

# Obesity

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Obesity Introduction Modern scientific studies identify the alarming fact that the average life span of man comparing with past centuries has considerably reduced due to lifestyle and food habits. It is often said that modern man cannot even find out sufficient time to satisfy his hunger and thirst as he is pursuing a fast paced life. He is truly careless in his eating habits, depending on fast food restaurants and hotels and becomes addicted to fast-food culture. Knowingly or unknowingly, this fascination leads him to be the bearer of so many diseases which even science could not recognize. These reckless eating habits make the modern younger generation obese or chubby that they cannot attain the desired heights of their life and thereby pulling down the nation to its ruin. The modern youngsters are not attentive to maintain their physical health which is very essential for attaining mental health. They very often forget the simple lesson that a sound mind in a sound body. Therefore, the study of obesity deserves greater significance both as an attempt to reduce the body weight of younger generation and as an endeavor to save the country from having a great number of lazy obese children who are incapable of creating a better nation. The various studies conducted overtime have undoubtedly proved the no fewer roles of the adults in promoting obesity. Thus one can infer that obesity is an issue that seeks grave attention from the part of youngsters and the adults alike. Different studies acknowledge the threat of obesity as a disease that acts as a slow poison which kills many in this world. Obesity has often been viewed as causing for various health problems that craves the attention of not only the doctors but also the general public. The obese people often express some serious medical complications like respiratory problems, diabetes, trouble sleeping and depression. Here one should note the fact that “ Excess

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body weight poses one of the most serious public health challenges of the 21st century for the WHO European Region, where the prevalence of obesity has tripled in the last two decades and has now reached epidemic proportions” (Branca, Nikogosian & Lobstein, 2007, p. 1). This underlines the former comment that obesity causes for various physical problems. When defining obesity, as many studies define, one can see that it is the excess accumulation of fat in the body. “ Obesity is generally defined as the abnormal or excessive accumulation of fat in adipose tissue to the extent that health may be impaired” (Kiess, Marcus & Wabitsch, 2004, p. 1). However, one cannot ignore the general truth that two people who eat the same amount may have different weights, but obese people usually eat more than normal weight people (Brannon & Feist 383). Therefore, it proposes the view that overeating endorses obesity. WHO (World Health Organization) has clearly identified this problem in one of their studies conducted in U. S. It is said by WHO that in a study conducted in the USA when it says, “ over half (53%) of all deaths in women with a BMI > 29 kg/m<sup>2</sup> could be directly attributed to their obesity” (WHO technical report series, 2002, p. 61-62). This is also supportive to the argument that obesity is a slow poison. Media has a negative impact among the public through the broad advertisements appearing in televisions and internet. They telecast various advertisements supporting the fast-food culture create a bad food habit among the public. The words of Kathleen Keller makes it clear when she commented, “ However, widespread media and computer may also represent a new channel for communicating health information to reduce obesity through the development of media products that encourage physical, activity and healthful eating behaviours” (Keller, 2008, p. 161). Analyzing the <https://assignbuster.com/obesity-essay-samples-8/>

reasons for obesity, one can identify some other reasons also. The American Academy of Child and Adolescent Psychiatry in their online article entitled, Obesity in Children and Teens makes a clear assessment about the causes of obesity. The Academy finds that the “ causes of obesity are complex and include genetic, biological, behavioral and cultural factors” (American Academy 1). This proposes the view that one may acquire obesity as genetic from one’s parents. Eating behavior like the fast-food culture makes one obese faster. The following statement affirms the fact that the increases in the number of the eating establishments offering fast foods full of high calories and high fats are also deserve an elite role in the growth of childhood obesity (Dr. Clayson, Mark 64). The role of parents in obesity cannot also be disregarded. To conclude one can certainly say that obesity can be considered a slow poison that kills the modern younger generation. The life style and food habits of modern times really cause for obesity. Therefore, one can assert that there should be enough care from the part of everyone to control obesity.

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