

The major cause of obesity

[Science](#), [Social Science](#)



The major cause of obesity in the world is attributed to unhealthy eating and passive lifestyle this leads to an energy imbalance between the calories intake and calories expended. The large majority of the people over time as a result of globalization adopted a passive means of livelihood where they rarely do anything with their energy, e: g some people use elevator to get to the second floor of a building, taxi to get to the next bus stop, machines are doing our dishes, cleaning our homes and offices, washing our clothes and doing virtually the simplest domestic work. Children spend little or no time outside playing and running around because of video games. The pharmaceutical companies provide the population with pills to lose weight and this increases passive lifestyle because psychologically people will always choose to swallow pill over exercises because it's easy (Flegal et al., 2010).

The consumption of fast food relieves them of the “ stress” of cooking and putting into account a decrease in physical activities due to machinery. In the developing countries where western lifestyle is being adopted, it's seen that obesity is also increasing.

To turn the trend of obesity certain measures need be taken, such as 1) encouraging physical exercises 2) control of appetite by educating the people on the dangers of unhealthy eating, 3) regulating the activities of fast food companies and 4) building of parks and providing free outdoor exercise facilities (Flegal et al., 2010).

I strongly recommend a free overweight screening program yearly and

convincing obese people to participate in a free weight loss program and create awareness on the dangers of consumption of fast foods.

I will advise him to first decrease the consumption of high-calorie intake especially in fast food and increase intake of vegetables and fruits, control of appetite and try to exercise at least 3 times in a week with the intensity of the exercise increasing gradually.