



November 14, 2011 – Grand Rapids, MI

No New Taxes

When I wrote before about the August 2011 obesity edition of the journal *Lancet*, I told you about a new calorie calculator for weight loss. The other articles examine the health and economic ramifications for the U.S. and the world if this trend isn't reversed. The writers reported on strategies that are being considered throughout the world including a tax on unhealthy food. That hasn't gotten much traction in the U.S., but a tax on full-sugared sodas has been considered. You want that quart of cola from a convenience store or drive-thru with 1,000 calories? Okay, but we're going to tax you for it.

I don't like it because it doesn't solve the problem: people don't understand what they're eating and drinking and the implications it has for their body weight and their health. Taxing it won't teach a single person why they shouldn't drink 32 ounces of sugary soda.

We don't need new taxes—we need better health and nutrition education. We have to teach, not tax. That's the only way to a permanent solution to the obesity epidemic in the U.S. or anywhere.

What are you prepared to do today?

Dr. Chet

Reference: *Lancet*. 2011; 378(9793):838-847.

WGUV FM 88.5/95.3 **npr** ***Straight Talk on Health***

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC