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Obesity 'Explosion' In Young Rural Chinese A Result Of Socioeconomic Changes, Study Warns

(bbc.com)

Posted by [BeauHD](#) on Friday April 29, 2016 @06:01AM from the body-mass-index dept.

An anonymous reader quotes a report from BBC: *Obesity has rapidly increased in young rural Chinese, a study has warned, because of socioeconomic changes. Researchers found 17% of boys and 9% of girls under the age of 19 were obese in 2014, up from 1% for each in 1985. The 29-year study, published in the European Journal of Preventive Cardiology, involved nearly 28,000 students in Shandong province. The study said China's rapid socioeconomic and nutritional transition has led to an increase in energy intake and a decrease in physical activity. The data was taken from six government surveys of rural school children in Shandong aged between seven and 18. The percentage of overweight children has also grown from 0.7% to 16.4% for boys and from 1.5% to nearly 14% for girls, the study said. "It is the worst explosion of childhood and adolescent obesity that I have ever seen," Joep Perk from the European Society of Cardiology told AFP news agency.*

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Re: Rice (Score:2, Insightful)

by [Anonymous Coward](#)

They've eaten a lot of rice for centuries. It's not the rice. It's the increase in meat, dairy and processed foods - they want to eat like Westerners.

Mainly the increase in processed foods. Meat and dairy without the massive increase in liver-processed sugars and extremely calorie dense snacks wouldn't cause nearly as much obesity.

Obesity explosion eh? (Score:2)

by [Maritz \(1829006 \)](#)

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Ew...

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