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Beer: The secret to Colorado staying skinny

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Great news, Colorado. According to a recent nationwide health study, we're skinny.

I'm speaking generally of course. You, for example, are not skinny. Neither is your spouse, your kids, your Wednesday Sentinel columnist, plumber, mistress or dog. But someone around here must be in shape. The Trust for America's Health says that Colorado has the lowest obesity rate amongst all 50 states.

Mississippi came in as the fattest state, much to the embarrassment of state health Director Lyle T. Duffell, who — when asked to comment — told a reporter: "Let me call you back. The pizza guy is here."

So it appears we're the fittest people in the country. Do you know what that means? It means that meth is a great appetite suppressant.

No, sorry. What it means is that we're the attractive "hot" state. When the states all get together to party, we're the ones the jealous states point to and accuse of having bulimia.

"Oh sure, Colorado is skinny now," West Virginia whispers to Arkansas, in a very snide tone, "But just wait until she has kids."

It also means that the rest of the country should learn from our example. Health experts point to one main reason why active, outdoor-loving Coloradans are so much fitter than those porkers in New York and California. What's that reason? I'll give you a hint: It's what you get when you happen to go skiing, hiking, biking, fishing or golfing.

That's right: beer.

According to a study by the Beer Institute, (kind of like the Cato Institute, only with less sobriety), Colorado is the nation's largest beer-producing state.

Let's pause here and summarize these recent findings:

Colorado makes the most beer.

Colorado is the skinniest state.

Coincidence? I think probably. Yet we shouldn't downplay the studies' indisputable, scientific conclusion, which is: the key to maintaining a healthy lifestyle is to drink massive quantities of beer.

We'll call this the "Colorado Diet." It will be sort of like the Hollywood Diet and the South Beach Diet, only

more fun.

We can even package the Colorado Diet and sell it, advertising it on TV like they do Slim Fast. “You just drink one beer in the morning, one at work, two beers at lunch then eat a regular dinner, assuming of course, you remember how to operate the stove.”

We’ll even have testimonials to help close the deal:

WOMAN: (holding up a big pair of jeans she used to wear): “I lost 35 pounds on the Colorado Diet. Burrrrrrp! Excuse me. Plus I dropped four pant sizes. Of course, now I’m an unemployed alcoholic, but still. Burrrrp!”

Despite the pure genius of this plan, it may have some detractors. Probably the same people who send me angry e-mails every week. And getting state and local health officials on board won’t be easy. They’re already downplaying the results of the original study.

Said Kristy Emerson of the Mesa County Health Department: “While the state seems to be doing well, Mesa County could be doing a little better.”

That, frankly, is not what I want to hear. We should be celebrating our ranking, rubbing it in the face of the 49 states below us. I want her to send taunting faxes and e-mails to her colleagues in other states; “YOU’RE FAT!” would be a good headline.

At the next National Convention of Health Department Officials, she should openly mock the other states, going up to the New Hampshire delegation, for example, and holding up a piece of celery while telling them, “This is what’s called a V.E.G.E.T.A.B.L.E. you guys should try one.”


That’s what I would do. But what do I know? Not only am I not a health expert, I’m overweight. In fact, if I don’t act soon, I could potentially hurt our skinny ranking next year.

Which is why I’m going to start on that Colorado Diet plan right now ...

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