

Health and well-being 2

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The article, ' Obesity Prevalence in the United s – Up, Down or Sideway?' by Suzan Z. Yanovski and Jack A. Yanovski has raised some very pertinent points and explored new areas where long term repercussions of obesity have dangerous outcome. Obesity amongst the young children and adult population in America has become a serious health problem with far reaching consequences on future generations. The authors have been successful in bringing forth the discrepancies in the national and regional data on obese population. This, yet again questions the reliability of data of the agencies and forces one to identify the causes so that it can be addressed and evaluated in the appropriate context.

As per the survey of Behavioral Risk Factor Surveillance System or BRFSS of the Centers for Disease Control and Prevention, commonly known as CDC, between 2007 and 2009, obesity has increased by 1. 1% or \$2. 4 million have become obese! The article suggests that by 2050, nearly 100% population could be overweight. According another agency, National Health and Nutrition Examination Survey or NHANES, obese prevalence in 35. 5% of women and 16. 9% of children in the age group of 2-19 years of age have remained stabilized over the past ten years. Obesity in men has also not increased much since 2003. While the varying statistics raises concern, the reason could probably be found in the way survey is conducted. BRFSS uses respondents' self-reported facts that include their height and weight whereas NHANES collects actual heights and weights. As people are inclined to report increased height and lower weight, the varying results of obese population can be rationalized.

There is increased tendency of lifestyle diseases amongst obese children and more cases of type-2 diabetes, hypertension etc. have come to the fore.

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These are critical factors that have serious impact on their lives as adults with serious health problems. The authors have given a new twist to the outcome of obese population. The authors are concerned that with obese would-be-mothers, ' potentially obesogenic intrauterine milieu that may have a significant effect on later risk for obesity, diabetes, and other metabolic disorders' is a strong possibility that could affect future generations with obese genes.

The article also shows that stable statistic may also be reflecting the increased awareness of people regarding wide scale adverse implications of obesity and overweight. Authors assert that current obese population needs to be motivated for treatments for sustained weight loss for improved healthcare. At the same time, more research is needed to explore new mechanisms of interventions. It would promote health and fitness and better understanding of causal factors that lead to obesity and overweight. They insist that this problem be addressed urgently and evolve strategies that are more likely to be successful.

Reference

Yanovski, Suzan Z. and Yanovski, Jack A. Obesity Prevalence in the United States – Up, Down or Sideway? *New English Journal of Medicine*, 364: 987-989, 2011.