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“Women are dying younger than their mothers and no one knows why”

Friday, October 11, 2013

I read this article a few days ago and I'm still disturbed by the statistics. (Link at bottom)

Life expectancy has been increasing in the USA as long as I can remember. The rate of increase may have slowed, but we still showed steady progress.

I'm even more concerned because of where the significant decrease is found.

“...life expectancy for white female high-school dropouts has fallen dramatically over the past 18 years. These women are now expected to die five years earlier than the generation before them—a radical decline that is virtually unheard of in the world of modern medicine”

Location is also significant – The northeast is doing OK while those in the south and west have a different reality.

All around us there are programs promoting a healthy lifestyle. We're all here participating in a very successful one. Yet one group is not getting the message.

I understand about personal responsibility, but as a citizen I have higher hopes for all segments of our society. I understand being caught in a downward spiral. Our discussions about binge eating indicate how anyone can ignore reason. I just wish I had the answer.

news.msn.com/science-technology/us-women-are-dying-younger-than-their-mothers-and-no-one-knows-why

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CD8126238



Thanks for sharing this, I didn't even know and now I do.



2781 days ago



MOOSLADY

I think it is stress as much as lifestyle. My mom (89) talks about how much less busy and stressed she was at my age. Of course, low income is stressful in itself.
2799 days ago



CD14034154

Oh my gosh! It's very disturbing to think that something like this could happen, in this day and age. Yet, being in the southwest, I've seen it too many times.
2802 days ago



WATERMELLEN

I add my vote for the State of Slim book -- it's fascinating.

Seeing lots of obesity up here in Canada too -- and it does seem to vary depending upon the socioeconomic group.
2802 days ago



ONEKIDSMOM

Disturbing.
2802 days ago



SOPHIEDO13

My Mom lived to 87 I can only hope and pray to make it to that age as you see I am experiencing health problems now at 53, although like me my mom did have a hysterectomy but not Cancer which I've been in remission for 3 years.
2802 days ago



WILSONWR

I'm afraid people just don't take nutrition too seriously in the south. The lower your income, the worst food choices made because they are cheaper to make. I, too, wish I knew the answer.
2802 days ago



CD13955287

I live in the deep south and I can tell you that the food is literally killing us.
2803 days ago



CD12146214

Well women in my Mom's side live until 90, I think I am doing just fine but I work at it everyday.
2803 days ago



CELIAMINER

I grew up in the South, Mississippi to be exact, and I know the obesity rate is very high there, especially among poorer people who are struggling just to survive. Also, as Emily said, traditional foods there tend to be high-calorie, high-fat. I remember cooking with lard, something that turns my stomach now.
2803 days ago



SLIMMERJESSE

I have no desire to live a long life.
2803 days ago



DR1939

I suspect this is associated with a variety of factors rather than simply poor health habits. Income and education levels are positively associated with health and the poorest women are those with the least education, particularly women raising children without the benefit of family.
2803 days ago



EMILY0724

I don't know the stats, but food here in the south is traditionally high in fried foods and gravy. Also, obesity is rampant in the South. Low socioeconomic status also contributes. I live in the South--have lived here my whole life. The healthy lifestyle hasn't really made it here. People just don't seem to care. I frequently feel like the Lone Ranger and my disgust with the complacency and obesity grows daily. Don't be disturbed. People are being educated, they just don't care.
2803 days ago



MISCHAKEO

It is a sad trend. Maybe the incentives being offered in health care will help. My insurance has wellness benefits and motivators. You might enjoy the book State of Slim where it talks about why Colorado has the lowest rate of obesity in the US. It is very interesting and tied to exercise.
2803 days ago



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