

Cause and Effect Essay on Obesity

"Despite poverty being a major concern globally, obesity is still a dominant factor of all. This clearly represents an imbalance which is faced throughout the world. Obesity being a serious condition can cause other diseases and conditions such as diabetes, heart problems, kidney problems, and ultimately death. Being overweight doesn't only represent medical problems, but also some social problems such as low self-esteem, criticism, lack of enthusiasm etc. There are billions of obese people around the globe presently and is growing at a very faster rate (CNN). The most important countries in which the rate of obesity is higher, have certain causes leading to obesity ultimately, that needs to be discovered.

In contrast to the most believed opinion, United States is not counted as the most obese country in the world. In fact, U.S comes on the 12th number according to the list of obese countries in the world. The first on the list with a high rate of obesity is Nauru; a small island close to Australia. On the obesity list, according to the research, are those islands that are usually small nations such as Tonga, Samoa, Kiribati etc. To be exact, four out of every five citizens in these nations are obese. The reasons as evident are the imported food on such islands that are very expensive, so people opt for less expensive junk foods and foods that are more convenient to them. Apart from the food, the environment of these islands is such that they are more conducive for relaxation and less for proper exercise. These reasons make it difficult to maintain good health appropriately.

Next in the line after the islands are the Middle Eastern countries. Almost 75 percent of these countries' population are considered to be overweight and more than third are considered to be obese (World Atlas). The reasons for such large people being faced with the issue is that these countries have a scorching sun and the days are as hot as 40 degrees Celsius. In such conditions, it becomes extremely difficult to walk around and exercise for burning calories, rather people are already irritated by the sweat in such hot weather. Moreover, the eating habits and food over there are also changing bringing about habitual change. Many of the people owning lands over there are even more relaxed and rich. Such lack in movement makes people there, to gain more weight and obese.

Lastly, obesity being a global catastrophe, middle-eastern nations, islands, and many similar nations are living under such sufferings caused by it. Lack of proper access to good food, lack of regular exercise, and wealth etc. contribute to the tremendous problem of obesity. These conditions increasing faster with the time can bring even more catastrophic results. What is going to happen if it continues at the same pace? Let the time decide. "

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