

Obese People More Likely to Die Following Severe Car Crashes

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A statistical study of fatal car accidents spanning five years has shown that obese people are more likely to die from injuries in a car accident than their thinner counterparts, according to a [news report](#).

Researchers at the University of Buffalo School of Medicine and Biomedical Resources found that people considered moderately obese – those with a body mass index over 30 – are 21 percent more likely to die from injuries in a car accident. Those who are morbidly obese – with a body mass index of over 40 – are 56 percent more likely to die in a severe car crash.

For those just slightly overweight, the news was good: they have the highest rate of surviving a severe car accident, better than both underweight and normal weight people.

According to a National Health and Nutrition Examination Survey, over 35 percent of American adults are moderately obese and more than six percent are morbidly obese. Researchers said that safety could be improved for one-third of American adults if car manufacturers would design and test vehicle interiors with the obese in mind.



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