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Health & Medicine, Obesity



8264304 Obesity In America Did you know that between 1980 and the year 2000, the obesity rates had doubled among adults in America ? About 30% of the adult population in America is suffering from obesity . Since 1980 , overweight rates have doubled among children and adults . Most people still do not practice healthy behaviors that can prevent obesity because they are lazy. More than 50% of American adults do not get the recommended amount of physical activity to provide health benefits . More than a third of young people in grades nine - twelve do not regularly engage in vigorous physical activity . If more people in America would get out and do physical activities then this could reduce the amount of obese people and they could live happier and healthier . If people do not eat healthy and lack physical activity , then they may get diabetes and become obese . One cause of people in America becoming obese is because they do not eat healthy . If they would eat healthy then they would not have such high cholesterol and they would live a little longer . People should start eating more healthy foods such as fruits , vegetables , and non-artificial foods . These foods can be purchased at the local grocery store , gas station , and even at food market . These foods are normally cheaper than the other fatty foods and fast food restaurants , such as McDonald's , Burger King , and artificial foods that contain grease . Fast food restaurants are one of the main causes of obesity because people love it and are addicted to it . People can get addicted to these restaurants very easy because it is quick , easy , taste good , and they do not have to do dishes . What these people don't realize is what this food is doing to their bodies until they take a look at a scale and see that they have put on a massive amount of weight due to all the calories they have taken

in . While these products 8264304 might look appealing and tasty , they contain a wealth of hidden health hazards which are not only dangerous if eaten in large quantities but are a major cause of obesity , especially in children . For example , Super Size Me is a 2004 American documentary film directed by Morgan Spurlock . Spurlock's film follows a 30 day period from February 1 to March 2 , 2003 during which he eats only McDonald's food . The film documents this lifestyle's drastic effect on Spulock's physical and psychological well being , and explores the fast food industry's corporate influence , including how it encourages poor nutrition for its own profit . Spurlock dined at McDonald's restaurants three times per day , eating every item on the chain's menu . Spulock consumed an average of 9 Big Macs per day during the experiment . As a result , the 32 year old man gained 24 ½ lbs , and a cholesterol level of 230 . He experienced mood swings , sexual dysfunction , and fat accumulation in his liver . It took Spulock fourteen months to lose the weight gained from his experiment using a vegan diet supervised by his future wife , a chef who specializes in gourmet vegan dishes . The reason for Spulock's investigation was the increasing spread of obesity throughout U . S society , which the Surgeon General has declared " epidemic" and the corresponding lawsuit brought against McDonald's , it was alleged , became obese as a result of eating McDonald's food Spurlock points out that although the lawsuit against McDonald's failed . Subsequently many state legislatures have legislated against product liability actions against producers and distributors of " fast food " . Much of the same criticism leveled against tobacco companies applies to fast food franchises whose product is both physiologically addictive and physical harmful . Eating fast food can be

very harmful to the human body . Fast food is a horrible choice to go and can be extremely dangerous if you don't watch what , and how much you eat .

8264304 Another cause of obesity can lack of physical exercise . Not exercising can be a reason why people put on weight because they do not burn any of the fat that they gain . People are so lazy now days and are addicted to electronics such as television , video games , radio , computers , and etc . These electronics are killing Americans slowly because they forget all about going outdoors and doing something physical . Since the year 2000 , they have developed so much electronics and robots for our society that we do not have to do any work which leads us to laziness . Both diet and physical activity play a critical role in controlling your weight . You gain weight with the calories you burn , including those burned during physical activity , less than calories you eat or drink . When it comes to weight management , people vary greatly in how much physical activity they need . You may need to be more active than others to achieve or maintain a healthy weight . Regular physical activity is one of the most important things you can do for your health . For example , you don't have to spend much time with teenagers to know that the average adolescent would rather devote an afternoon to sitting in front of the tv , computes , or video games console than working out . In recent years , as physical education classes have been progressively cut from cash strapped public school curriculums , teens have had even more time to lounge , slouch , hangout , or do anything but break a sweat . In simple terms , body weight is a reflection of the balance between two variables : the calories a body takes in and the calories it burn off . As fa as the average U . S teen is concerned , the study

suggests , the culprit behind weight gain is not decrease in exercise but an increase consumption . Of course , that doesn't mean teens are getting adequate exercise . Analyzed data from nearly 16, 000 high school students between ages of fifteen and eighteen , who took part in the Centers 8264304 For Disease Control and Prevention ' s longitudinal Youth Risk Behavior Surveillance Survey , about their physical . He and his team found that in 2007 , only 34. 7% of teens met federal physical activity recommendations , which call for activity strenuous enough to cause heavy breathing for a total of an hour a day for five or more days a week . An effect of eating fast food and lack of physical activities is getting diabetes . Diabetes is a disease where your treatment plan may need to be adjusted over time . For people with type 2 diabetes whose blood sugar is uncontrolled , adding insulin replaces what your body isn't adequately making to help control blood sugar . Regardless of how you feel about your diabetes , its important to get your blood sugar under good control . Along with a program of diet , exercise and other diabetes medicine . Insulin may help you improve you blood sugar control . There are two types of this disease , type one and type two , which is also called onset diabetes . The first type , type one diabetes , cant be prevented because people who have this type are born with a compromised pancreas . These people have to rely on insulin injections throughout their life to maintain reasonably favorable health . People with type two diabetes develop this condition over time and have to rely on oral medication and in some cases insulin injections . People with adult onset diabetes were born with a healthy pancreas but they were either born with a susceptibility to the disease o other factors played a role in the development of the problem. The

primary reason why people with a healthy pancreas develop this disease is poor diet , being overweight and sedentary lifestyle . These are all factors a person can control and limit his or her chance of developing this condition . The main reason people develop type two diabetes is because they become overweight . People who do not exercise and lead sedentary lifestyle are prone to 8264304 developing type two . There is some evidence that adult onset type can be reversed , or at least controlled . Another effect of not eating healthy and lack of physical activity is becoming obese . Becoming obese is not a very good thing because there are many types of dangerous things that can happen any given moment . People that become obese also miss out on a lot of events and fun activities . They are limited of what they can do because they are so overweight that they cant move fast , they need help getting things and showering . They also may no longer eat certain foods anymore because it contains too much sugar . People should watch their weight and what they eat before they become overweight and have to live this way and trust me this is not the way to live . Just ask 43 year old , Shannon Cooper . Shannon Cooper had been living a normal life with her children of three . She had been so lazy and didn't want to do anything because she had forced her three children to do all the chores around the house . Well 3 years later Shannon had to pay the price for all this because little did she know , she had a low metabolism and put on an enormous amount of weight . She had been eating McDonald's almost every day and didn't find anything wrong with eating all this fast food . All the food had went straight to her body and she is now bed bound and can't shower own her own , get up and move around , or even use the restroom by herself .

She now has her three kids feeding her , bathing her , and she has to urinate into a plastic bag mounted on the side of her heavy duty bed . Reporters say that Shannon will never live the same life as she had before unless she has liposuction done and that is something she cant afford . She is also unemployed because her leg structure cant support all of her massive weight she has gained to get up and maneuver around . Reporters asked her if she could go 8264304 back three years , would she do it all over again and she said no . Shannon says it's not worth all of the stress and embarrassment to her and her children . This story is hash so it should change anybody's mind about their diet and what they eat . People may get diabetes and become obese if they do not get enough exercise or physical activity . People in America should watch what they eat if they do not want to end up like some of these people and be bed bound for possibly the rest of their lives . They do not only hurt themselves by doing this to their body , but they hurt their loved ones and the people around them , because they cant spend time with t hey family and friends . They are always worried that maybe you will seriously injure yourself someday or possibly loose you by death . If our society really care about the people around them then they will not only help themselves watch their health , but they would help other people on their diet and persuade them to get more exercise in by running or going to the gym . It is amazing by how the slightest things can change a person life by taking a little walk around the block once a day or even once a week . Just always remember that exercise and a little more vegetables or fruit can change ones life for them and others around them . 8264304 Work Cited 1) <http://www.imdb.com/title/tt0390521> 2) <http://www.ahrq.gov/ppip/activity>.

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