

# The problem of obesity across the globe essay sample

[Sociology](#), [Population](#)



Obesity can be defined as a condition where a person has excess body fat and that they have a body mass index (BMI) that is greater than 30. It has become a major problem not only in America but across the globe. Very often worrying reports come out which show that a big number of people are suffering from this condition and that people should be cautious about their health and more specifically weight. According to the National Health and Nutrition Examination Surveys (NHANES) (2009-2010), about 69% of the total population of adults are obese and about 78 million adult Americans suffering from this condition. Children are also affected, and it is believed that children are predisposed to obesity because of the nutritional habits they are exposed to by their parents. Obesity is becoming a major problem across the globe because it is devastating the lives and pockets of millions of people because they are spending a lot on it and it tends to reduce the productivity of many and, hence, threatening their economic security. This problem seems to cut across the globe. It is a growing problem that is affecting even populations that were traditionally considered lean. In the Asian population for instance, obesity was an unheard of condition a couple of years back but it is surprising that there are obese members in Asian societies (Ali 2012). Some of the markers of obesity and its effects reflect on lifestyle diseases such as diabetes, heart problems and stroke among others cardiovascular issues. There was a time when obesity was considered a problem for the rich, but even the poor are grappling with it in the 21st century. It is, therefore, imperative that society is educated on this problem and how to deal with it in order to prevent it.

Obesity is not a disease that singles out a given class of people and can

affect anybody and everybody. Everyone should be knowledgeable about it and know how to avoid it. Overweight people have always been branded as unhealthy, ugly lazy and even gluttonous. But all people should be educated about the problem and that sometimes genes can play a role in one becoming obese (Felitti et al 2010). The entire population needs to know that sometimes it is beyond the control of the persons suffering from it. It is, therefore, imperative that this problem is looked at by everyone so that they know its nature and how it occurs so that they can positively deal with it. This research plan will utilize a wide variety of literature that is meant to investigate the situation as it is. For instance, the research will reflect data and information from current journals and books as well. At the same time, the research will reflect data from organizations such as National Health and Nutrition Examination Surveys (NHANES), and WebMD. Case studies will also be used in order to evaluate and use previous research studies that have been done before. A section of the population will also be used from whom views about the problem will be arrived at.

There is a couple of activities and things that people can do in order to solve the puzzle of obesity. It all begins with leading an active lifestyle. Many people find themselves taking in a lot of calories than their bodies can burn. They lead a sedentary lifestyle which may lead to the accumulation of these calories in their bodies in the form of fat. If only they could exercise then there will be no such problem as obesity. On the other hand, they can regulate what they eat by looking out for their calorie count. It means they will have to avoid foods that have excessive calories than the body requires from any given meal. Quality physical education is also as important in

nurturing the younger population, and this will go a long way into bringing up healthy future generations (Heaton 2009).

## References

Ali, N. (2012). *The Obesity Reality: A Comprehensive Approach to a Growing Problem*. Lanham: Rowman & Littlefield.

Felitti, V. J., Jakstis, K., Pepper, V. & Ray, A. (2010). Obesity: Problem, Solution, or Both? *The Permanente Journal*. Spring; 14(1): 24-30. Web. Retrieved on 16th October 2014. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2912711/>

Heaton- Harris, N. (2009). *Combating Child Obesity*. Brighton: Emerald Publishing

nhlbi.nih.gov. Why Obesity is a Health problem. <http://www.nhlbi.nih.gov>. Web. Retrieved on 16th October 2014. <http://www.nhlbi.nih.gov/health/educational/wecan/healthy-weightbasics/obesity.htm>