

# Obesity discussion essay sample

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



Currently, in the United States and other developed nations of the world, obesity has become a rampant disease. In these countries, fat people have been made to believe that having weight is not always the best thing. Several researchers have ensured that fat people hate themselves to the extent of always considering reducing their weight. However, according to Ragen Christian, every person deserves respect and right to life, liberty, and the pursuit of happiness are inalienable, not contingent on size, health, or dis/ability (Chastain, 2008).

There are several assumptions about being fat. These assumptions have always lowered the self-esteem of fat people. Some of these fat people have always remained indoors for the fear of the things they have been made to believe about their body size. I have always assumed that fat people are lazy people who cannot fast move their bodies. For instance, I have always assumed that these fat people cannot run, jump or dance. This is an assumption that we have held in common with most of my friends.

Whenever we see a fat person on the streets, we have always talked ill of them that if they could have heard us, they would hate their weight even more.

According to Ragen, fat people have the abilities like any other person. Before she realized her ability as a fat person, she had never hated herself, but always wanted to do something that could encourage other fat people to believe in themselves. In her blog, she explains how she turned down a job as a CEO in order to pursue her interest. She is a writer, a speaker, choreographer and a dancer, which is always assumed an art of the slim people. After reading her blog, I have realized that being fat is not a disease

as many people have always assumed. In fact, calling fat people obese patients should be avoided.

**Reference:**

Chastain R. (November 19, 2008). Dances With Fat: Life, Liberty, and the Pursuit of Happiness are Not Size Dependent. Retrieved from <http://danceswithfat.wordpress.com/>