**(Corpulence & Coronary—Part II)**

**Disentangling Obesity’s Causes. The role of Exercise and Diets (all 674 of them). If we can’t Cure Obesity Maybe we can Obfuscate.**

**Brian Bull M.D. ‘Winter Wednesdays’, LL University Church 2018.**

**Synopsis**

* The annual chance of an obese person attaining normal body weight is 1 in 210 for men and 1 in 124 for women according to a study of UK health records. However, only half are trying so the odds improve a bit!
* 5-10% weight loss is much more achievable and confers major health benefits. Estimates of success at this threshold are 1 in 5. Diet and exercise are our only tools out there despite claims that they “are not effective in tackling obesity at population level”.
* Proposed causes of the corpulence epidemic include automobiles, fast food, TV, processed food, even the 1992 food pyramid itself. Non-surgical solutions are numerous, but all involve diets and exercise.
* **Diets**: more than 600 well-characterized diets ranging from the “*Hallelujah*” to the “*Amen*” have been published and evaluated.
* **Exercise**: is a very useful adjunct to combating corpulence. However, it clear that “you cannot outrun a bad diet!”

**References**

* *Probability of an Obese Person Attaining Normal Body Weight—Cohort Study Using Electronic Records,* Fildes A. et al, Am J Pub Health, 105(9): p 54–59 2015
* *Change in Percentages of Adults with Overweight or Obesity Trying to Lose Weight, 1988-2014*—Snook KS, Hansen AR, Duke CH et al., JAMA Vol 317, Number 9, p 973, 2017
* *Weight Loss Maintenance*—Wing RR, Phelan S., Am J Clin Nutr p 222S, 2005
* *Complete List of Diets—Everydiet* https://www.everydiet.org/diet