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Executive Offices ■ P.O. Box 3003 ■ Blue Bell, PA 19422-0735
Phone: (215) 628-3500 ■ **Fax: (215) 628-9269**
www.crawfordbroadcasting.com

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Donald B. Crawford, President

THE STAND **FAT**

That infamous little three letter word.

America is fat and ever growing fatter! Current estimates indicate that almost 70% of all Americans are fat, that is overweight or obese. Not only are Americans getting fatter, but they are actually, as one noted authority said, “getting fatter faster”. Americans gain weight, and then gain some more.

The worst part about getting fat is that people do nothing about it, not really. They talk, of course, and vow to do something. They explore all the latest weight loss programs. They continue to look for quick-fixes, the easy way out of course and the overweight always rationalize reasons why. They blame fat on genetics, a slow metabolism, pressure and tension, inability to eat right or regularly and any other excuse which the fatties can think of.

Almost 4 out of 10 of those overweight are obese. Said James S. Marks, a physician, Americans are treating obesity as though it were an inconvenience instead of a public health epidemic. Marks is convinced this incredibly overweight society of ours is indeed in the throws of an epidemic, one which will change the way we live and increase medical costs dramatically.

“We’re not sending a wake-up call. We are ringing the warning bell!” so said Marks. It is long time past for near admonitions or advice. No more wake-up calls. America has to be WARNED that overweight and obesity are in the form of EPIDEMIC and that must change!

The more scientists study overweight and obesity, the more they find it contributes to or worsens an incredible range of health problems. Studies show that fat can shorten life span by a minimal of 5 years and perhaps as high at 10. The quality of life is diminished. Energy levels are lessened and the will to work and be productive decreases. The problem is indeed epidemic and it led one authority to state:

“We need a plan in proportion to the scope and depth of the problem.”

Unfortunately, these authorities do not indicate what that plan should be. Near education and awareness are not enough. Something far more fundamental, demanding and comprehensive must occur.

Even more alarmingly, overweight and obesity are seriously affecting so many children. Rates of obesity in children have tripled in 20 years. Fat-related risks for children are epidemic as with adults and every bit as serious. It is incredible how indifferent so many parents seem to be regarding the overweight or obesity conditions of their children. It is as though the condition were somehow acceptable and really not a problem, much less an epidemic.

Lisa Hark, Director of the Nutrition Education Program at the University Pennsylvania School of Medicine said about the fat epidemic:

“It’s probably worse then we say it is.”

That is so, she says, because people flat out lie about their weight. They simply won’t face the fat reality, and they are determined to conceal the problem from others as much as they can. Fat awareness and the associated problems have indeed been elevated, but in spite of that, we Americans continue to get fatter faster. There just simply is not the will power, the commitment to do something serious and permanent about this problem. One expert recommends three things. First, simply reduce the quantity of the food you eat. Secondly, reduce or eliminate fats, especially trans-fats and consume the so called good fats sparingly. Thirdly, exercise. Walk, stretch, stay active in sports or hobbies and move that body, burn those calories. It seems as though almost 70% of Americans are simply not good at any or all of those three.

Weight management is a matter of respect for self, family, friends and associates, and for society at large. Weight management is the direct and foremost priority of any human being, taking care of one self so that society does not have to! If you are overweight, 25 lbs or more, or if you are obese, more than 25 lbs overweight, I pray that you will make the commitment to loose that weight and change your life. For there is only one life on this earth and it will soon be done, much sooner if you don’t loose that weight!