

# Why do people become obese essay example

[Science](#), [Genetics](#)



Ever wondered why there are people who become horribly big and obese?

Ever wondered why many would consider it an insult? A curse? A

consequence? Or maybe just something they cannot prevent?

Most countries around the world, especially developed countries such as the United States, have a long standing problem regarding the productivity of their citizens because of their weight. This problem has stemmed since the start of the 1970s and has continued to grow till today. If one asks these people, they would make a variety of reactions; each would note that they are denying the fact that they are fat. Politicians today are quite alarmed with the growing number of people getting fatter in each generation. Most of the obese citizens recorded come from every walk of life, may they be from the young generation or from the old generation. They have continuously reminded them time and time again but it seems the reminders are in vain considering that the actions of the people are continuously being influenced by several factors. The debate on how exactly the numbers of obese people are increasing is still being grilled in many institutions as there are many possibilities on where the problem came from. Some point out that it may be because of the person's genetic background because not all people grow up like a balloon just because of excess meals and lack of exercise while some point out that people get fat because of the things around them.? Each argument seems uncanny and as far as things are concerned, people should really mind what they eat and understand the risks they involve in.

### **It's because of the genes!**

There have been studies that have pointed out that people become obese because each person has a very unique genetic makeup and it contributes to

their body image and how they take in food. Not all kids would be born obese if they come from a family with only one obese parent and even if twins are reared apart in different environments, they would always remain the same body frame as the other. Experts also ruled in the concept that obese people become this fat because of their ancestry. Many families around the globe have ancestry that could have played a key role upon their genetic structure as these ancestors lived out their lives without much food. Thus many half-descent children have big risks on becoming obese if their ancestry came from tribes that did not mix well with food. There are also noted genetic mutations and genetic disorders that play a key role in obesity. Medicine also is a very influencing agent as this may induce excessive eating even if they mean well for the illness or disease one is sporting.

### **It's not because of the genes; it's because of the environment!**

Many believe that the argument regarding the genes is baseless as it is not proven that all would become obese just because of their genetic structure dictates their body. It is a given fact that most factors today influence a person's lifestyle and how they eat. Given that one is always pressed for time and no longer have the luxury of cooking for himself or herself, one chooses to eat foods that are processed, cooked and high in calories. Mass media has also influenced how a child perceives his eating habits and normally would remember foods if they came from a particular brand they see on television screens. Businesses also utilize the influence of mass media and entice children to love their fast food offerings. Others would normally use food as a way to express themselves because it had something

to do with what they have experienced. Those well off do not mind at all, even if the risks are already seen there.