

America: an alarming state of obesity essay sample

[Health & Medicine](#), [Obesity](#)



Thesis: This paper argues for the need of government intervention into the food industry to allow radical changes that aid in the reduction of obesity incidences. For uniform national dietary change, the country needs government intervention and regulation which most Americans barely support.

1. Obesity Causes

A. Fast Food Restaurants

Americans on average eat a minimum of three hamburger servings and three French fries servings weekly (DeMaria, 2003).

The development and growth of fast food chains such as McDonald's increase the prevalence of obesity (DeMaria, 2003).

B. Lack of Exercise

Children in schools are fed ion junk food that incapacitates their ability to exercise by not participating in sports activities (Danford, Marvicisin, & Shultz, 2015).

C. Watching Television

According to Pollan (2006), the ready-to-heat-and-eat products or processed foods which contain chemical additives are harmful to the human body and are leading to obesity. Consequently, consumption of such foods is mostly done when watching TV.

2. Obesity Challenges

A. Bullying by Children

Research shows that obese children are often bullied and are mostly defenseless (Wolf & Colditz, 1998).

B. Low Self-Esteem

Bullied children have low self-esteem negatively influencing their social skills

C. Negative Economic Growth

Obese people contribute little to economic growth and this burden the health care system by increasing healthcare cost from a group that whose contribution to the economy is minimal (Pollan, 2006).

D. Health Implications

Leading cause of cardiovascular diseases (Allison, Zannolli, & Narayan, 1999).

Low immunity, hence, susceptibility to infection.

Low bone density is causing feebleness and fatigue.

3. Interventions

A. Legislation barring Fast Food Chains Development

Promote healthy products

Make healthy foods cheaper than fast foods

B. Policy Regulating Meals Prepared at Fast Food Chains

Danford, Schultz and Marvicsin (2015) argue that the United States government needs to put forward mechanisms to establish a national health policy that aids in promoting healthy eating behaviors in schools.

C. Physical Exercise

Regular exercising accompanied with a balanced diet serves to eradicate and prevent the instance of obesity (Daniels, Arnett, & Eckel, 2005).

4. Conclusion

A. Joint Intervention

The government needs to work alongside with stakeholders to make healthy foods affordable and accessible to the poor (Oliver & Lee, 2005).

Collective Responsibility between Parents and Government

Parents should support the government's efforts in addressing the challenge of obesity through adopting healthy living habits for their children and themselves (Danford, Marvicisin, & Shultz, 2015).

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