



## The Surgeon Generals Vision for a Healthy and Fit Nation

By Office Of The Surgeon General

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 24 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. Our nation stands at a crossroads. Today's epidemic of overweight and obesity threatens the historic progress we have made in increasing Americans quality and years of healthy life. Two-third of adults and nearly one in three children are overweight or obese. In addition, many racial and ethnic groups and geographic regions of the United States are disproportionately affected. The sobering impact of these numbers is reflected in the nation's concurrent epidemics of diabetes, heart disease, and other chronic diseases. If we do not reverse these trends, researchers warn that many of our children our most precious resource will be seriously afflicted in early adulthood with medical conditions such as diabetes and heart disease. This future is unacceptable. The Surgeon General asks you to join me in combating this crisis. Every one of us has an important role to play in the prevention and control of obesity. Mothers, fathers, teachers, business executives, child care professionals, clinicians, politicians, and government and community leaders we must all commit to changes that promote the health and wellness of our families and communities. As a nation, we must create...



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