

New Study Suggests Americans May Have Gained Two Pounds a Month in Lockdown

A new study published in the peer-reviewed JAMA Network Open suggests that Americans may have gained 20 pounds over the course of the last year.

Notably, the study was very small and not extremely diverse. Only about 300 people participated in the study with the majority of the participants being white. The average age of the study was 51 and was almost evenly split between men and women.

Researchers analyzed data from participants in 37 states, and the District of Columbia taken over the course of February 1st, 2020 to June 1st, 2020. Data was collected from Bluetooth connected smart scales and researchers collected 7,444 weight measurements over the course of the study, around 28 measurements per person.

We know that weight gain is a public health problem in the U.S. already, so anything making it worse is definitely concerning, and shelter-in-place orders are so ubiquitous that the sheer number of people affected by this makes it extremely relevant.

How Much Weight Did We Gain During Lockdowns? 2 Pounds a Month, Study Hints

Obesity has been linked to a greater risk of Covid-19. Forty-two percent of Americans over the age of 20 have obesity, and an additional 32% of Americans are overweight.