

# Re: New Research on the "Obesity Paradox"

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.nutrition/2007-09/msg00039.html>

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- *From:* Dave <[djensen36@xxxxxxx](mailto:djensen36@xxxxxxx)>
  - *Date:* Sun, 02 Sep 2007 22:02:58 -0700
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On Sep 2, 9:36 pm, Ron Peterson <[r...@xxxxxxxxxxxxxxxx](mailto:r...@xxxxxxxxxxxxxxxx)> wrote:

On Sep 2, 6:37 pm, Dave <[djense...@xxxxxxx](mailto:djense...@xxxxxxx)> wrote:

A new report is out ...

That is not the "obesity paradox" discussed in <http://archinte.ama-assn.org/cgi/content/abstract/165/1/55> which states:

"Background In the general population, obesity is associated with increased risk of adverse outcomes. However, studies of patients with chronic disease suggest that overweight and obese patients may paradoxically have better outcomes than lean patients. We sought to examine the association of body mass index (BMI) and outcomes in stable outpatients with heart failure (HF)."

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Ron

Thanks Ron . . . that's an interesting one as well.

It really is a paradox that as the supply and availability of healthy food goes up, so does the percentage of obesity. I think it is explained very well in that brief piece of consumer research, and I know I am guilty of this as well. If I get a salad a lunch, I don't feel all that bad about eating a candy bar later in the day, etc.

Dave

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