The Obesity Culture – Leadership for a Weighty Problem

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Obesity is a major health problem in developed countries. It increases the risk of mortality and poor quality of life in all age groups with co morbidities like type 2 diabetes mellitus, hypertension, hyperlipidemia and many others. Obesity has reached epidemic levels in the US and is set to become a major burden on healthcare costs in all developed nations.

Decades of disease prevention campaigns and lifestyle changes have not significantly decreased the incidence of the illnesses as a result of obesity. Seventy percent of the money spent on healthcare in the U.S. is on preventable diseases.

There is a solution to the epidemic of obesity that has been around for decades. Bariatric surgery permanently relives them of obesity and its dreaded diseases of diabetes, hypertension and others without the need for medications. In one cut, it eliminates a lifetime's risk of kidney failure, strokes, and heart attacks in the patients who are suitable for this type of surgery.

What is preventing the widespread adoption of bariatric programs as a primary means to control obesity? Governments, health promotion authorities, doctors, researchers and counselors need to appreciate that it is possible to shatter the culture of obesity and help people live healthier lives through policy changes and better outcomes. A change in mindset towards the problem of obesity may be the only way to stem the tide.