Call to action and technology and globalization

Question One: Obesity The report and the media coverage created a sense of urgency, mainly because they are effective in highlighting the dangers of obesity. One of the health consequences identified in the report is based on the fact that obesity may lead to the development of chronic diseases. For example, the report identifies diseases such as cancer, heart disease, stroke, and even hypertension as caused by obesity. The newspaper article concurs with this argument on the health effects of diabetes. Furthermore, the report and the newspaper article denote that obesity is on an increase, and people should be aware of its dangers and strife to prevent it. The two pieces of information denote that Americans are not actively engaged in physical exercises, and this has to stop. The most common type of exercise that people should be encouraged to adopt is walking (Surgeons Office, 2010). This is because it is the easiest and most effective way on controlling the spread of obesity.

There is a need of ensuring that citizens of the state are engaged in taking high quality and healthy food, that does not consist of too much fat. In persuading the audience to take action, the report has divided the information contained in it, into two major parts, the background of obesity, and opportunities of preventing obesity (Grady, 2010). Under background, the report gives comprehensive information on the trends, disparities, and consequences of obesity (Surgeons Office, 2010). It is therefore possible to denote that obesity is on an increase, and its health consequences are big. Based on this fact, there is a need of initiating a policy aimed at preventing its growth. The newspaper article also uses statistics to pass out the message that obesity is on the rise, and there is a need of action. For example, the newspaper article denotes that 30% of Americans are Obese,

and this is an increase of 2. 4 million people, since 2007 (Grady, 2010). This is an alarming figure that makes policy formulators worried, hence the need of enacting policies that can prevent an increase of obesity.

Question Two: Technology and Globalization

Technology has played a great role in promoting the responsibilities of a global citizen. One of the main responsibilities of a global citizen is the promotion of the concept of human rights, and dignity. Due to advances in information technology, it is now possible for people to share information concerning the various injustices that occur in the world (Buss, Redburn and Guo, 2006). Social networking sites such as face book, twitter, instagram can be used to instantly send a message on various breaches of human rights, leading to an international awareness concerning the issue. For example, information technology was widely used during the Arab spring that lead to the toppling of dictators in Middle East, and establishment of democratic rule.

An example is in Egypt, where protesters used face book, to organize for rallies leading to the removal of President Hosni Mubarak. Furthermore, information technology has helped in the promotion of diversity, which is an important responsibility of a global citizen. This is through social networking sites such as face book and twitter which has made it possible for people of diverse cultures to associate with each other. Furthermore, technology plays an important role in the manner in which people pursue knowledge, and address social concerns. Information technology has now made it possible to offer online classes, and courses (Buss, Redburn and Guo, 2006). Leading universities in the world have a provision of offering classes through the internet. Furthermore, the internet has made it possible for students to

access reliable information concerning their subjects. This is through online journals, and electronic books.

The internet and information technology also provides information concerning the various social problems that people pass through, and the manner in which it is possible to solve the problems under consideration. These lessons are offered through various talks shows that are depicted in the internet, and also in the television programs. These documentaries programs normally highlight the problems that people face, and how to solve them (Buss, Redburn and Guo, 2006). An example is the Oprah Winfrey talk shows. In as much as technological innovation has many benefits, there are a number of challenges that come with. One major challenge is the erosion of privacy.

Social media sites such as face book, have made it possible, for people to have little privacy, and this is mainly because a third party can access information of an individual that is posted in these sites. Despite these challenges, I constantly use technological tools such as face book and twitter to communicate with my friends who are living in other countries. It is possible to reach my friends within a short period of time, and it is not expensive when using other tools of communication such as mail.

References:

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