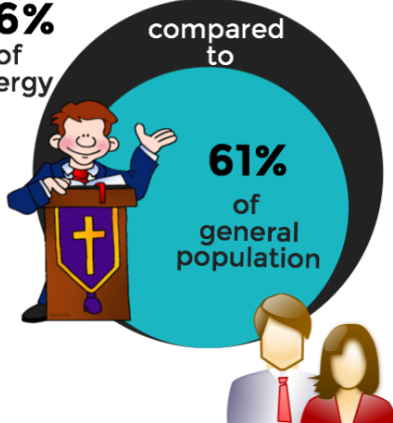


# Four Startling Studies


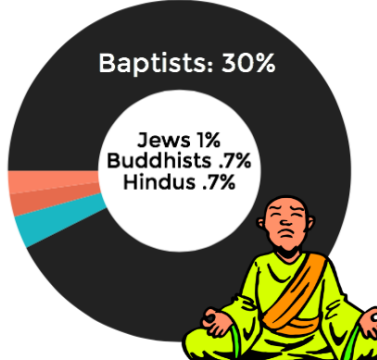
What causes this? What can we do?

**76%** of clergy compared to **61%** of general population



A 2001 Pulpit and Pew study of 2,500 clergy found that 76% were overweight or obese compared to 61% of the general population at the time of the study.

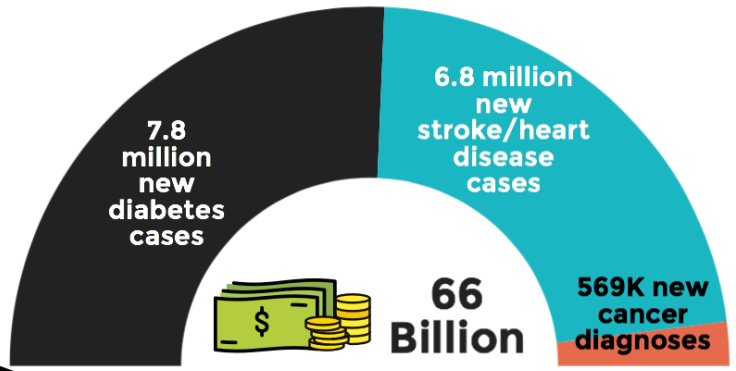
A 2011 Northwestern University study tracked 3,433 men and women for 18 years and found that young adults who frequently attend church or a bible study once a week are **50%** more likely to become obese.

A 1998 Purdue study found that the fundamental Christians are by far the heaviest of all religious groups led by Baptists with a 30% obesity rate compared with Jews at 1%, Buddhists and Hindus at 0.7%



By 2030, nearly one-half of the American population will be obese, at high risk of diabetes, according to a 2012 American Journal of Preventive Medicine study.



Researchers estimate that this will cost an additional \$66 billion dollars in health care expenditures, with 7.8 million new cases of diabetes, 6.8 million new cases of stroke and heart disease, and 539,000 new cancer diagnoses.