

Obesity people

[Science](#), [Epidemiology](#)



Are we taking it too far by blaming fast food restaurants for obesity? When is it individual responsibility? And when is it appropriate to place blame? The increasing prevalence of childhood obesity throughout the United States has led policy makers to rank it as a critical public health threat (J Koplan, CT Liverman, VI Kraak P. 3). Children in particular, are gaining weight to a dangerous degree and at an alarming rate. Young people are also at risk of developing serious psychosocial burdens related to being obese in a society that stigmatizes this condition. The few key stakeholders are the adults, health professionals, and the children. The most relevant stakeholder is the children because this is when the obesity epidemic usually takes place, the younger years. Obesity has no prejudice toward age, race, or gender but in our modern day society; it's the children who seems to be laid victim to obesity. The childhood obesity epidemic is obviously a serious public health problem that should be taken seriously. Childhood obesity has become a national epidemic in the past decade due to television advertisement, junk food in schools, and most importantly non parent involvement; However by advertising healthier habits, more parent involvement, and healthier foods in schools, we can help create a longer and brighter future for children. Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems. Men are considered obese when they have a body fat percentage greater than 25 percent. Women are considered obese when they have a body fat percentage greater than 30 percent. One way to measure your body fat is by calculating your BMI (body mass index). Based on my research, a person with a BMI of 30 or above is

considered obese, and a person with a BMI of 40 or higher is considered morbidly obese. Obesity occurs when a person consumes more calories than he or she burns. But there are other factors that also play a role in obesity. These may include age, gender, genetics, etc. As you get older your metabolism tends to slow down. Also Women tend to gain more weight than men. Men require more calories daily and women have a slower metabolism. Lastly genetics; Obesity mostly runs in the family. In fact, if your biological mother is heavy as an adult, there is approximately a 75% chance that you will be heavy. If your biological mother is thin, there is also a 75% chance that you will be thin. Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnea, certain types of cancer, osteoarthritis and asthma. Obesity is one of the leading epidemics today. The rate of obesity in not only adults but in children has skyrocketed over the years and is either increasing or remaining dormant rarely decreasing. In the earliest documentation of obesity people who were obese were portrayed as wealthy in early society; society seemed to be more accepting. When it comes up to obesity in modern times, it's not the matter of being wealthy but the matter of being overweight.