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# **Heart disease will kill 400,000 Americans in 2010 | Reuters**

The United States is one of the most advanced countries in the world. There are special programs to ensure that people get the care they need and the future may see universal health care coverage. With all the advancements, doesn't it seem weird that heart disease is still way out of control?

One of the biggest contributing factors for heart disease is obesity. A poor diet is one of the main causes of obesity. It is easy to see why Americans are getting bigger every year. The "normal" portion size now is twice what it used to be. Anybody remember when a medium drink was 12 to 16 ounces. At many places, a medium drink is 32 ounces. That is 400 calories of pure sugar right there. Is it any wonder obesity is on the rise.

The below story was published based on a study of Americans, but the rest of the world isn't far behind. We need to wake up and start taking care of ourselves because no amount of health care will overcome an unhealthy lifestyle.

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