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Childhood Obesity Can Be Deadly

Harvard study finds that overweight kids risk premature death.

September 1 – 2007, Orleans. Overweight children most often become overweight adults. Sure, there are those who seek guidance or find inspiration and commit themselves to a healthier lifestyle. Unfortunately, those success stories are few and far between. The majority of obese children leave adolescence for an adult life already ripe with health concerns. And, according to a study by Harvard's School of Public Health, those lives often end prematurely.

The Harvard study – published by the *Annals of Internal Medicine* – evaluated the health habits and medical records of more than 100,000 women who had provided data through the Nurses' Health Study (an ongoing federally financed study on women's health issues) since 1989. Researchers found that those women who were overweight or obese at age 18, had a far greater risk of dying from cancer or heart disease before reaching middle age.

"Today, one-third of U.S. children are overweight or at risk of becoming overweight," said Dr. Nathalie Beauchamp when contacted about the study. "And, the Harvard research confirms that childhood obesity is a death sentence," added Dr. Beauchamp, whose chiropractic office is located in Orleans, Ontario.

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“The physical and emotional strain on an overweight child is compounded by the type of behavior uncovered in this study. The obese youth were found less likely to exercise and more likely to have smoked and consumed alcohol. Let me be the master of the obvious, this is a recipe for a shorter life,” continued Dr. Beauchamp.

While the Harvard study did not establish whether permanent weight loss after age 18 decreases the risk of dying prematurely, Dr. Beauchamp urged parents and children to address their health regimen.

“Change the way you live, and you can alter the life path you currently travel,” noted Dr., Beauchamp. “I preach to my patients that chiropractic care is part of a maintenance program that includes proper diet, exercise and a healthy mental outlook. There is a reason that clichés become clichés. Treat your body like a temple, and that temple will stand for a long time,” she concluded.

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Editor’s Note:

Those seeking additional information regarding this study may contact Dr. Nathalie Beauchamp directly at Beauchamp Chiropractic: A Creating Wellness Centre, 1224 Place d’Orleans Dr. Unit #1, Orleans, Ontario, K1C 7K3 613-837-2883 or www.beauchampchiropractic.ca