《美国人放弃减肥了吗？》

导读:最近的研究表明，超过三分之二的美国人超重或肥胖，并且许多人越来越偏好于保持这种状态。

More than two-thirds of Americans are either overweight or obese, and recent research suggests many are increasingly fine with staying that way.

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Researchers studied data from an ongoing, nationally representative survey of Americans' eating and lifestyle habits, specifically looking at people who responded to a question asking if they had attempted to lose weight during the past 12 months. The percentage of overweight and obese adults who answered "yes" had steadily declined over the past 30 years, the authors found, even as the percentage of overweight and obese adults likewise rose.

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The changing trends suggest that, at the very least, Americans' perception of their own weight has gradually shifted in response to rising obesity rates, senior study author Dr. Jian Zhang, an epidemiologist at Georgia Southern University, told Vocativ in an email.

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"Paralleled with the increasing prevalence of obesity, more and more adults compare themselves with their friends, coworkers, neighbors with heavier body weight, to maintain a positive image of their own," explained Zhang, for his part, agrees that explicitly focusing on reducing obesity is a fool's errand for doctors and patients alike, though he

does still consider it a public health priority.

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"You cannot stop a train. The problem is hard to fix if it occurs, even identified early," he said. "The best way, most likely the only way, is to prevent it from happening. Let’s do more to prevent obesity at its beginning, among kids, at home and in school. That is the right-time-right-person-and right-place strategy."

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And even those of us worried about our weight now shouldn’t obsess about the actual number on the scale, he added.

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"I firmly believe we don’t have to lose weight mindfully; building a healthy lifestyle and having it as a part of routine is the key. This will make your effort less painful and more effective," he said. "My definition of a healthy lifestyle is very simply — eat less and keep moving, period."

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