

Obesity crisis speech

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Thesis/Central Idea: ObesityCrisis Introduction: Obesity has become a controversial and great medical issue within today's society. It is defined as a disease in which excess body fat has accumulated to such an extent that health may be negatively affected. In other words, an increase of body fatty tissue mass. It can also be defined as a body mass index of around 30 or above (Mathur, 2007). Many studies show an association between excessive body weight and various diseases, particularly cancers and heart problems which directly relate to increased mortality and lower life expectancy.

Body I. Main Point: In many countries, obesity has become a major problem. Obesity is rapidly rising especially in developing countries. A. Subpoint: Statistics indicate that obesity is a high-risk national malaise. 1. According to the World Health Organization, in year 2005, 400 million adults were obese. 2. And predicts that there will be more than 700 million adults will be obese in the world by 2015. B. Subpoint: Childhood obesity is also at an all time high 1. According to the U. S.

Center of Disease Control and Prevention (CDC), the percentage of obese children has increased by 54 percent in 6 to 11 year olds and 39 percent among 12 to 17 year olds. 2. That is to say that 16 to 33 percent of Americans within the ages of 6 to 17 are considered obese. 3. Unfortunately for children of the age of 7 who are obese, 40 percent of them will struggle obesity throughout their adulthood and be faced with many health complications. As for the obese adolescents, 70 percent of them will remain obese throughout their adult life. . Another statistic figures children between

the ages 10 and 13 have an 80 percent chance of battling through the torments of an obese life as an adult. Transition: What causes obesity?

II. Main Point: Genes, eating habits and a slow metabolism rate may all play a part. A. Subpoint: Most often, obesity tend to run infamilywhich leads to genetic cause (Myers, 2004) 1. In one study, adults who were adopted as children were found to have weights closer to their biological parents than to their adoptive parents. . In this case, the person's genetic makeup has more influence on the development of obesity than theenvironmentin the adoptive family home. B. Subpoint: Apart from hereditary factors, obesity also occurs when there is a combination of unhealthy eating habits and a sedentary lifestyle. 1. According to the American Academy of Child ; amp; Adolescent Psychiatry (AACAP), unhealthy weight gain due to poor dieting and lack of exercise is responsible for over an incredible 300, 000 deaths a year. 2.

Nowadays, most people indulge in static mental exercise such as surfing the internet, watching television and reading rather than physical activities. 3. This would lead to an increase in the rate of obesity as more and more people become lazier (Myers, 2004) C. Subpoint: Eating habits are essential in maintaining a healthy lifestyle and preventing the degenerate diseases in which are hand and hand with obesity. 1. The fast-foodrevolution and the carbohydrate-laden two-minute noodles as convenient substitutes for wholesome food also contribute to weight gain. .

This is especially to those who have the eating habits of consuming a big portion of oily and fatty foods all at once. 3. Besides that, too much alcohol may also cause obesity because most alcoholic drinks are high in calories and this can lead to consuming more calories than we should. D. Subpoint:

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Obesity could also be caused by the slow metabolism rate of a person (Mathur, 2007) 1. Researchers found more metabolic and digestive disorders resulting from over consumption of trans-fats and refined white flour carbohydrates, combined with low fiber intake. 2.

These eating patterns are known to interfere with food and energy metabolism in the body, and cause excessive fat storage. Transition: The effect of obesity is that people are getting fatter III. Main Point: Growing evidence shows that if you are overweight you are more likely to develop health problems, such as heart disease, stroke, diabetes, certain types of cancer, gout and gallbladder disease. A. Subpoint: Being overweight can also cause problems such as sleep apnoea (interrupted breathing during sleep) and osteoarthritis (wearing away of the joints) B.

Subpoint: Type 2 diabetes is the most common type of diabetes which reduces our body's ability to control blood sugar. 1. Therefore, a person's blood glucose level will increase and later become obese 2. It is also a major cause of early death, heart disease, kidney disease, stroke, and blindness. C. Subpoint: Heart disease and stroke are the leading causes of death and disability for both men and women. 1. This is because overweight people are more likely to have high blood pressure, a major risk factor for heart disease and stroke, than people who are not overweight 2.

Very high blood levels of cholesterol and triglycerides (blood fats) can also lead to heart disease and often are linked to obesity. 3. Being overweight also contributes to angina (chest pain) and sudden death from heart disease or stroke without any signs or symptoms (Mathur, 2007) Transition: There are many things we can do to control obesity IV. Main Point: Becoming more
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active is the best way to burn more calories and lose weight. A. Subpoint: As a citizen, we could help by walking or running at least 20 minutes a day. This will ensure that our heart stays healthy. . Also, if we know someone who is overweight, we should always try to support and encourage them to exercise. Quite often, people who are overweight will shy away from society, so any support we can give them will be greatly appreciated.

2. We should be a role model for the younger generations to follow on how a healthy lifestyle is like. Also, a child could develop a healthier eating habit when they are still young as that's their best learning time. B. Subpoint: It is imperative that the Government prioritize disease prevention and health promotion. . The government could organize health talks on obesity and publish advertisements through the media to show the damaging effects of obesity. 2. Measures have already been taken thanks to The Health Ministry's Healthy Lifestyle campaign for promoting physical activity since factors such as environment, sports and recreational amenities influenced people's inclination in this direction (Crawford, 2004) Conclusion: Obesity has a strong negative effect on the society and therefore, it is harmful.

If society can take steps to solve the challenges faced, obesity will decline and people would have a healthier lifestyle. If obesity gets bad, then problems that come with it may be irreversible. Problems such as diabetes and heart conditions are common illnesses suffered by people who are obese. Therefore, there is a need to stop it from becoming a serious threat.

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