

# Example of essay on comment one

[Technology](#), [Development](#)



## **Discussion Board**

### **Obesity**

Obesity has become a challenge in many developed countries due to the lifestyle dynamics. The cost of mitigating the risks resulting from obesity has been on the rise across the world. In United States in 1995 it was estimated that about 6.8 percent of the total healthcare budget was associated with obesity. It is true that industrialization mechanization as well as urbanization is a significant contributor to the lifestyle changes. These lifestyle changes affect the diet and physical activities of individual. However, unlike in developed countries where obesity has been in existence, developing countries are finding the prevalence of obesity new. They are unable to come up with adequate strategies to solve these challenges due to their economic transition and weak policy framework. Moreover, the physical inactivity triggered by the use of motorized transport. The article has successfully analyzed the different determinants of obesity and articulated their degree of influence.

### **Comment two;**

This is a response to a previous post with regard to obesity. It is pertinent to note that post does not clearly articulate the areas that the author is wrong or right. The comments are general in nature and brief quantitative analysis provided. However, post captures some of the key factors that cause obesity which include but not limited to, diet, physical inactivity as well as occupational factors. The data provided regarding the proportions of the population that are overweight is not supported with information from

different sources. However, a comprehensive explanation of the body calories consumption is articulated. To solve these challenges associated with obesity there is need to adopt living habit that encourages physical activity, as well as balanced diets.

## References

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