

# The History Of Obesity Timeline | Histowiki

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Obesity is a fascinating and destructive thing. It's fascinating in that it's uniquely human or human caused. It doesn't exist in nature because the slow or fat are killed (if they're prey) or die of hunger (if they're unfit predators).

Obesity is cascadingly destructive as this timeline will show. It's a modern phenomenon with only a few pockets showing up during the Renaissance. The costs to health, environmental devastation, and money are staggering.

**Origin of Obesity:** *Obesity* is from the [Latin](#) *obesitas*, which means "stout, fat, or plump." *obesus* is the past participle of *edere* (to eat), with *ob* (over) added to it. [The Oxford English Dictionary](#) documents its first usage in 1611 by [Randle Cotgrave](#).



**~33,000 B.C.:** The first sculptural representations of the human body 20,000–35,000 years ago depict obese females.

**~450 B.C.:** The [Greeks](#) were the first to recognize obesity as a medical disorder. [Hippocrates](#) wrote that "Corpulence is not only a disease itself, but the harbinger of others".

**~600 B.C.:** Many cultures throughout history have viewed obesity as the result of a character flaw. The *obesus* or fat character in [Greek comedy](#) was a glutton and figure of mockery. [wikipedia – Obesity](#)

**~550 B.C.:** The Indian surgeon [Sushruta](#) (6th century BCE) related obesity to diabetes and heart disorders. [wikipedia – Obesity](#)

**1300 A.D. to 1700 A.D.:** During the [Renaissance](#) some of the upper class began flaunting their large size, as can be seen in portraits of Henry the VIII and Alessandro del Borro. [Rubens](#) (1577–1640) regularly depicted full-bodied women in his pictures, from which derives the term [Rubenesque](#). [wikipedia – Obesity](#)

**1909 A.D.:** Average American ate 4 pounds of cheese. By 2000 cheese consumption soared 8 fold to 32 pounds of cheese per year! [Wikipedia.org – Obesity in the United States](#)

**1962 A.D.:** – U.S. has 13% obesity rate. [Wikipedia.org – Obesity in the United States](#) – 45% of adult Americans were overweight [Wikipedia on Epidemiology of Obesity](#)

**1971 A.D.:** Average woman ate 1542 calories per day. By 2004 the average woman consumed more than 1871 calories per day a 335 calorie per day jump. Most of this 21.7% calorie consumption increase were empty carbohydrates and sodas. [wikipedia – Obesity](#)

**1995 A.D.:** United States consumption of fast-food meals tripled and food energy intake from these meals quadrupled since 1977. [wikipedia – Obesity](#)

**1997 A.D.:** U.S. obesity rate has climbed to 19.4% [Wikipedia.org – Obesity in the United States](#)

**2002 A.D.:** Obesity rates have doubled since 1980, reaching the current rate of 33% of the adult population [Wikipedia on Epidemiology of Obesity](#)

**2004 A.D.:** U.S. obesity rate reaching critical levels at 24.5% [Wikipedia.org – Obesity in the United States](#)

**2005 A.D.:** WHO estimates that at least 400 million adults (9.8%) are obese [Wikipedia on Epidemiology of Obesity](#) Women obese at higher rates than men. [Wikipedia on Epidemiology of Obesity](#)

**2007 A.D.:** U.S. obesity rates continue their march higher to 26.6% [Wikipedia.org – Obesity in the United States](#) – Obesity rates are as high as 50% among African American women. [Wikipedia on Epidemiology of Obesity](#)

**2008 A.D.:** – U.S obesity looks unstoppable ascending to 33.8% [Wikipedia.org – Obesity in the United States](#) – The World Health Organization claimed that 1.5 billion adults, 20 and older, were overweight and of these over 200 million men and nearly 300 million women were obese. [Wikipedia on Epidemiology of Obesity](#)

**May 2009 A.D.:** The case for reducing consumption of all types of sugar...especially fructose and High Fructose Corn Syrup: Research links sugar consumption to the rising obesity trend. [Dr. Robert Lustig](#), esteemed medical doctor, pediatric hormone disorders specialist, and childhood obesity expert speaks out about sugar. On May 26, 2009 he lectures on the Evils of Sugar. July 2010 this lengthy [90 minute lecture posted to YouTube](#) has over 3,100,000 views. [Dr. Robert Lustig crusades against sugar](#) SFGate, 2013.

Dr. Gary Taubes [author of [Why We Get Fat and What to Do About It](#)] talks about Sugar Toxicity and Dr Robert Lustig's position: [New York Times](#).

Dr David Katz M.D. counters in the Huffington Post... [“Sugar Isn’t Evil: A Rebuttal”](#)

**2010 A.D.:** U.S. obesity rates reaching catastrophic levels at 35.7% [Wikipedia.org – Obesity in the United States](#)

*Financial Cost of Obesity* – According to a 2010 study, direct obesity related medical expenses in America are \$160 billion per year. The estimated indirect costs? **\$450 billion**. [Infographic](#)

- Obesity costs the average man an extra \$2,646 per year and the average woman an extra \$4,879 on average [Infographic](#)

- Obese people are paid close to \$3.50 less than their healthier counterparts. [Infographic](#)

- Obese women are paid 11% less than their healthy counterparts [Infographic](#)

**2012 A.D.:** Of all countries, the United States has the highest rate of obesity. [Wikipedia.org – Obesity in the United States](#)

**U.S.:** 74.1% of people are overweight and 30% of those are obese. [Infographic](#)

**Is obesity worse in U.S. women than men?:** In the U.S., 27.5% of males are obese, while 33.4% of females are obese. [Infographic](#)

*Obesity Leads to Heart Attacks*

70% of diagnosed heart disease cases are linked directly to obesity, according to the American Heart Association: [Source](#)

*Obesity Leads to Diabetes* Type 2 Diabetes Nationwide, [more than half of adults with the disease are obese](#), and 30 percent or more are overweight. [NYTimes.com- Diabetes and the obesity paradox](#)

Study: [Facebook Could Cause Obesity](#)

**2030 A.D.:** (projected numbers)

- **Almost half of Americans** (41%) are expected to be **obese** by 2030 [Infographic](#)

- **86% of Americans** are expected to be **overweight** by 2030 [businesspundit.com the economic costs of obesity/](#)

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### **About this Timeline's Curators:**

Clint Evans of [Hip Chick Fitness](#), a [women's weight loss community](#), and his business partner [Houston area Fitness expert E. Calvin Barber II](#), have studied weight trends and health for over 15 years. They've seen the dire costs of obesity first hand. The devastation weight gain wreaks on families and lives is too much to bear. They're focus is to help women lose weight using healthy natural foods in an eating plan they can sustain long-term. This way the fat melts and it stays away.

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