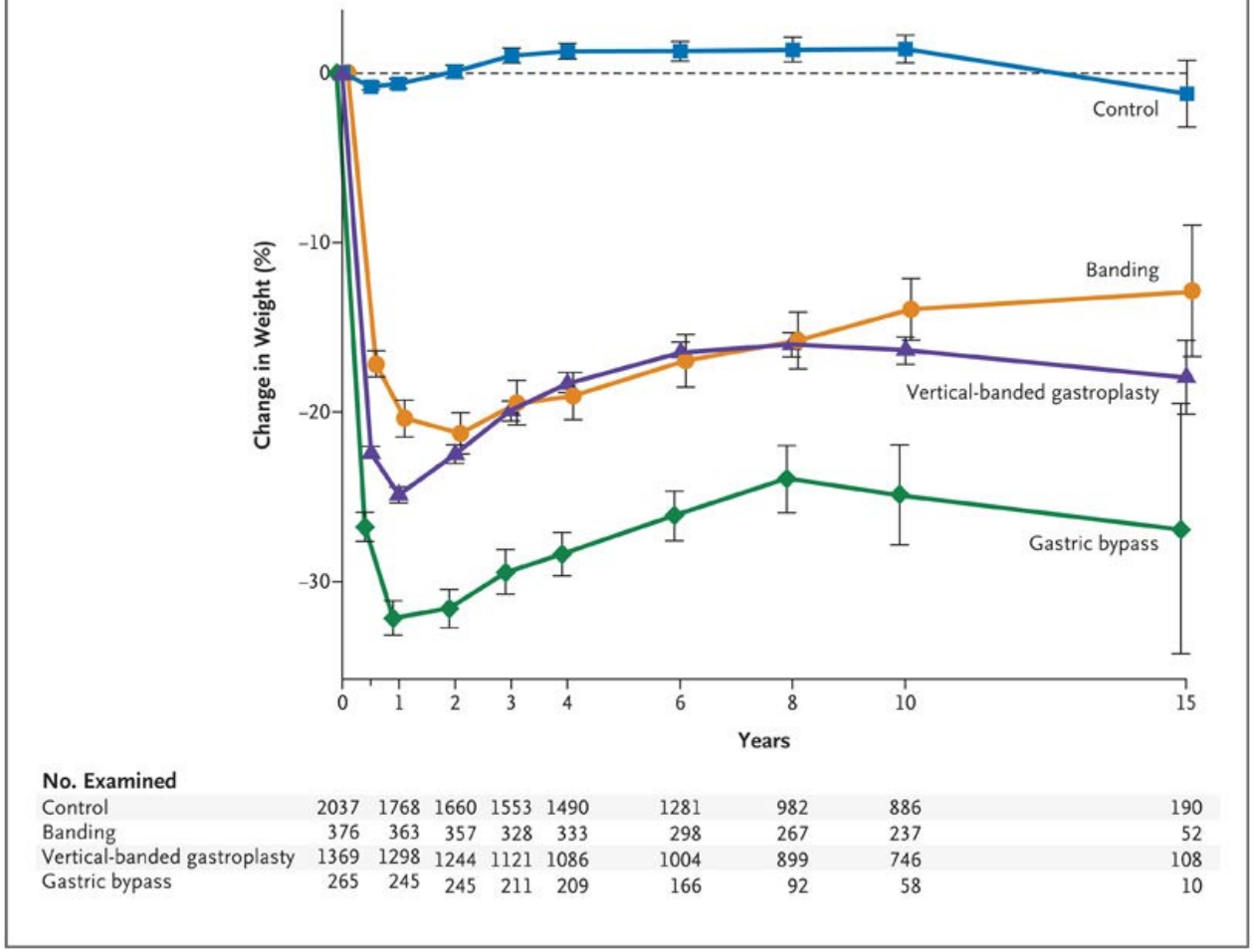
Mean Percent Weight Change during a 15-Year Period in the Control Group and the Surgery Group, According to the Method of Bariatric Surgery



No. Examined									
Control	2037	1768	1660	1553	1490	1281	982	886	190
Banding	376	363	357	328	333	298	267	237	52
Vertical-banded gastroplasty	1369	1298	1244	1121	1086	1004	899	746	108
Gastric bypass	265	245	245	211	209	166	92	58	10

Sjostrom L et al. N Engl J Med 2007;357:741-752

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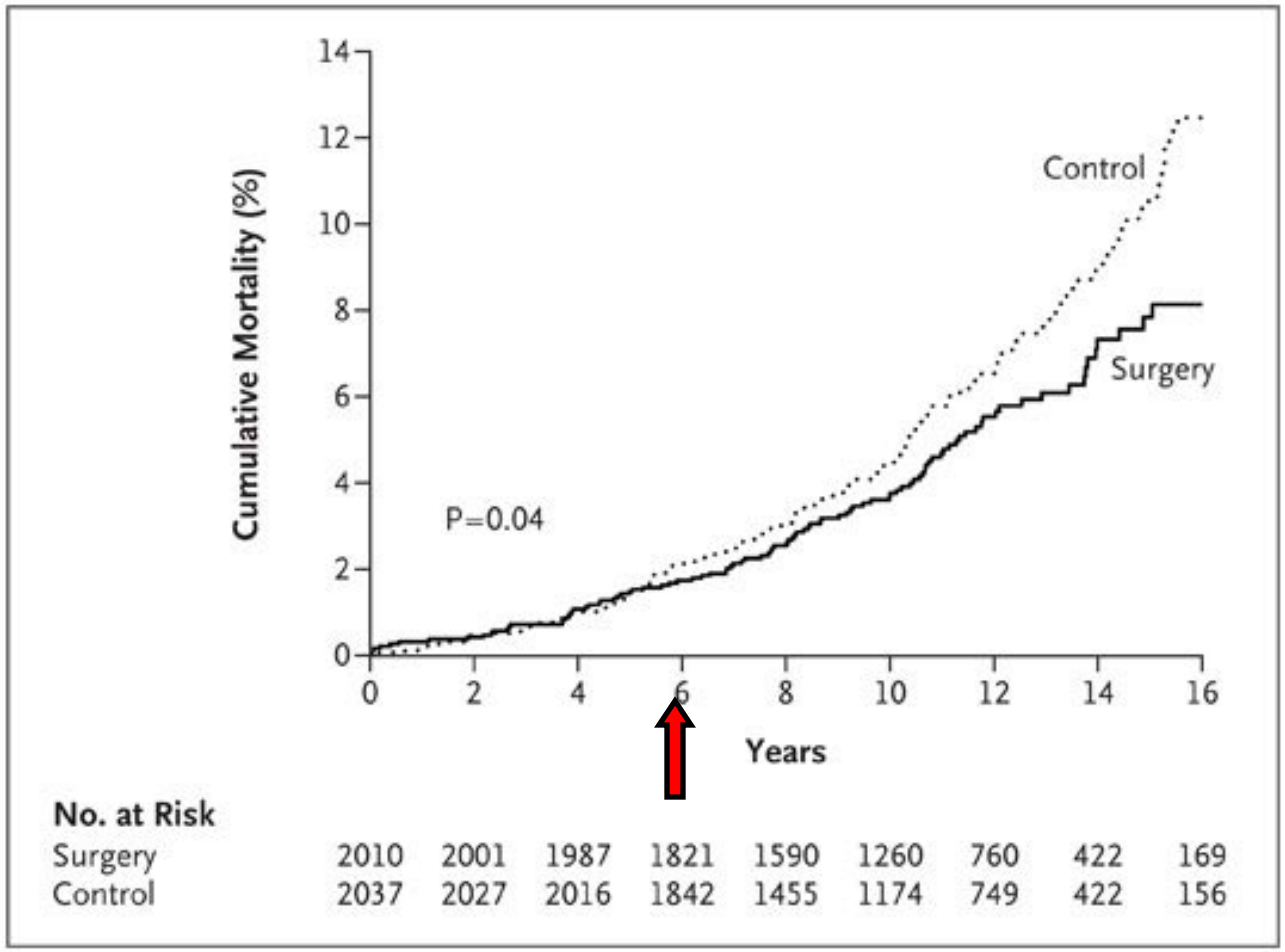
Unadjusted Cumulative Mortality



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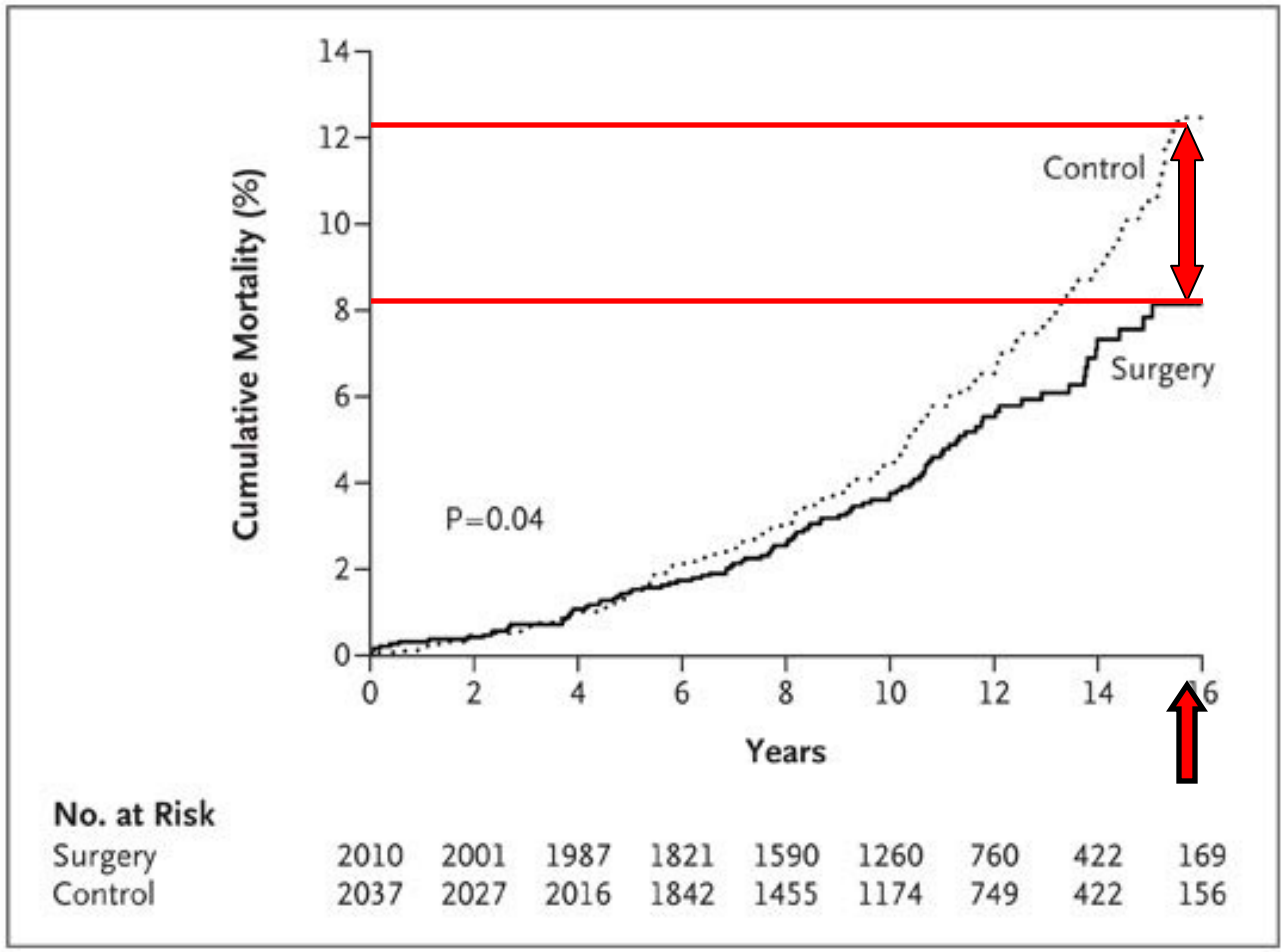

Sjostrom L et al. N Engl J Med 2007;357:741-752

The NEW ENGLAND JOURNAL of MEDICINE

Table 2. Cause of Death.*

Variable	Surgery Group (N = 2010)	Control Group (N = 2037)
	no. of subjects	
Cardiovascular condition		
Any event	43	53
Cardiac	35	44
Myocardial infarction	13	25
Heart failure	2	5
Sudden death	20	14
Stroke	6	6
Intracerebral hemorrhage	2	4
Infarction	1	2
Subarachnoid bleeding	3	0
Other	2	3
Aortic aneurysm	1	2
Aortic thrombosis	0	1
Diabetic gangrene	1	0
Noncardiovascular condition		
Any event	58	76
Tumor	29	48
Cancer	29	47
Meningioma	0	1
Infection	12	3
Thromboembolic disease	5	7
Pulmonary embolism	4	7
Vena caval thrombosis	1	0
Other	12	18
Total no. of deaths	101	129

* During the first 90 days after study initiation, there were five deaths in the surgery group (four from peritonitis with organ failure and one sudden death) and two deaths in the control group (one from cancer of the pancreas and one from alcohol-related causes).

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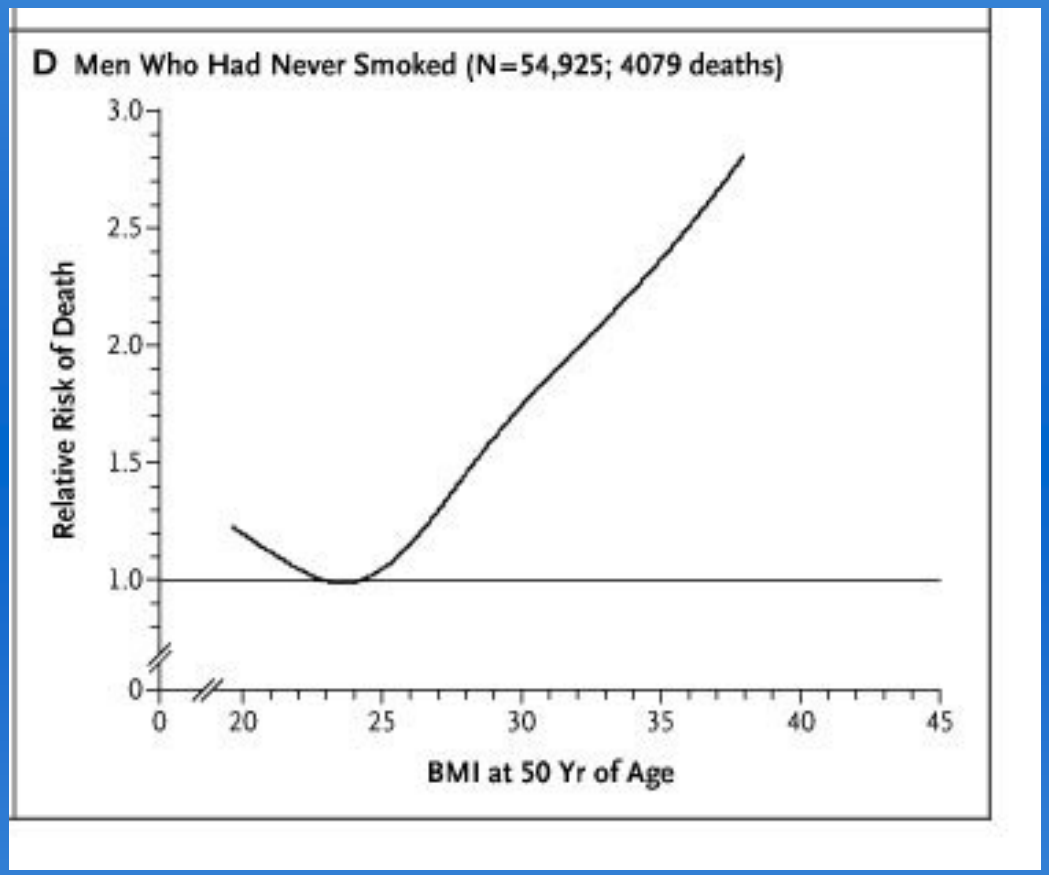
Twice as likely to DIE

At a BMI of 32 you are **twice** as likely to die of one of these illnesses.

- **Cancer**
- **Injury**
- **Stroke**
- **Diabetes**
- **Heart Disease**

So avoiding cigarettes is not enough.



Don't be 30 when you turn 50

MAYO CLINIC | EmbodyHealth
ENHANCE YOUR LIFE

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New Visitors

Register

Take a minute to sign up for EmbodyHealth and start enhancing your life!

Register Now ▸

Returning Visitors

Log In

E-mail address:

Password:

Forgot your password?

☐ Remember me on this computer.
(Not recommended for shared computers)

Log in ▸

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- You can connect with Mayo Clinic experts via Q & A's, podcasts and more.
- It's jam-packed with interactive tools and programs.
- You'll find up-to-date information on your organization's resources.
- Spend just one minute registering and you'll get full access.

What more do you need? Register now and start embodying health!

Want to know more?
Take the online tour!

Learn more about EmbodyHealth, how it works, and what you can get out of it to help improve your lifestyle

Take the tour ▸

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ENHANCE YOUR LIFE

Welcome Juan Blanch, Log Out

NASA HealthierYou | My Preferences

Monitor My Health | Improve Lifestyle Habits | Manage Chronic Conditions | Make Treatment Decisions | Connect With Others | Health Info A-Z

Search

Feature 5 of 5

For My Health

Recommendations for healthy living based on yourMayo Clinic Health Risk Assessment

Emotional Health

Strength

Stress control. Keep the pressures of everyday life in check.

- Prevent stress setbacks
- Being assertive: Reduce stress and communicate better through assertiveness
- Career advancement: Build a plan that limits stress

See all in Emotional Health

TAKE ACTION

My Stress Solution

Exercise

Health Risk

What's your excuse? Start today to fit more physical activity into your day.

Your Personalized Content

My Tools

Customize

How to use these tools

Use any or all of these tools to help manage your health.

- Some tools have an X in the corner - click it and the tool will disappear.
- To make the tool re-appear or to see the full selection of tools available, click the customize button.
- Click and drag each individual tool to shift the order that it displays in.

Calendar

Detail | Monthly View

Set reminders about your upcoming health activities — from workouts at the gym to your next health screening test

Add

Goals

Add

Active Goals

Keep track of your health goals.

Exercise Tracker

Date 09/26/2007

Minutes Add

Reset

0 total minutes
0 this month
0 this week

Messages

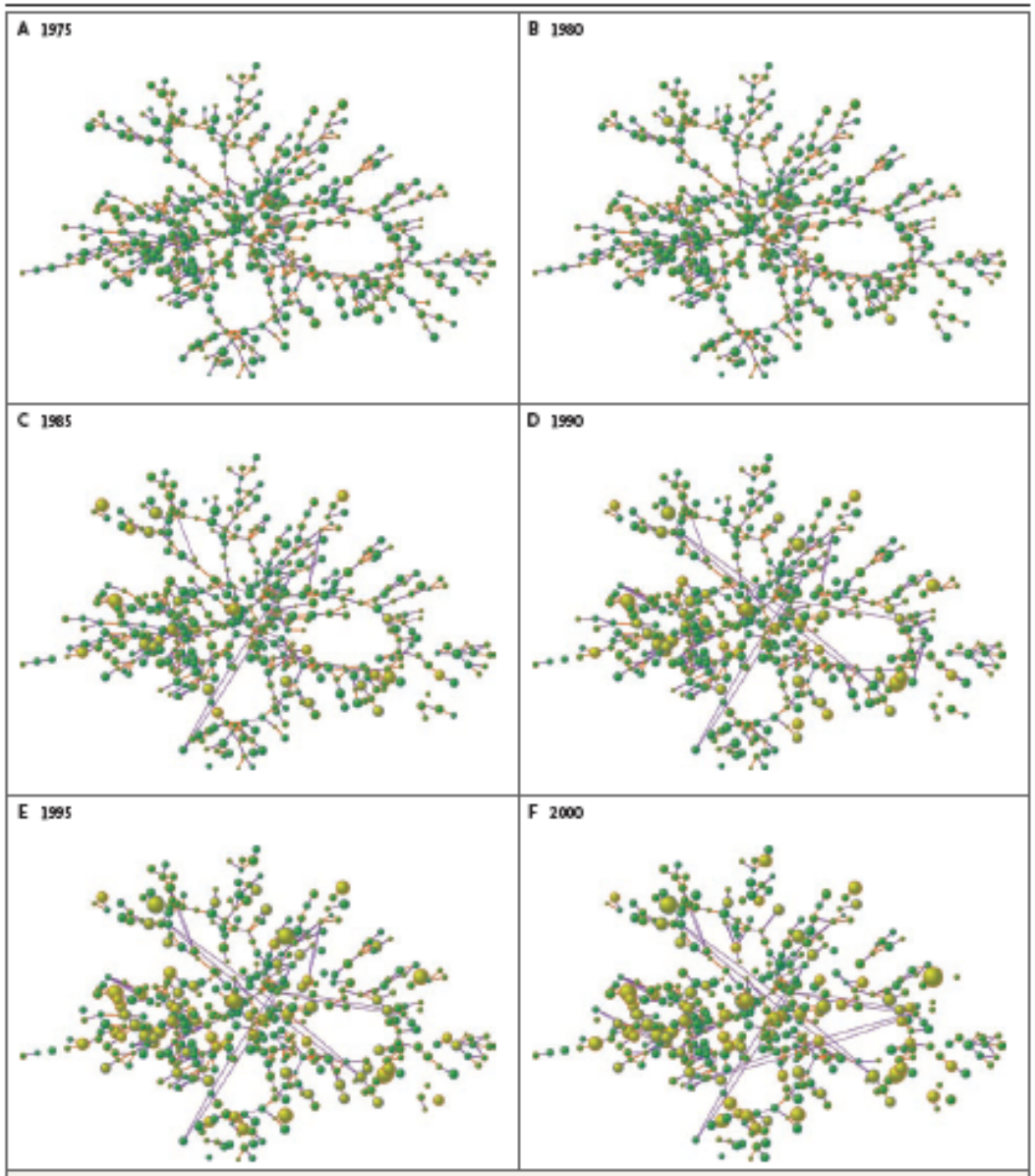

Figure 2. Part of the Social Network from the Framingham Heart Study with Information about Body-Mass Index According to Year.

Each circle (node) represents one person in the data set. Circles with red borders denote women, and circles with blue borders denote men. The size of each circle is proportional to the person's body-mass index. The interior color of the circles indicates the person's obesity status: yellow denotes an obese person (body-mass index, ≥30) and green denotes a nonobese person. The colors of the ties between the circles indicate the relationship between them: purple denotes a friendship or a marital tie and orange denotes a familial tie. The disappearance of a circle from one year to another indicates the person's death, and the disappearance of a tie between the circles indicates that the relationship between the two persons no longer exists. The largest connected subcomponent of the whole network and the change in obesity over the 32-year study period are shown in an animation that is available with the full text of this article at www.nejm.org.