

The Rising of Obesity in America

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Introduction

Research data, backed up by the Center for Disease Control and Prevention indicates that 30% of people in the US are obese (Hill, 2002). Moreover, children in the United States are becoming increasingly obese (Hill, 2002). The U.S. Center for Disease Control and Prevention is responsible for tracking obesity in the nation. It has found that obesity is on the rise in the United States. Many States have double the number of obese people since 1990 (Donnelly, 2007). Three states have reported that one third of their adult populations are obese. If statistics include overweight people along with officially obese people, 60% of all Americans would be considered as weighing more than they should (Donnelly, 2007). This is largely due to the increasing popularity of fast-food with high fat and carbohydrate content, large food portion sizes and the sedentary life-styles of recent times (Hill, 2002). With respect to children, researchers say that parents and schools can make a difference by paying attention to their diet and physical activities (Hill, 2002). The awareness regarding the dangers of obesity is not a recent phenomenon. As early as the fourth century B.C., Hippocrates observed, "Sudden death is more common in those who are naturally fat than in the lean." (Weck, 1986). Statistics underline the dangers of obesity. Obesity is the fastest growing cause of death in America according to U.S. Surgeon General Richard Carmona. He describes obesity as "a health crisis affecting every State, every city, every community, and every school across our great Nation" (2003).

The Dangers of Obesity

The dangers of obesity to a person's health are many and it increases the risk factors for various diseases such as diabetes, cardiovascular diseases. Studies have shown that there is a direct link between obesity and Type II diabetes, especially in the case of older people. According to one particular study, it was found that among the 50-to-59-year age group, about 2 percent of normal-weight individuals had diabetes. This occurrence increased to 4 percent for those who were 50 percent overweight and 8 percent for those in the 100 percent overweight group (Weck, 1986). Obese people find

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Table of Contents Obesity In America Research Paper

1. Understanding the eBook Obesity In America Research Paper
 - The Rise of Digital Reading Obesity In America Research Paper
 - Advantages of eBooks Over Traditional Books
2. Identifying Obesity In America Research Paper
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Obesity In America Research Paper
 - User-Friendly Interface
4. Exploring eBook Recommendations from Obesity In America Research Paper
 - Personalized Recommendations
 - Obesity In America Research Paper User Reviews and Ratings
 - Obesity In America Research Paper and Bestseller Lists
5. Accessing Obesity In America Research Paper Free and Paid eBooks
 - Obesity In America Research Paper Public Domain eBooks

- Obesity In America Research Paper eBook Subscription Services
- Obesity In America Research Paper Budget-Friendly Options
- 6. Navigating Obesity In America Research Paper eBook Formats
 - ePub, PDF, MOBI, and More
 - Obesity In America Research Paper Compatibility with Devices
 - Obesity In America Research Paper Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Obesity In America Research Paper
 - Highlighting and Note-Taking Obesity In America Research Paper
 - Interactive Elements Obesity In America Research Paper
- 8. Staying Engaged with Obesity In America Research Paper
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Obesity In America Research Paper
- 9. Balancing eBooks and Physical Books Obesity In America Research Paper
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Obesity In America Research Paper
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Obesity In America Research Paper
 - Setting Reading Goals Obesity In America Research Paper
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Obesity In America Research Paper
 - Fact-Checking eBook Content of Obesity In America Research Paper
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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