

Weight of a nation consequences

Government



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BUSTER**

In order to see proper as made the problem needs to be addressed and programs created to benefit the lifestyle of Americans. It was very interesting for me to see how much of an impact the Bugaboos Heart Study has had on our nation. It was the only study of its kind that was able to monitor obesity from young children into their adulthood lives.

Some of the statistics that shocked me were: children who are obese are eight times more likely to have heart disease as an adult 77 percent of children who were obese remained obese as an adult. Most of society are able to maintain a healthy weight people who come from a lower socioeconomic status have higher obesity rates as obesity increases asthma rates by 52 percent limited play space for children affects their overall health. As I took the time to really think about obesity and what it means to America I thought a lot about my family.

Growing up we didn't have the greatest socioeconomic status. There were always challenges and struggles. As a result there are members who struggle with obesity within my family. I can look further back and can see the results of previous generations in the past. This video really helped me to understand the many consequences that occur due to obesity. Like that access to fast food just killing lifestyle in our nation. There was a quote that I really liked from the video. "In order to make a change, it has to be a community and national outreach for change." I couldn't agree more. In order to be able to see a change I think that it needs to be targeted not only in communities but as a nation. Very good video that opened my eyes to the reality of obesity.