

Obesity: Are Americans concerned?

More and more adults and children are overweight, but do Americans worry about the problem?

According to a recent survey conducted for the American Public Health Association, more than four in five Americans are concerned about childhood obesity and three in four Americans are concerned about obesity in adults. The survey also reveals that Americans realize the primary causes of excess weight are diet and lack of exercise.

If you or someone you know has a weight problem, consider visiting a dietetics professional who can help develop an eating and physical activity plan that's right for you.

Remember, making behavior changes takes time. Start with small steps that are maintainable for life.