

Sample research paper on obesity in latino communities

[Health & Medicine](#), [Obesity](#)



Introduction

A major part of Latino community in America is suffering from the obesity. The obesity and overweight are creating several other health related problems for this community. Obesity is one of the most common health problems in the United States of America and the Latinos are the second largest obese people in the nation. This paper intends to discuss the obesity in the Latino community and several other related aspects of the area under discussion.

Obese and overweight Latinos

Latino population is suffering from the obesity that causes a number of other health problems. More than 60 % of Latino population suffers from the obesity and almost 55 % are overweight (Begay). A major number of Latino kids are also overweight. Latinos take disproportionate diet that lacks nutritional value and contains fat and junk components. Consumption of heavy diets, fat and junk food are making Latinos overweight and obese. Lack of physical exercise is another factor that worsens the situation.

Lack of information and communication

The main reason, of this problem, is the lack of information among Latinos. Latino mother believes that the heavier their baby, the healthier he is. They are not aware of the ramifications that the obesity causes to their babies. The same lack of knowledge is also found in the adults. They do not pay any attention on their growing weight. One of most important factors, which contribute in the obesity of Latino community, is the excess consumption of

junk foods and irregular lifestyle.

Latinos do not pay much attention on their health and their apathetic approach towards their health further worsens the situation. They are dying due to their growing weight but people still keep ignoring the issue instead of paying the attention of the highest order. Perhaps Latinos are not aware that obesity can kill them and this is the biggest reason of their apathy towards the issue. They need to be educated about the problem and the government should also promote such programs that educate Latinos about their deteriorating health and risks of the obesity.

Obesity and other health related problems

The obesity is itself a problem but simultaneously it causes several other problems. Due to obesity and overweight, Latinos are suffering from blood pressure, heart disease, high cholesterol, arthritis, stroke, insomnia, breathing problems and several other diseases. Their physical and mental efficiency is highly affected and it also reduces their life expectancy rate. Elderly people of the community suffer more than others because of their heavy weight and lack of proper care (Rodriguez).

Having observed the abovementioned succinct analysis of the obesity problem in the Latino community, it can be concluded that Latinos are suffering from the obesity and this will keep harassing them if they are not taking some serious steps to solve the issue. Latinos are one of very obese people in the America and are suffering with a number of health related issues. Obesity causes several other problems in their life and they are

required to pay the immediate attention to reduce the obesity. The problem appears to be smaller but in fact it is very dangerous and fatal.

Works Cited

Begay, Dion. " Arizona State University." 2005. asu. 20 April 2014 .

Rodriguez, Cindy Y. " CNN." 17 October 2013. edition. cnn. 20 April 2014 .