

# Can the Obesity Crisis Be Reversed? Johns Hopkins Wavelengths Explores the Science

The obesity crisis is a major public health issue. In the United States, more than two-thirds of adults are overweight or obese. Obesity is a risk factor for a number of chronic diseases, including heart disease, stroke, type 2 diabetes, and cancer.



## Can the Obesity Crisis Be Reversed? (Johns Hopkins Wavelengths) by Rexford S. Ahima

★★★★★ 5 out of 5

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But there are signs of hope. New research from Johns Hopkins University suggests that the obesity crisis can be reversed. The study, published in the journal *Obesity*, found that people who made lifestyle changes were able to lose weight and keep it off.

The study participants were overweight or obese adults who were randomly assigned to one of three groups: a diet group, an exercise group, or a control group. The diet group followed a low-calorie diet, the exercise group participated in a structured exercise program, and the control group received no intervention.

After one year, the diet group had lost an average of 12 pounds, the exercise group had lost an average of 10 pounds, and the control group had gained an average of 2 pounds. The diet group and the exercise group were also more likely to maintain their weight loss over the next two years.

The study's findings suggest that lifestyle changes can be effective in helping people lose weight and keep it off. However, the study also found that it is difficult to maintain weight loss over the long term. The researchers suggest that people who are trying to lose weight should focus on making gradual, sustainable changes to their diet and exercise habits.

If you are overweight or obese, talk to your doctor about ways to lose weight and improve your health. There are many resources available to help you make lifestyle changes and achieve your weight loss goals.

### **Here are some tips for losing weight and keeping it off:**

- Set realistic goals. Don't try to lose too much weight too quickly. Aim to lose 1-2 pounds per week.
- Make gradual changes to your diet. Don't cut out entire food groups or go on a crash diet. Instead, focus on making small changes, such as eating more fruits and vegetables and cutting back on sugary drinks.
- Find an exercise routine that you enjoy and that fits into your lifestyle. Don't try to do too much too soon. Start slowly and gradually increase the intensity and duration of your workouts.
- Be patient and persistent. It takes time to lose weight and keep it off. Don't get discouraged if you don't see results immediately. Just keep at it and you will eventually reach your goals.

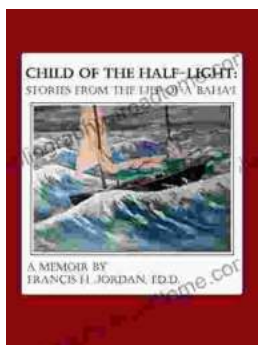
Losing weight and keeping it off is not easy, but it is possible. By making gradual, sustainable changes to your diet and exercise habits, you can achieve your weight loss goals and improve your health.



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