

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. "

Obesity Essays Cause And Effects

K Morrison



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Table of Contents Obesity Essays Cause And Effects

1. Understanding the eBook Obesity Essays Cause And Effects
 - The Rise of Digital Reading Obesity Essays Cause And Effects
 - Advantages of eBooks Over Traditional Books
2. Identifying Obesity Essays Cause And Effects
 - 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 Essays Cause And Effects
 - User-Friendly Interface
4. Exploring eBook Recommendations from Obesity Essays Cause And Effects
 - Personalized Recommendations
 - Obesity Essays Cause And Effects User Reviews and Ratings
 - Obesity Essays Cause And Effects and Bestseller Lists
5. Accessing Obesity Essays Cause And Effects Free and Paid eBooks
 - Obesity Essays Cause And Effects Public Domain eBooks
 - Obesity Essays Cause And Effects eBook Subscription Services

- Obesity Essays Cause And Effects Budget-Friendly Options
- 6. Navigating Obesity Essays Cause And Effects eBook Formats
 - ePub, PDF, MOBI, and More
 - Obesity Essays Cause And Effects Compatibility with Devices
 - Obesity Essays Cause And Effects Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Obesity Essays Cause And Effects
 - Highlighting and Note-Taking Obesity Essays Cause And Effects
 - Interactive Elements Obesity Essays Cause And Effects
- 8. Staying Engaged with Obesity Essays Cause And Effects
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Obesity Essays Cause And Effects
- 9. Balancing eBooks and Physical Books Obesity Essays Cause And Effects
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Obesity Essays Cause And Effects
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Obesity Essays Cause And Effects
 - Setting Reading Goals Obesity Essays Cause And Effects
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Obesity Essays Cause And Effects
 - Fact-Checking eBook Content of Obesity Essays Cause And Effects
 - 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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