

# 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

**National Academies of Sciences,  
Engineering, and Medicine, Health and  
Medicine Division, Food and Nutrition  
Board, Roundtable on Obesity  
Solutions**

## **Obesity In America Research Paper:**

**Obesity Among Poor Americans** Patricia K. Smith, 2009-07-10 Obesity costs our society billions of dollars a year in lost productivity and medical expenses roughly half of which the federal government pays through Medicare and Medicaid We know obesity plagues the poor more than the non poor and poor women more than poor men Poor women make up the majority of adult welfare recipients coincidence or causal connection This book investigates the controversial claim by welfare critics that public assistance programs like Food Stamps and the National School Lunch programs contribute to obesity among the poor The author synthesizes empirical evidence from an array of disciplines anthropology economics epidemiology medicine nutrition science marketing psychology public health sociology and urban planning to test this claim and to test whether other causal processes are at work With a lucid presentation that makes it a model for applying research to questions of social policy the book lays out the different hypotheses and the possible causal pathways within each The four central chapters test whether public assistance causes obesity obesity causes public assistance poverty causes both public assistance and obesity and Factor X causes both The factors in the last category that may relate to both public assistance and obesity include stress disability and physical abuse

**Obesity Epidemic and the Environment** Matheus Koengkan, Jose Alberto Fuinhas, Aida Isabel P. Tavares, Nuno Silva, 2022-10-20 Obesity Epidemic and the Environment Latin America and the Caribbean Region provides a broad analysis of the macroeconomic impact of the obesity epidemic on environmental degradation in the LAC region Case studies combine theory and practice to achieve critical conclusions and subsequent policy implications providing useful tools for those working on actual health energy and environmental challenges Written for researchers policymakers international organizations and practitioners in various fields especially those in public health health economics energy and environmental economics and social sciences this book thoroughly highlights the obesity epidemic in this region In the LAC region obesity has become a public health issue The increase of this problem is related to the economic gains obtained from the process of liberalization and privatization the increase of foreign investment and infrastructure investments Analyzes the macroeconomic impact of the obesity epidemic in the Latin America and Caribbean region Examines the effect of environmental degradation CO2 emissions and the contribution it plays Develops working tools for the reader to access econometric techniques to grasp empirical approaches on health energy and environmental economics

Understanding and Overcoming the Challenge of Obesity and Overweight in the Armed Forces National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Roundtable on Obesity Solutions, 2019-01-28 Obesity and overweight pose significant challenges to the armed forces in the United States affecting service members including active duty guard and reserve components veterans retirees and their families and communities The consequences of obesity and overweight in the armed forces influence various aspects of its operations that are critical to national security On May 7 2018 the National Academies of Sciences Engineering and Medicine held a

workshop titled Understanding and Overcoming the Challenge of Obesity and Overweight in the Armed Forces Speakers examined how obesity and overweight are measured in the armed forces and how they affect recruitment retention resilience and readiness discussed service specific issues related to these problems and highlighted innovative strategies to address them through improved nutrition physical activity and stress management and offered perspectives from outside of the armed forces on approaches to prevent and treat obesity They also discussed the challenges and opportunities related to overcoming the concerns posed by obesity and overweight in the armed forces military families and their communities including potential cross sector opportunities This publication summarizes the presentations and discussions from the workshop

*The Applied Economics of Weight and Obesity* Mark P. Taylor, 2016-04-08 This volume consists of a broad selection of studies on the applied economics of weight and obesity The chapters cover a wide spectrum of topics and employ a variety of applied techniques across a range of countries Some of the issues explored include the relationship between childhood obesity and food insecurity adolescent weight gain and social networks obesity and happiness the relationship between fast food and obesity tobacco control race and gender differences and consumer health This book is a compilation of articles originally published in the journals *Applied Economics* and *Applied Economics Letters*

*The Oxford Handbook of the Social Science of Obesity* John Cawley, 2011-08-08 There is an urgent need to better understand the causes and consequences of obesity and to learn what works to prevent or reduce obesity This volume accurately and conveniently summarizes the findings and insights of obesity related research from the full range of social sciences including anthropology economics government psychology and sociology It is an excellent resource for researchers in these areas both bringing them up to date on the relevant research in their own discipline and allowing them to quickly and easily understand the cutting edge research being produced in other disciplines *The Oxford Handbook of the Social Science of Obesity* is a critical reference for obesity researchers and is also valuable for public health officials policymakers nutritionists and medical practitioners The first section of the book explains how each social science discipline models human behavior in particular diet and physical activity and summarizes the major research literatures on obesity in that discipline The second section provides important practical information for researchers including a guide to publicly available social science data on obesity and an overview of the challenges to causal inference in obesity research The third part of the book synthesizes social science research on specific causes and correlates of obesity such as food advertising food prices and peers The fourth section summarizes social science research on the consequences of obesity such as lower wages job absenteeism and discrimination The fifth and final section reviews the social science literature on obesity treatment and prevention such as food taxes school based interventions and medical treatments such as anti obesity drugs and bariatric surgery

*The Fattening of America* Eric A. Finkelstein, Laurie Zuckerman, 2010-12-29 A guide to how America became the fattest nation and how the food industry and the government keep it that way In *The Fattening of America* renowned health economist Eric

Finkelstein along with business writer Laurie Zuckerman reveal how the US economy has become the driving force behind our expanding waistlines Blending theory research and engaging personal anecdotes the authors discuss how declining food costs especially for high calorie low nutrient foods and an increasing usage of technology which make Americans more sedentary has essentially led us to eat more calories than we burn off Praise for The Fattening of America Finkelstein and Zuckerman show that our entire society profits from making people fat and then either keeping them fat or making them thin again When you understand how these powerful forces work you can do a better job of resisting them and staying healthy Jack Challem bestselling author of The Food Mood Solution and Stop Prediabetes Now Everyone who eats food in America must read this book It is a comprehensive guide to how we've become the fattest nation on the planet and how the food industry in cahoots with the government makes us one of the least healthy nations Fred Pescatore MD MPH CCN author of The Hamptons Diet The authors have done an excellent job talking to mainstream America about obesity It brings together all of the latest research and packages it in a way that is engaging for the average person I very much enjoyed the book and would recommend it for anyone interested in obesity Well done James O Hill PhD Professor of Pediatrics and Medicine at the University of Colorado Health Sciences Center and author of The Step Diet Count Steps Not Calories to Lose Weight and Keep It Off Forever An important book for everyone interested in gaining a better understanding of the underlying causes behind the obesity epidemic and options for addressing it Barry Popkin Carla Smith Chamblee Distinguished Professor of Global Nutrition at the University of North Carolina

**Social Justice and the Urban Obesity Crisis** Melvin

Delgado,2013-04-30 A number of economic cultural and contextual factors are driving urban America's obesity crisis which can create chronic health conditions for those least able to manage them Considering urban obesity through a social justice lens this book is the first to help social workers and others develop targeted interventions for effective outcomes The text dissects the problem of urban obesity in populations of color from individual family group community and policy perspectives Beginning with a historical survey of urban obesity in communities of color anti obesity policies and programs and the role of social work in addressing this threat the volume follows with an analysis of the social ecological environmental and spatial aggravators of urban obesity such as the food industry's advertising strategies which promote unhealthy choices the failure of local markets to provide good food options the lack of safe exercise spaces and the paucity of health education Melvin Delgado reviews recent national obesity statistics explores the connection between food stamps and obesity and reveals the financial and social consequences of the epidemic for society as a whole He concludes with recommendations for effective health promotion programs such as youth focused interventions community gardens and community based food initiatives and a unique consideration of urban obesity in relation to acts of genocide and national defense

**Food Choice and Obesity in Black America** Eric J. Bailey,2006-05-30 Anthropologist Eric Bailey uses a cultural and holistic analysis of African American food preferences to show how black Americans generally perceive health body image food dieting physical

fitness and exercise As is true of Americans overall black Americans are becoming more overweight and obese than ever before So too they are seeing the consequences heart attacks strokes hypertension and Type II diabetes at earlier and earlier ages Bailey offers a new cultural diet for black Americans and a prescription for working collectively not only to understand this critical health issue but also to establish a lifestyle strategy that will be both effective and manageable *Food and Nutrition Programs and Obesity 1976-2002* Michelle Ver Ploeg,2009-05 The Food Stamp Program and the Special Supplemental Nutrition Program for Women Infants and Children WIC address poor nutrition among low income adults infants and children Higher rates of obesity among the populations these programs serve have led to concern that the programs may ironically contribute to the problem To analyze the relationships between program participation and body weight the authors compared participants with non participants The most recent data showed that in contrast to prior years women food stamp participants had a Body Mass Index similar to that of income eligible non participating women and women with moderate incomes and were no more likely to be overweight or obese Illus **Public Health** Jay Maddock,2012-05-16 Human behavior accounts for the majority of morbidity and premature mortality throughout the world This book explores several areas of human behavior including physical activity nutrition and food addictive substances gun violence sexual transmitted diseases and more Several cutting edge methods are also examined including empowering nurses community based participatory research and nature therapy Less well known public health topics including human trafficking tuberculosis control in prisons and public health issues in the deaf community are also covered The authors come from around the world to describe issues that are both of local and worldwide importance to protect and preserve the health of populations This book demonstrates the scope and some of the solutions to addressing today s most pressing public health issues **Global Nutrition Report 2014** International Food Policy Research Institute,2014-11-13 At the 2013 Nutrition for Growth Summit in London 96 signatories governments civil society organizations donors United Nations agencies and businesses agreed to support the creation of an annual report on global nutrition that would be authored by an independent expert group in partnership with a large number of contributors The first edition of this report the Global Nutrition Report 2014 puts a spotlight on worldwide progress by the 193 member countries of the United Nations in improving their nutrition status identifies bottlenecks to change highlights opportunities for action and contributes to strengthened nutrition accountability on country and global levels *Fast Food and Junk Food* Andrew F. Smith,2011-12-02 This fascinating and revealing work examines the incredible power of junk food and fast food how nostalgic we are about them the influence of the companies that manufacture or sell them and their alarming effect on our country s state of health In the last half century junk food and fast food have come to play an extremely important role in American economic historical cultural and social life Today they have a major influence on what Americans eat and how healthy we are or aren t *Fast Food and Junk Food* An Encyclopedia of What We Love to Eat tells the intriguing fun and incredible stories behind the successes of these commercial

food products and documents the numerous health related environmental cultural and politico economic issues associated with them With more than 700 alphabetically arranged entries this two volume encyclopedia contains enough listings to allow readers to research a wide range of fascinating topics The author treats the massive amount of subject material within this reference title in a fair and balanced manner A secondary focus of this encyclopedia is to chart the spread of some American fast food chains and commercially produced junk foods internationally

*Clinical Obesity in Adults and Children* Peter G. Kopelman, Ian D. Caterson, William H. Dietz, Sarah Armstrong, Arianne N. Sweeting, John P. H. Wilding, 2022-03-08

*Clinical Obesity in Adults and Children* A comprehensive and incisive exploration of obesity in society and the clinical setting In the newly revised Fourth Edition of *Clinical Obesity in Adults and Children* a team of expert medical practitioners deliver a comprehensive exploration of the increasingly widespread disease of obesity The book discusses topics such as the causes of obesity the disease model of obesity the management of adult and childhood obesity and policy approaches to obesity Designed to enable readers to better understand the full complexity of obesity both within society and in the clinical setting the book discusses a disease that is the leading cause of ill health around the world The editors have included contributions from leading international experts in their respective fields that address every major aspect of this often misunderstood disease Readers will also benefit from the inclusion of Introductions to the history and scale of the obesity problem across the world and its epidemiology and social determinants Comprehensive explorations of those affected by obesity including fetal and infant origins genetic causes bias and stigma encountered by those affected by obesity and the psychobiology of obesity Practical discussions of obesity as a disease including its co morbidities of dyslipidemia fertility cardiovascular consequences and obstructive sleep apnea In depth examinations of the management of obesity in adults and children including contemporary approaches to clinical and dietary management and behavioral treatments Perfect for doctors and allied health professionals who regularly work with patients suffering from obesity *Clinical Obesity in Adults and Children* will also earn a place in the libraries of health researchers and scholars studying obesity and nutrition dietitians nutritionists and anyone else with a professional interest in an increasingly prevalent health problem

*Obesity, Business and Public Policy* Zoltán J. Ács, 2010-01-01 The effects of obesity have become practically ubiquitous in the US This book aims to provide an alternative framework through which to explore the important and controversial obesity debate that has spilled over from the medical community This book is not about obesity as a medical condition nor does it offer a wide ranging discussion on the health effects of obesity or the role of the right diet

**Obesity Prevention** Laurette Dube, 2010-06-25 Over the years approaches to obesity prevention and treatment have gone from focusing on genetic and other biological factors to exploring a diversity of diets and individual behavior modification interventions anchored primarily in the power of the mind to the recent shift focusing on societal interventions to design temptation proof physical social and economic environments In spite of repeated calls to action including those of the World Health Organization WHO the pandemic continues to progress WHO recently

projected that if the current lifestyle trend in young and adult populations around the world persist by 2012 in countries like the USA health care costs may amount to as much as 17.7% of the GDP. Most importantly in large part due to the problems of obesity those children may be the first generation ever to have a shorter life expectancy than that of their parents. Obesity Prevention presents the most current research and proposals for addressing the pandemic. Past studies have focused primarily on either genetic or behavioral causes for obesity; however, today's research indicates that a strongly integrated program is the best prospect for success in overcoming obesity. Furthermore, focus on the role of society in establishing an affordable, accessible, and sustainable program for implementing these lifestyle changes is vital, particularly for those in economically challenged situations who are ultimately at the highest risk for obesity. Using studies from both neuroscience and behavioral science to present a comprehensive overview of the challenges and possible solutions. The brain to society approach to obesity prevention focuses on what is needed in order to sustain a healthy, pleasurable, and affordable lifestyle. Explores the brain to society approach to obesity prevention focusing on an integrative approach to addressing the obesity pandemic. Presents both the neuroscientific and the behavioral factors that impact eating habits. Identifies the challenges and suggests solutions for altering attitudes toward food on both an individual and a societal level. **America's Perceptions of**

**Europe** L. Eliasson, 2010-07-05 This book seeks to rectify Americans' views of its closest ally Europe, an ambitious task but one sorely lacking in the literature. Many prejudices about Europe surface in headlines while others remain latent but they are real, pervasive, and ingrained. **Obesity** Gail Woodward-Lopez, Lorrene Davis Ritchie, Dana E. Gerstein, Patricia B. Crawford, 2006-03-15 Focusing on prevention rather than treatment. Obesity: Dietary and Developmental Influences reviews and evaluates the determinants of obesity. The book uses evidence-based research as a basis to define foods and dietary behaviors that should be supported and encouraged as well as those that should be discouraged. This comprehensive review re **Local Food Environments** Kimberly B. Morland, 2014-09-02 Local Food Environments: Food Access in America

provides information on the complex nature of food delivery systems as well as the historical and political trends that have shaped them over time. The book presents the empirical evidence demonstrating disparities in access to healthy, affordable foods across the United States and how these disparities **Handbook of Pediatric Obesity** Michael I. Goran, Melinda S. Sothorn, 2016-04-19 Understanding the numerous factors involved with body weight regulation and identifying interventions to prevent or treat the problem is an enormous task in and of itself. Addressing this issue in growing children is further complicated by the diverse challenges specific to children. Because of this, the field of childhood obesity is both extremely

**Joined at the Heart** Albert Gore, Al Gore, Tipper Gore, 2003-11 In this moving exploration of the contemporary family landscape, the Gores share stories drawn from their own experiences as well as introduce readers to a dozen other families they have come to know over the years.



## Whispering the Strategies of Language: An Mental Quest through **Obesity In America Research Paper**

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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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