

Final paper- americas unhealthy lifestyle



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This paper is an analysis of the American lifestyle and issues concerning and directly associated with it, obesity being the major notion. It explores three main aspects, and attempts to provide a persuasive position, concerning the topic. A holistic review of the major lifestyle choices Americans make concerning fields like food consumption, food composition, and physical activity. An analysis of its effects concerning physical health, mental health, and financial implications all directly related towards the way of living.

In inclusion with a compilation of major movements and recommendations that have begun to make headway towards the necessary reform of this epidemic. America's unhealthy Lifestyle Numerous health issues stemming from nutritional and lifestyle choices have begun to increase over the past decade, an ignorance to this aspects of our lives continually feeds into the problem; rather than allowing this problem to continue, Americans needs to educate themselves and blaze a trail towards a healthier way of living. Three main aspects are related towards this topic.

To begin, a basic analysis of the way Americans live is required. In addition, a comprehension of the strain that this way of living is taking on both the citizens and the government. Once an understanding is created, a strategy is introduced to help finally lead America out of a dark and unhealthy way to live.

The way Americans currently live is an unsustainable and unrealistic way, filled with flaws and problems that will soon lead to an insurmountable problem. American Lifestyle This is the first of many questions concerning the topic.

The United States consumes too much food, and eat more than most countries. Americans today consumer hundreds of more calories than in earlier generations. ' The aggregate food supply in 2000 provided 3, 800 calories per person per day, 500 calories above the 1970 levels. " (Ignited States Department of Agriculture, 2002) This increase plays a huge factor into profiling just how much us Americans need.

Most average people only need 2000 calories to maintain a set weight. Any increase or excess calories are stored as fat It only takes 3500 calories to comprise one pound of fat.

These extra 800 calories every day begin to add up. Studies also show different fluctuation between the food groups.

In a study by the united States Department of Agriculture, data shows n increase of consumption in the meat, cheese, fruit and vegetable, oils and shortenings, and refined grains. A near all around the board increase of food. Food like refined grains are used to make many clerically rich processed foods. These refined grains account for a large sum of the caloric increases. Juxtaposing American food consumption along With foreign consumption also sheds light upon our great food intake. Globally.

.. Food consumption per person with a rise of almost 400 kcal per person per day-? going from 2411 to 2789 kcal per person per day between 1 969/1 971 and 1999/2001". (Carney, 01 0) Coupled with this blatant disregard for how much Americans eat, there is a basic ignorance with what actually comprises the food that is consumed.

The food consumed has a long list of ingredients that the public doesn't really notice and quite understand. " The Food and Drug Administration (FDA) maintains a list of over 3000 ingredients in its data base. (U. S. Food and Drug Administration, 2010). Some of these 3000 include artificial sweeteners, coloring additives, and preservatives.

Foods with all this tampering and active ingredients tend to be processed foods. America uses a large amount of processed foods to feed the masses, and with the high demand for these processed foods, genetically modified foods have begun to increase in production. " In the US alone, over 80% of all processed foods contain them. Others include grains like rice, corn and wheat...

Getable oils, soft drinks; salad dressings; vegetables and fruits; dairy products including eggs; meat, chicken, pork and other animal products; and even infant formula. " With such a presence in our everyday consumption, what is the hysteria about? Many of the GUM are not tested very fluidly. For example a study analysis a GUM had some surprising results. Rats fed genetically engineered Collagen Flavor-Save tomatoes (developed to look fresh for weeks) for 28 days got bleeding stomachs (stomach lesions) and seven died and were replaced in the study. (I-madman, 2008) This case is a typical, but it does make one question exactly how safe these Smog may be.

Artificial sweeteners are active ingredients in many products today. Again here is an occurrence of a partially tested additive with claims Of it harming consumers health. The FDA has officially approved the consumption of aspartame, an artificial sweetener, despite the numerous complaints that

they have received. Headaches occur in 18. 53% of regular aspartame consumers. Dizziness occurs in 8.

09%. Change in mood quality occurs in 6. 96%. Vomiting occurs in 6. 9%,” (Ruddier, 2010 With such high numbers showing people experiencing adverse health effects, why are Americans consuming these products? Although consumption is the largest reason behind this problem, physical fitness plays its role too.

Most Americans are physically inactive. In fact “ less than 5% of adults participate in 30 minutes of physical activity each day; only one in three adults receive the recommended amount of physical activity each week. ” (U. S. Department of Health and Human Services, 2008) No physical activity is the other main proponent of the increase in weight gain and obesity in America.

If the excess calories are not burned from exercise they will be stored as fat.

The adults also are becoming negative role models for their children. “ Only one in three children are physically active every day. ” (U. S. Department of Health and Human Services, 2008) The children see their parents being lazy and chose to do the same. America is a very fast paced and impatient society.

Time management plays a huge role in a person’s decision to exercise. Most Americans allocate their time elsewhere. A perfect storm has created this American way of living, and it can’t be sustained for long.

The Costs There are a few different consequences that are affecting the nation today, as a result of the standard of living that was created.

The stress caused by this has cost the American people in many ways.

Obesity leads to many physical health risks. Diabetes has become one of the greatest risks for an obese person. Type 2 diabetes is directly related to a person's weight and blood sugar. " Each year, an estimated 300 000 US adults die of causes related to obesity, and diabetes is the sixth leading cause of death.

(Mocked, Ford, & Bowman, 2003). The number of Americans with diabetes is on the rise.

Heart disease also is a major risk associated with obesity. Fatty deposits and cells clog up the opening in and around the heart causing significant risks to the patients cardiovascular health.

Along with many heart disease, obesity has been linked with many cancers are associated with obesity. " One study, using INC Surveillance, Epidemiology, and End Results (SEER) data, estimated that in 2007 in the United States, about 34, 000 new cases of cancer in men (4 percent) and 50, 500 in women (7 percent) were due to obesity. " (National Cancer Institute, n. D. Obesity is not only physical, rather it also brings emotional risks into the light. Depression among the obese is very prevalent, and is a growing problem.

A study by John Hopkins University states that " The prevalence of major depressive episode among the obese was 15. 5 percent. " (Roberts, Kaplan,

& Shame, 2010) Compared to 7.4 percent of the sample size that was within a normal weight parameter. Along with this depression comes self-esteem issues and a distorted body image. This is a result of the obese persons' self-reflecting views, which is primarily caused by their weight.

In an attempt to counteract and deal with this self-image, many Eating disorders can be formed as a result. Medical bills can pile up very fast due to all of the resulting health risk triggered by obesity. This is an immense financial burden. Non-obese citizens pay substantially less than somebody who is overweight or obese. " Medical costs for people who are obese were \$1,429 higher than those of normal weight. " (Finnest, Trogon, Cohen, & Dietz, 2009).

If there is a growing rate of obese citizens then an increase in medical expenses follows soon after.

This extra money that now is devoted towards health care begins to build up. In certain situations the increase leads to debt and bankruptcy. Along with a personal debt, the government also allocates a large amount of money to pay for medical expenses through Medicaid and Medicare. " The costs of overweight and obesity could have been as high as \$78.5 billion in 1998 and that roughly half of this total was financed by Medicare and Medicaid. " (Finnest, Trogon, Cohen, & Dietz, 2009). 40 billion dollars of taxpayer's money is directly funding the healthcare of obese people.

America could save billions they were to just become healthier. This lifestyle and the obesity that it causes is costing the American population too much.

Reform If America is to change this lifestyle reform needs to begin to happen. Education on nutrition, fitness, and resources now are brought to the fore front to begin to etch this new healthy life.

Proper nutrition allows the body to function in a proper and healthy manner, rather than the current manner. There are a few main components to eating nutritious and right. Controlled and monitored calorie consumption is the first major health guideline.

Each person has a given set caloric limit.

It depends on height, weight, age, and sex. The average male requires around 2, 400 calories, and the average female round 2, 000 calories.

Coupled with a set calorie goal, the composition of those calories is very important. A well balanced and healthy nutrition consists of fruits, vegetables, grains, protein foods, and dairy.

(Liechtenstein, et al. , 2006). Additional aspects Of nutrition like vitamins and minerals aid the body and help provide many health benefits. Many people are actually malnourished from getting these vitamins and minerals.

This is caused by the drastic number of processed and manufactured food.

When people eat correctly supplementation of exercise and physical activity also presents many health benefits. Cardiovascular workout aids with calorie burning and strengthens the body endurance. “ For substantial health benefits, adults should do at least 1 50 minutes (2 hours and 30 minutes) a week of moderate- intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic activity” (U. S. Department of Health and

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Human Services, 2008). Weightlifting is an optional, yet immensely healthy addition to a physical activity routine.

By lifting weights this allows muscle growth and endurance. Balance and flexibility are non-essential, but have been proven to help with physical health and longevity. When a body is flexible and the person is balanced, there is a lowered risk for injury to occur. Along with the presented health guidelines, there are current efforts and attempts to help change the way Americans live, and great resources to help aid this fight. Government run resources like Choose My Plate provide Americans with the ability to completely overhaul their lifestyle and begin to allow them to live a healthy life.

The USDA provides a comprehensive and information filled website that aids with lifestyle management. “ Compassionate. Gob provides practical information to individuals, health professionals, nutrition educators, and the DOD industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information” (Lignite States Department of Agriculture, n. D.) Along with government run mediums to help with lifestyle changes, many fitness and health related products have begun to be produced.