

Good example of obesity and chronic health conditions essay

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



Now days there are many diseases that are spread worldwide. Among these diseases, there are some which have become chronic. These chronic diseases if not administered on time results in many severe problems. There are many types of chronic diseases such as heart disease, diabetes, asthma and many more. These all disease if prevented in its initial stages then they can be recovered, if not treated on time leads to numerous problems and health hazards.

Among these chronic diseases, one is the obesity. Obesity is very common and long prevailing disease. Obesity means one who gets overweight and fat. Many nations are facing this problem. Surveys have been conducted from time to time, and it has been proved with various statistics that obesity is not only in adults but in kids this trend has been increased. (Bagchi, 2010 , 234)

Our community is facing the same problem. The rate is increasing day by day. There are various reasons for this. Obesity not only arises due to over eating, but it also arises when one spends too much time in front of TV, one doesn't involve himself or herself in any activities that are outdoor. Exercise is also an integral part of healthy lives. We have limited our lives to indoors only. Fresh air is also necessary for healthy mind and body. Increased consumption of sweets and beverages, smoking are also the reasons of obesity (Courtemanche, 2008, 8). With the passage of time many of us in the community owns their own transport, this is also one of the causes of obesity. Sports in school are very much necessary for a healthy mind and body, but mostly sports are out of our lives and apart from outdoor sports most of the time is spent on video games, watching TV. While along with

these social factors there are medical reasons of obesity also like Genetic, endocrine (hypothyroidism, Cushing's syndrome).

And when the obesity is left unchecked it gives rise to diabetes, heart diseases, joints, respiration difficulties, fatty liver problems. These problems are chronic problems and affect health very much.

The obesity control is a challenge to the state. Any state with obesity can be poor in economic growth and thus compromising the living standards of people. So taking these points in mind the state has taken few steps to control and to avoid further obesity. Many parks have been made up so that people get the opportunity of exercise and there should be no excuse, awareness is spread through media. Nutritional values of food are implemented. State is spreading medical awareness.

References

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