

Good essay about urban sprawl and relations to obesity

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



Sprawl may refer to the extensive development of the undeveloped land near the city. Sprawl shows growth of a region that is beyond or outside the city because of the influence of the city. It may be characterized with the low-density in comparison to the population limit of the city. Also, sprawl may be characterized with the transitional period between the rural and urban use of the land. The new developments take place in a segregated land with the dominance of the automobiles. It is true that the pattern of growth is unplanned and occurs in an ad hoc manner (Bhatta 04). Sprawl continues to increase traffic, exploits local resources, as well as destroys the open space. There are direct links of sprawl to health of a human being. Sprawl is a sign of the increasing sedentary lifestyle. There are extensive allegations that individuals continue to change their way of living through the development of sprawl. Since it is a form of extension of the urban life to the suburbs with the standards of the city being withheld, the residents are likely to embrace the city life. Urban life is sedentary in various ways as it exposes the residents into poor physical exercises that would help them in keeping fit. As a result, their bodies continue to lose the battle against obesity. There are statistics that lifestyle, as a result of the sprawl will expose more people to obesity(Bhatta 07).

Sprawl defines a region with low population density. Therefore, the distance from one home to the other may be extremely long. At such a time, you will find that the main mode of transportation is through the automobiles. The transport through the automobiles is further exposure of the risks that individuals expose themselves into since they do not exercise through walking. It is clear that walking is a form of physical exercises that is

extremely significant in fighting obesity. Therefore, the distance makes sprawl a demerit for physical health since the long distance in a low population density region encourages use of automobiles in place of walking (Ewing et al 119).

In highly populated regions, the developers are extremely keen to develop the infrastructure that will fit all purposes and people. However, it is not the case of sprawl. There are facilities that may miss on the infrastructure. For example, walking and bicycle riding paths may be ignored. Riding a bicycle is a lifestyle and individuals may adopt it as a form of physical exercise.

However, without the paths in the new urban areas it would be impossible (Bhatta 08). Therefore, the development of the new areas plays a critical role in the encouragement of obesity among the residents.

The urban sprawl is a major beneficiary of modern technology and facilities such as electricity and telephones. It is wise to not the merits that come with the technology as well as the facilities. The economy within the urban sprawl may achieve numerous merits from the new technology. For example, companies or individuals would be happy if they managed to work at home. With electricity connected to the homes, it is very easy to have many residents of the urban sprawls working from home (Starke 69). The act denies them the chance to walk to work and back home. If they are to consult on any matter, they do not require traveling. Instead, they use the internet and the telephone to communicate. The residents are exposed to higher risk of obesity than if they did not have the facilities (Ewing et al 123).

In addition, sprawl does not live an idle land. It ensures that the proper

development occurs around the lands. However, it is clear that most of the lands outside the cities are private. According to the requirements of a proper residential area, there should be adequate space for recreational facilities. There must be proper space useful in the creation of playing grounds, as well as sporting centers. Children require playing grounds and may only be provided by the government. Because of the lack of government, land in most of the public urban sprawls the playing grounds and recreational facilities may not be available. If the facilities are available, they do not have enough space to accommodate a lot of people. In return, the community will be full of individuals who do not exercise (Starke 68). The element is further support for the responsibility of urban sprawl to increase in the level of obesity.

Also, the existence of urban sprawls encourages the movement of people from the rural areas to the cities. Life in rural areas fetches exclusive merits compared to urban areas where individuals have to experience extensive demerits. An agony comes with the experience. In the urban areas, the most accessible type of food for the residents must be processed. Therefore, they cannot access natural food, which would be extensively significant in them maintaining proper health. Processed food is a major cause of obesity and is unavoidable in urban areas (Ewing et al 121). Following the zoning strategy, it becomes hard to find individuals practicing agriculture.

However, sprawl urban regions have extensive merits. They do not only come with extensive demerits. One of the merits that come with the sprawl urban is decongestion of major cities. High population density is not a major support for a healthy environment (Seto et al 176). The congestion attracts

improper application of rules.

The management of large cities is hectic since the many people are unlikely to comply with the rules put in place. They are likely to ignore major environmental concerns that may be extensively significant in defining health for the environment (Seto et al 171). For example, they may ignore the element of the drainage, which is paramount for health living.

In addition, large cities may encourage poor use of social facilities since the areas are congested. The idea of urban sprawl may be paramount in ensuring that the cities shake off some of the residents exposing them to the new residences. In return, the social facilities in the urban region will have been relieved. Therefore, more people will access the facilities and use them with the activities that would assist the bodies to remain healthy (Seto et al 169).

Urban sprawls are proper development of improved lifestyle for some people who initially lived in the urban areas that were densely populated. Such people find it more comfortable to survive in the modern cities, where life may be more comfortable. Following their previous exposure to proper living, the citizens are likely to fashion a healthy life that will keep them from obesity (Jaeger et al 409).

The flaws of the sprawls have become extensively common. Therefore, necessary plans are taking place in the areas to ensure the necessary tasks are undertaken to support exclusive development of the region with the necessary facilities fitted (Jaeger et al 398).

There us control of how the urban sprawls are being constructed, and there is a need to invest in knowledgeable techniques that consider health as a

vital element. It is proper to cite prowess in development through consideration of the health status of the people involved in the regions (Jaeger et al 401).

Therefore, apart from encouraging obesity and other lifestyle conditions, urban sprawls remain vital in defining excellence or proper living. Obesity is mainly because of lack of proper physical exercise, as well as poor living habits. The sprawls save the environment through decongestion of the urban areas. In addition, they promote proper use of the resources such as lands lying idle.

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