过半美国儿童35岁将依然超重

据最新的计算机预测结果，当今美国大部分正在成长的儿童将在35岁的时候依然超重。

这项研究的领导者，Zachary Ward，~~被大众描述为~~用“~~sobering~~令人警醒的”来描述这个预测。

但是他补充到，“~~这不应该惊奇地成为我们的目标~~我们朝这个方向发展并不奇怪，我们已经~~调查~~接近了~~确定的组织以及国家地区~~国家区域和子群的成年人的超重水平。”

Ward还表达了自己对于幼年肥胖~~能维持十年~~强烈预示着成年肥胖的惊讶。

“举个例子，四分之三的两岁肥胖儿童将在35岁依然肥胖。”，他说道，“对于严重肥胖的来说，这个比例将是四分之五。”

Ward是哈佛~~大学~~商学院波士顿~~健康科学系~~公共医学中心健康决策科学的研究卫生政策的~~医学~~博士生。

通过美国疾控预防中心了解到，美国6-19岁的儿童有~~很严重的~~大约20%的肥胖率，这种反应是~~了从~~1970年~~至今的变化~~的三倍。

最新的研究成果被作为~~一个很有影响的部分发表，标题为~~“儿童肥胖的影响研究”的更大突破的一部分来展开的。

这项研究(调查)首先和来自五项包括41500个儿童以及成人的研究的身高体重数据联系在一起。他们之后就通过计算机模型来模拟一百万个“虚拟”的2016年19岁儿童样本。

然后模型预测了直到35岁虚拟儿童的肥胖率。

模型假想早期超重或肥胖将可能在之后的年龄中也保持肥胖。除此之外，当一个人在童年越肥胖，直到35岁也保持肥胖的几率将会更高。

当~~调查~~推断反映出美国社会的总体情况的时候，这种~~情形~~模拟~~概括~~断定了57%的美国儿童的现状，每10个人有6个人将在30岁依然肥胖。

Ward和他~~所在学院~~同事的这项研究发表在11月30号的~~新英国医药研究~~新英格兰医学杂志~~的文章~~上。

一位健康和营养专家对结果表示惊奇。

“这位作者的预测~~是公平的基于当前成年人肥胖人群的组成~~完全符合当今成年人的肥胖率”，Lona Sandon，一位达拉斯市~~德州~~德克萨斯大学的~~Dallas~~西南医学中心临床营养助理教授~~的医学专家~~这样说道。

“这种趋势显示肥胖发生在成人的早期，确切的儿童肥胖水平推测出这种趋势会延续下去”，~~Sandon说道，同时他本人没有在分析中被提到~~没有参与研究的Sandon说道。

因为“肥胖很难在任何时期逆转”，她说~~假想~~预防是关键。家长们不能依赖公共学校的~~体育~~营养(补充)和活动项目来做这份工作。

“焦虑的家长们可以在家努力准备并提供健康的食物，规律饮食时间，限制看电子屏幕的时间，鼓励参加体育运动，鼓励在闲时参加非~~休闲~~久坐类型的活动，并且，~~通过活动来制定例子~~树立积极的榜样，他们也要有一个健康的~~和他们~~选择食物的关系以及规律的饮食。”Sandon说道。

原文：

More than half of U.S. kids could be obese by age 35

The majority of children growing up in America today will be obese by age 35, a new computer analysis predicts.

The study's lead author, Zachary Ward, described the forecast as "sobering."

But, he added, "It should not be surprising that we are heading in this direction. We are already approaching this level of adult obesity for certain subgroups [and] areas of the country."

Still, Ward expressed some surprise at how strongly being obese at a very young age predicted obesity decades down the road.

"For example, we found that three out of four 2-year-olds with obesity will still have obesity at age 35," he said. "For 2-year-olds with severe obesity, that number is four out five."

Ward is a doctoral candidate in health policy with the Harvard T.H. Chan School of Public Health's Center for Health Decision Science, in Boston.

According to the U.S. Centers for Disease Control and Prevention, roughly 20 percent of American children 6 to 19 years old are obese. That reflects a tripling of the number since the 1970s.

Watch: Childhood obesity 10 times higher than 1970s

The new analysis was launched as part of a larger effort called the "Childhood Obesity Intervention Cost-Effectiveness Study" (CHOICES).

The investigators first combined height and weight data from five studies involving about 41,500 children and adults. They then used a computer model to generate a representative sample of 1 million "virtual" children up to the age of 19, living in the year 2016.

The model then predicted how obesity rates would unfold until all the virtual children turned 35.

The model indicated that being overweight or obese early in life bumped up the risk for being obese later in life. In addition, the more overweight or obese someone was as a child, the greater the person's chances of being obese by age 35.

When extrapolated to reflect American society as a whole, the simulation concluded that more than 57 percent of American children today -- nearly 6 of every 10 -- would end up obese by their mid-30s.

The study by Ward and his colleagues appears in the Nov. 30 issue of the New England Journal of Medicine.

One health and nutrition expert expressed little surprise at the findings.

"The authors' predictions are fairly consistent with current adult obesity prevalence," said Lona Sandon, an assistant professor of clinical nutrition at the University of Texas Southwestern Medical Center in Dallas.

"Trends show obesity occurring earlier in adulthood, and [the] current level of childhood obesity suggests that the trend will continue," said Sandon, who was not involved with the analysis.

Because "obesity is difficult to reverse at any age," she said, prevention is key. Parents should not rely solely on public school nutrition and activity programs to do the job.

"Concerned parents can make efforts to prepare and provide healthier foods at home, plan regular scheduled mealtimes, limit screen time, encourage participation in sports, encourage participation in active leisure time activities instead of more sedentary activities and, most of all, set an example by being active, having a healthy relationship with their own food choices and having regular mealtimes as well," Sandon said.