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Donald B. Crawford, President

THE STAND FAT

37% of all white adults 18 years of age and older are overweight. 22% of all such whites are obese. Almost 60% of all whites, three out of five, are fat, either overweight or obese.

37% of all blacks are overweight. 35% of all blacks are obese. 72% of all blacks are fat, overweight or obese. Those statistics are for adults 18 years of age and older.

37% of Hispanic adults 18 years of age and older are overweight. 31% of such Hispanics are obese. 68% of Hispanics are fat.

Of all the others, whoever they are, 35% are overweight and only 12% are obese, total 47%. 47% of all peoples not white, black or Hispanic are fat.

Fat is a real problem in the US of A. Two out of three are fat, that is either overweight or obese. That means serious health issues, and a much shorter life. That means a considerable diminution of quality of life, the ability to enjoy life at the active levels, and the inability to generate energy in response to life's opportunities and demands. FAT IS A SERIOUS PROBLEM!

It is generally viewed as discriminatory, or at least politically incorrect to distinguish races with regard to such issues. Nevertheless, it has to be brought to the attention of every African American, every black that virtually three out of four are either overweight or obese. Three out of four blacks are FAT! Something must be done, perhaps even something radical. That message, that scary fact must be driven home to African Americans. Too many black members of our society are either overweight or obese. Somehow, someday, that must change.

Two out of three Hispanics are overweight or obese. That message must be driven home loud and clear. Diets must change. Lifestyles must change. Health and life are at stake!

57% of whites are overweight or obese. Three out of five whites live an unhealthy lifestyle, never able to respond to the wonderful opportunities in life because very simply they are overweight. Health and life, and in extreme cases death are at stake.

So, whether you are white, black, Hispanic or one of the others, whoever they are, FAT is a serious, critical, life-threatening problem. It is time that we the people recognize such and find a way to educate, challenge and in extreme cases, confront those who are overweight. There is a procedure followed by those who wish to help others with drug or alcohol problems called INTERVENTION. Concerned individuals intervene in the lives of others who cannot deal with such problems on their own. Perhaps it is time for America, for its citizens, for we the people fat or not to intervene, to confront the problem and to help people with the discipline necessary to solve the fat problem. If we do not, watch the medical bills soar and watch the health of America deteriorate even further. Being fat, overweight or obese, can no longer be a matter of choice, much less a matter of right on the part of any individual. The health, even the life and death of the individual is at stake. And so may be the health and well being of America for the long term.

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