

# Obesity

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## Large protection for all Canadians

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In 1980, one in ten Canadians was obese. In 2015, nearly one in four were overweight. By the year 2020, it is projected that one in three will be considered obese. Is there discrimination against overweight people? Many airlines, such as United Airlines, Delta, and Jet Blue charge obese individuals for two plane seats instead of one. Obamacare's architect Jonahan Gruber recently stated that overweight Americans should be taxed based on their body weight. Is there anyone that treats obesity with dignity and respect? As a matter of fact, there is! The insurance world is changing as many Canadians don't have time to answer endless questions about their health or want to avoid sharp needles being poked into their arm. Now it is possible to ensure you and your loved ones are protected from bad things happening and you don't need to be in the same room as the insurance broker. The providers are not bias to overweight individuals. Merely answer 'no' to a few 'knock out questions' and you are well on your way to protect your family and estate. The process for insurance can take as little as fifteen minutes and any Canadian can be approved in as little as 48 hours!

## Association of dietary behaviors with physical activity in a nationally representative sample of children and adolescents: The CASPIAN IV study

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Nutritional health and adequate physical activity (PA), especially in childhood have a substantial role in health. This study assessed the association of dietary behaviors (main courses and snacks intake) with PA in children and adolescents as a part of a larger national study. Using multistage random cluster sampling method, a representative sample of 14880 school students were selected from urban and rural areas of 30 provinces of Iran (2011-2012). Through a validated questionnaire, daily consumption of main course (breakfast, lunch, and dinner) as well as daily consumption of different snacks and health foods (fast foods, milk, vegetables, dry fruits, fresh fruits, sweetened beverages, salty snacks and sweets) were recorded for every participants. Information of past week weekly frequency of leisure time PA was collected. Overall, 13486 out of 14880 students (response rate: 90.6%) participated in this survey. Participants consisted of 6640 (49.2%) girls and 75.6% urban residents; their mean and standard deviation (SD) age was 12.47 (3.36) years. Daily consumption of fresh fruits (OR: 1.35, 95%CI: 1.20-1.52), dried fruits (OR: 1.21; 95%CI: 1.06-1.40), vegetable (OR: 1.39; 95% CI: 1.24-1.56), and milk (OR: 1.35; 95% CI: 1.21-1.52) increased the risk of vigorous PA compare to mild PA in adjusted model. Skipping the breakfast, lunch and dinner decreased the risk of moderate and vigorous PA compare to mild PA (P<0.05). Present study showed that dietary behaviors are associated with PA level in Iranian adolescents. Findings should be used for better evidence based planning of health promotional programs in these age groups.