

Obesity Linked to Depression

- A study of more than 9,000 adults found that mood disorders including depression were about 25% more common in obese people.
- 22% of obese participants had experienced a mood disorder including depression, compared with 18% of the non-obese.
- The relationship between obesity and mental illness was equally strong in men and women, contrasting with some previous research that found a more robust link in women.

Archives of General Psychiatry, July 2006

Obese at 18, Death in Middle Age

- Women who are overweight or obese at 18 are at a greater risk of dying in middle age than women who stay at a healthy weight in their teens.
- Participants, age 24 to 44, reported their weight and height in 1989 and also their weight at age 18.
 - This study was an arm of the Nurse's Health Study.

Annals of Internal Medicine, July 22, 2006