Covid, obesity, and it seems to be getting dismissed…

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Latest from the CDC: **Obesity Worsens Outcomes from COVID-19**

Adults with excess weight are at even
greater risk during the COVID-19 pandemic:

Having obesity increases the risk of severe illness from COVID-19. People who are overweight may also be at increased risk.
Having obesity may triple the risk of hospitalization due to a COVID-19 infection.

     I first wrote about the connection between adverse infections related to covid 19 and the risk increase from obesity in mid-2020 https://effthatdiet.com/immune-system-health. What's happened during that time? Unfortunately, there's been a likely increase in obesity rates and a congruent increase in risk associated from even minor covid 19 infection. Important question is: why is there SUCH a limited conversation about this?

     There's plenty of conversation about masks, vaccines, vaccination cards, travel, and even social norms and ethnicity BUT why on earth, after nearly 21 months (at the time of the production of this article) is there such a limited conversation about our country's health trends and the ongoing pandemic / endemic?

     Could it be that a larger percentage of Americans have looked at their health and fitness and dare I say, given up? I'm confident this isn't the case as its likely safe to say that most people

still aspire of being in good health and physical condition. Trouble is it's very easy for a healthy vision of our fitness aspirations to get pushed aside by noise from so many sources. This can add additional obstacles that make the complex issue of a healthy body mass index an even greater challenge.

What can be done? I think it could be incredibly helpful to look at these challenges in a multi-factorial way, not to complicate the issue, but to SIMPLIFY it. What are the critical factors that we can look at when determining how to overcome the elements contributing to the obesity classification that threatens nearly 40% of US adults?

The CDC takes an in depth look at a wide variety of social constraints that can and do have a negative impact on ethnic groups, which tend to have a greater problem with obesity an overall health. Some examples of challenges would be:

- Access to healthy and nutritious foods
- Access to safe places to exercise
- Improving community infrastructure to accommodate healthier lifestyles
- Promoting healthy foods and making them available at schools, local grocery stores, food hubs, etc.

But there's a problem. These changes can take years if not DECADES to implement and then see any kind of recognizable improvements. What factors can we focus on NOW for improvements?

Here's the simplest solution. Just three:

- Nutrition.
- Cardiovascular activity.
- Resistance training.

Here's the impact this can have. Someone shares a healthy recipe, and someone else can take advantage of the recipe, exchanging items if needed, but making a serious attempt to improve their menu.

Taking a walk with a friend. It doesn't have to be a treadmill, an elliptical machine, or something formal for it to count as cardio.

Incorporating body weight movements at home, in between a streaming episode, or a commercial, or something that is more formal but with variables added for versatility.

Can these additions limited to nutrition, cardio, and resistance training be difficult to implement? Absolutely. But these challenges can add fuel to someone's desire to achieve. Example, maybe someone finds themselves in a rough neighborhood where there aren't useful parks, sidewalks, or other areas that are considered safe for activity. Walking around a parking lot at an apartment complex can get it done. It may get quickly appear boring, but it gets the heart rate elevated and this is positive. Weight training equipment can be costly to acquire and difficult to maintain whereas there are a wide variety of household items that can be used for resistance. It can be difficult to find the motivation to use these items for exercise but the pay off is incredible by comparison. Resistance training at least three times a week can boost antibody levels by as much as eight times the norm!

Hard truths are difficult, and the reality is the epidemic of obesity is impacting the severity of the COVID-19 pandemic. The most troubling elements of the covid 19 pandemic / endemic is the fact that the virus is here to stay with us and the negative implications of failing to take a close look at our total health and work to improve it could cause problems long into the future. While its true, most people who have to fight a covid 19 infection won't die, but many who are unhealthy suffer terrible long-term effects, especially as vaccination struggles to take and do a great job protecting them because of a suppressed immune system related to health issues.

The best time to act is now. Taking a close look at our health and making some critical choices to improve it can have amazingly positive effects on our futures while living with this virus as well as other threats in our ever-changing world. When you compare the work it takes to improve our fitness and establish a healthy BMI to the measures that might be required if nothing is done, the solution makes a lot of sense. Article from mid-2020: [Obese people in their fifties could be asked to shelter in place.](#)