

The implications of obesity on health

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The film, ' Super Size Me' by Spurlock is an eye opener because it has clearly shown the adverse effects of fast food. The experiment of eating three meals of fast food from McDonalds' on a regular basis for a month resulted in depression, obesity, adverse impact on liver, heart and high level of sugar. Early diagnosis helped the protagonist of the film to regain his health but it nearly took 14 months to remove the ill effects of eating fast food for 30 days! Indeed, today, fast food or junk food has become hugely popular amongst children and youngsters. Consequently, there has been increased incidences of obesity amongst the children that have become a huge concern.

Obesity has wide ranging serious implications on the health of the children and adults and therefore needs to be addressed urgently. The fast food lacks essential nutrients and therefore, while the hunger of body is fulfilled, the lack of proper diet adversely impacts the health of the persons. It is high on calories and low on nourishment thus affecting vital organs like liver, heart etc. Obesity is also more correlated with sugar consumption and accounts for increased type I diabetes in children in America which is found in large quantities in aerated drinks like coke and pepsi. The fast food therefore, is highly detrimental for health. I therefore believe that children should be encouraged to eat healthy food like salads, fresh fruits and juices rather than fast food. The school cafeteria should also promote healthy eating amongst children.

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