

Obesity

Sociology



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Obesity is a condition characterized by the excessive accumulation and storage of fat in the body (Merriam-Webster online dictionary). Obesity can also be defined as a condition where a person is extremely overweight. A person is considered to be obese when the body mass index (BMI) is above 40. On the other hand, obesity is not only a health problem but a societal problem. It has led to many more diseases such as heart failure, type two diabetes and certain types of cancer among other diseases. It results from excessive overeating of junk food, stress, and lack of physical exercise. Since we are in the modern age, peoples lifestyle has changed and the setback that comes with it is obesity. It no longer appears to be a personal issue but rather a societal problem that needs to be addressed thoroughly.

Obesity is a social problem because, for instance, a child who grows to be obese faces bullying and ridicule from peers ends up to be emotionally and psychologically disturbed. The latter implies that part of the society is being disturbed. On the contrary, the media leads people into believing that eating fast foods, fats and food high in sugar depicts a healthy body through advertisements. This poses as a threat to the society because it influences the society to buy such items thus propelling the rate of obesity in the society. Being obese is not a personal issue but a society problem because anyone can become obese. It is thus upon the society to be advised on the leading causes of obesity in order to limit the increasing trend of obesity in children and adults.

Moreover, hanging out with overweight individuals to some extent raises our tolerance for obesity to ourselves as well as in others. Studies show that friends overeat while hanging out as compared to when they are at their homes. This is a clear indication that obesity is no longer personal because <https://assignbuster.com/obesity-essay-samples-7/>

what we do or eat is determined the current trends in the society. For instance, if the society is advocating for fast foods, it means that it is promoting the occurrence of obesity. It should thus be addressed thoroughly to save people's lives because it leads even to death.

In conclusion, obesity is the condition of being extremely overweight. It results if a persons BMI exceeds 40. Moreover, it is associated with diseases such as heart failure. On the other hand, obesity is not only considered as a personal nor health problem, but a societal problem. It can lead to stigma and ridicule to individuals. Finally, the issue of obesity needs to be addressed by the government, health practitioners and international bodies such as world health organization (WHO) to create awareness about the issue.