

"It seems that the cheapest foods are those that are the worst for you," Dr. James Marks, senior vice president of the Robert Wood Johnson Foundation, which helped pay for the report.

"People are eating more and being less active. About a quarter of people eat fast food every day. The amount of calories has gone up. The quality of lunches in schools has gone down."

Fewer children walk to school or play outside after school and people find it more difficult to exercise, Levi and Marks noted.

According to the report, the leanest states are:

- * Colorado - 17.6 percent obese
- * Massachusetts - 19.8 percent obese
- * Vermont - 20 percent obese.

The group used data from the U.S. Centers for Disease Control and Prevention, which interviews tens of thousands of people every year in various health surveys.

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mingosonger 07:05:47 PM Aug 31 2007

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ADD FIBER (WHOLE GRAINS) TO DIET WITH PLENTY OF WATER. DOES THE TRICK FOR ME EVERYTIME.



Jobody 12:20:20 PM Aug 31 2007

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Southern living is all about the sweet tea, the fried chicken, and the cold beer, and when you are around it, you eat it. Everytime I go to visit I gain several pounds. Good thing; its only a visit. When I get home I have to reprogram my eating habits. The Wholefood Farmacy <http://www.farminabag.com> helps me do that.

They have a product called the Liquithon that will clean the bad cravings right out of you. I suggest the liquithon and the tri-decathalon for any one who wants to drop some unwanted pounds.



rwnamvet68 12:45:00 AM Aug 31 2007

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I had a girl tell me once about depressive eating. She said I would get depressed because I was overweight, so I would eat something. Then I would get depressed that I was eating for being depressed. How depressing. Pass the salt.

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QtSwiMMer416 12:38:15 PM Aug 30 2007

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sorry lifezing if your over weight try and eat healthier its not a media thing its a health thing..get it right

No
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QtSwiMMer416 12:37:01 PM Aug 30 2007

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this is not about looking good...its a health article people are worried about the obesity in america because its going to kill you its right next to smoking. being physically fit the way your body is supposed to be.. it is what everyone should be..put down the cookie



LifeZing 02:37:28 AM Aug 30 2007

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75%.....get that now. 75% of the American population does not meet up with media standard of sexy. Again, the country supports you, spends their income on you.....how can you betray them with fatness? FFFFFFFFAT?

a song: "ALL THE GOLD.....IN CALIFORNIA.....IS IN A BANK IN BEVERLY HILLS.....IN SOMEBODY ELSER NAME"..... You die hard sons of bitches, lazy check getters. LOVE YOUR NEIGHBOR AS YOU LOVE YOURSELF, try it....skinny people with fetishes are proveably criminally insane, imbalanced emotionally, psychologically and live life in a sexticated wheelchair.....and..



LifeZing 02:32:14 AM Aug 30 2007

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f u r t h e r: why the hell don't you just say you like the packaged sex appeal notion of screwing kids? Truth is, you like that 22 year old in a bikini. If you say you don't, then I like you. MMMMMMMMMMMASSIVE ATTACK TO EAT, via advertising inundations for the last billion years of the moments of my Life, for sure. The news article is idiocy. KILL US ALL.....WE AREN'T SEXY ENOUGH, DAMN. Yeah, but we watch tv. We eat. We pay taxes. We have sadnesses. AND, THE MILITARY IS 61 % OVERWEIGHT. CUT THE NEWS ON the grannie syndrome, will ya? Am I fat? no.



LifeZing 02:28:24 AM Aug 30 2007

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HEY eVERbODY! If you don't like it, don't look at it. This news is insane, actually. Check it out with a

pshrink, if there's an honest one of them either. Cheetos, just love 'em. Fries.....hey, a quickie is a MASS thing approved. STOP THAT AND THE MOENY THAT'S MADE FROM IT, WILL YA. LEAVE THE FATSIES ALONE, they work, they pay, pay ,.....pay at WALMART, UNCLE SAME, uh...and at the grocery massive chain stores and everything....you know? WHAT IS THIS NEWS ABOUT. ggggggggggive me chocolate.....and no one gets hurt, you understand dude?



LifeZing 02:25:05 AM Aug 30 2007

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M A S S I V E M O N I E Sfatfood! FIGHT THAT, COME ON.



freyfamilyfour 09:12:12 PM Aug 29 2007

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Most fat people like I was just need some extreme motivation to break the cycle of overeating. there is a website I found that really helped me called digitaldietincentives.com. I ordered a plate with my fat gut on it that says "No seconds FATASS".

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