

Obesity – The Rise

NMA Diabetes Education Program Focuses on Obesity and Link to Diabetes

During the Month of September the NMA Diabetes Education Program will focus on the correlation between obesity and diabetes. Over the past 30 years, there has been a significant increase in obesity within the United States. Reasons for this rise are poor diets and sedentary lifestyle.¹

The NMA Diabetes Education Program participated in a Washington, DC health fair: [Unity Health Care – Health Fair, “It’s a Family Affair”](#) on September 8 and will participate in: [The City Place Mall Health & Fitness Expo](#) on September 15 in downtown Silver Spring, Maryland. The program provides literature about diabetes and other health issues, discussing the importance of healthy food choices and portion control; frequent physical activity; and nurturing the mind, body and soul.

According to [Trust for America’s Health](#) the rates of obesity and overweight are continuing to rise.² Statistics from a new report by Trust for America’s Health reveal that Washington, DC has the highest rate of overweight youths ages 10-17 in the nation and the 40th highest rate of adult obesity at 22.2 percent.

Contact Us

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Visit the new NMA Diabetes Education Program website!
www.nmadiabetesnet.org

Sources

1. Bailey, E. J, (2007). Food Choice and obesity in Black America: Creating a New Cultural Diet. JNMA, 99(3):298.
2. Retrieved from Trust for America’s Health’s web site, August 28, 2007 at <http://healthyamericans.org/>
3. Retrieved from Trust for America’s Health’s web site, August 28, 2007 at <http://healthyamericans.org/reports/obesity2006/release.php?StateID=DC>