

Just assignment and current event

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Health “ The Extraordinary Science of Addictive Junk Food” Michael Moss’ article “ The Extraordinary Science of Addictive Junk Food” explores obesity as a contemporary phenomenon. It details a meeting between the managers of America’s largest food companies, who James Behnke, a 55-year-old executive at Pillsbury, and a few other food-company executives invited to talk about the growing weight problem in America. While the society criticizes tobacco and cigarettes advertisements, the media still advertises junk food and non-nutritious diet regularly, without caution to Americans on the dangers of the products. The society is aware that sugary, salty, fatty foods in large quantities cause diabetes, obesity and hypertension. Consumers are highly sensitive to taste, color, and packaging of products and this is what attracts them to the products despite their unhealthy nature. Evolving marketing strategies focus on making sales, rather than nutrition and health needs of consumers. It is difficult to address the issue because of the different players, the public health community and industries that manufacture the product. Even so, it is clear that immediate action is necessary to address the issue of unhealthy foods and its relationship to obesity.

Question

Who is to blame for the obesity crisis: industries or the public?

“ Food Systems and Public Health: Linkages to Achieve Healthier Diets and Healthier Communities”

“ Food Systems and Public Health: Linkages to Achieve Healthier Diets and Healthier Communities” by Mary Story, Michael Hamm & David Wallinga discusses methods Americans can use to promote healthy and sustainable food consumption that are aligned with national nutritional and health

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precedence. It advises on governance practices and policies that can help create this change. Agricultural, health, and marketing leaders met at the Airlie Conference Center in Warrenton, Virginia to discuss the promotion of sustainable and healthy food production and consumption. The conference produced two broad principles. Firstly, the nation's food system must align with the physical health and well-being of citizens, agricultural economic and environmental factors, and the need for public policy to support a health-based food system. Secondly, agricultural policies must relate to USDA/DHHS Dietary Guidelines for Americans and other national guidelines for healthy eating and good health, and sustain public health goals of averting obesity and chronic ailments.

Question

Which measures can relevant authorities take to align dietary concerns with food production, manufacture, and marketing?

“ Intestinal bacteria can be used to classify effects of different diseases”

“ Intestinal bacteria can be used to classify effects of different diseases” by the Asociacion RUVID discusses the effects of obesity and other ailments on the composition of gut bacteria. Current scientific advancements allow researchers to measure and categorize the effects of diverse diseases on the action of intestinal bacteria. The composition and diversity of bacterial chemical species in a thin person are different from that of an obese person. The research studies indicate that different pathophysiologies such as obesity can be separated based on metabolic patterns. This means that they can be separated based on the constituents of the chemical species located in the gastrointestinal tract, while this is impossible in the investigation of intestinal microbial populations.

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Question

Considering obesity affects metabolism patterns, is it directly related to intestinal problems?

Works Cited

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