Reasons behind all the obesity in the U.S.

By Martha Rosenberg,AlterNet

Americans have become huge. Between the 1960s and the 2000s, Americans grew, on the average, an inch taller and 24 pounds heavier.

The average American man today weights 194 pounds and the average woman 165 pounds. The growing girth has led to the creation of special-sized ambulances, operating tables and coffins as well as bigger seats on planes and trains.

Almost a third of American children and teens are overweight, but 84 percent of parents believe their children are at a healthy weight in one study. Why? The adults are probably overweight too.

Still there are scientific reasons why Americans are blimping up and they aren't limited to eating too much and exercising too little.

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