Essay by IvyPanda®

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

Obesity In America Research Paper

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