

Obesity at an early age often leads



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Obesity is defined as the condition of having excessive body fat. A body mass index (BMI) of 30% or more can be an indicator of obesity (CDC, 2016).

Obesity can cause many other medical conditions, some of them very serious, such as cardiovascular disease, two different types of diabetes, and various kinds of cancers (Haslam, 2015; WHO, 2015). It is considered that obesity is a social issue because obesity can lead to feelings of inferiority or inadequacy and depression (Luppino et al.

, 2010). Obese people require constant medical attention. In the US, obesity has become a serious problem as the country has one of the most elevated levels of overweight individuals in the world: 34% of the population is obese (Reuters Editorial, 2010). Obesity is caused by, among other things, junk food and unhealthy lifestyle. It is a difficult issue that is about something more than just calories. On the level of an individual, obesity can be prevented by healthy eating and exercise. However, the issue of obesity in the US cannot be solved without government help. Illnesses such as being overweight and, an extreme, obese have turned out to be a standout amongst the most basic general well-being dangers for Americans.

The long way to solving the problem of obesity in the US begins with the first step of understanding its underlying causes. The predominant causes are poor dietary choices, lack of physical exercise and sedentary lifestyle, all three of which can be further exacerbated by genetic factors (National Institutes of Health, 2012). The poor dietary choices are an important one among the four causes. The obvious solution to this would be to lead a nutrition diet to avoid junk foods, which are poor in nutrients, in spite of the fact that they may seem time-saving, convenient and financially manageable.

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Obesity at an early age often leads to staying obese as an adult. To prevent obesity among young people, scientists propose a way to help all individuals over 2 years of age to consume healthy foods through a controlled nutrition diet (Blumenthal et al., 2017). According to authors, such a diet can help the body to stay in good shape.

In general, with the help of diets, people could change their eating habits in the long term. The second way to combat with obesity is an active lifestyle. Daily physical exercise is the foundation for a well-being life and the prosperity of people of any age. At the present time, people's lifestyle has greatly changed in recent years. Many people have some specific kinds of jobs that include sitting at a desk the greater part of the day and they additionally depend on their autos instead of walking or individuals tend to sit in front of the television, which invites obesity. Five or ten minutes' strolls before or after the dinner can positively effect on body.

Leading an active lifestyle does not necessarily require going to fitness centers (AHA, 2015). Under those circumstances, basic adjustment for such kind of routine enable to control weight of body, improve adaptability, enhancing emotional well-being and help to feel better. In contrast, there are some limitations promoting a nutrition diet and leading an active lifestyle. It is also challenging for individuals to lose weight due to the fact there are can be a great deal of food temptations. A healthy eating routine and daily exercises could help the excessive body fat to be low (Sukovaty, 2017). A solution that could help those individuals who are too obese to engage in physical exercise without causing severe damage to their bodies is bariatric surgery. Bariatric, or weight-reduction, surgery is the way to go if the <https://assignbuster.com/obesity-obesity-at-an-early-age-often-leads/>

individual is too obese and has no success in utilizing different techniques to lose weight. In other words, bariatric surgical systems cause weight reduction by confining the measure of nourishment the stomach can hold (ASMBS, no date).

Bariatric surgery is recommended for obese individuals with a weight no less than 40 % of BMI (Robinson, 2009). However, after every surgery there could be some side effects and bariatric surgery is no different, as it can cause new symptoms directly after surgery or later on. Individuals would not be able to help themselves to approach this resolvable situation effectively without the involvement of the government. However, if the government joins with its people in the fight against the obesity, by increasing the awareness of the issue and by contributing more resources to overcoming the problem, individuals would be far more successful than they are now. As an illustration, 42% of people think that the government should assume a noteworthy part in solving the obesity issue, while 54% think that a person's being overweight problem is not something the government should be held accountable for (PRC, 2013). The responsibility must fall to the government, which can and must mandate healthful business choices with the goal of making healthy options more available to people.

Clearly, the government cannot abruptly compel everybody who is overweight to lead a diet or an active lifestyle. In any case, the government can impact individuals by performing targeted actions. A healthy way of life could lead to a long-term reduction in the number of instances of many diseases. If the government takes some actions to encourage a healthy way of life and sees the actions through consistently and effectively, US citizens

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could have fewer opportunities to make unhealthy choices and therefore will become less obese as a whole. For a large number of people, their work environment is a place where they spend a lot of time. In particular, the government can encourage companies to hire cooks so that their employees can eat healthy foods at work.

Without proper way of eating workers may feel lazy or have lack of concentration. On the other hand, eating healthy at work can have a major effect on the employees' health and energy levels, which can directly translate into increased productivity. Therefore, the government must make healthy food choices more accessible and affordable. The government can legislate healthy choices to ensure that everyone has ready access to affordable healthy food (PHLC, no date).

On the one hand, if healthy food is accessible and prices are reasonable in markets, it will make individuals to settle more their attention on healthier nourishment decisions. On the other hand, when healthy food is not affordable, people may have only one option to choose a food that that high in calories, low in nutrients and cheap. Combating obesity will not be easy for the government alone. However, there are some health organizations, and other players such as invested wealthy individuals who can take part in well-being advancement also as malady aversion. Thereby, solving the obesity problem would not face such unsurmountable difficulties. To sum up, there are several measures which could be taken to combat obesity issue.

The three approaches to diminishing the obesity issue in the USA are complementary to each other and must be used together. It is also

challenging for individuals to lose weight due to the fact there are can be a great deal of food temptations. Furthermore, asking for help from the government should not be delayed, because it could take years to implement any plans. The cooperation of all solutions would help resolve the problem of obesity faster. If the efforts are implemented at a right time and the situation would be eased appreciably.