

Causes and Effects of Obesity Essay

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Introduction

Maintaining good body weight is highly recommended by medical doctors as a way of promoting a healthy status of the body. This is to say that there is allowed body weight, which a person is supposed to maintain. Extreme deviations from this weight expose a person to several health complications.

While being underweight is not encouraged, cases of people who are overweight and increasing effects of this condition have raised concerns over the need of addressing the issue of obesity in the society today, where statistics are rising day and night. What is obesity? This refers to a medical condition in which a person's body has high accumulation of body fat to the level of being fatal or a cause of serious health complications. Additionally, obesity is highly associated with one's body mass index, abbreviated as BMI.

This denotes the value obtained when a person's weight in kilograms is divided by the square of their height in meters (Burniat 3). According to medical experts, obesity occurs when the BMI exceeds 30kg/m^2 . While this is the case, people who have a BMI of between 25 and 29 are considered to be overweight. Obesity has a wide-range of negative effects, which may be a threat to the life of a person.

Laziness as the Main Cause of Obesity

The first effect of obesity is that it encourages laziness in the society. It is doubtless that obese people find it hard and strenuous to move from one point to the other because of accumulated fats. As a result, most of these people lead a sedentary lifestyle, which is usually characterized by minimal or no movement. In such scenarios, victims prefer being helped doing basic activities, including moving from one point to another.

Moreover, laziness makes one to be inactive and unproductive. For example, a student who is obese may find it hard to attend to his or her homework and class

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Henry Jeffreys



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English for College Learners, **The Dolphin Writer - Crafting Essays**, 2008 The Houghton Mifflin College Writing Series is a three-volume series focusing on writing from sentences to paragraphs to essays in an easy-to-understand format and at an affordable price Each volume of the College Writing Series presents students with comprehensive yet approachable coverage of the writing process from prewriting through peer evaluation revision and preparation of the final paper and each also includes a section of numerous level-appropriate readings A focus on student success in all areas of reading writing and studying helps students organize manage and implement techniques including how to use a computer to assist in the writing process Book Three includes complete coverage of essay skills The Houghton Mifflin College Writing Series features the same topics and content as other comparable textbooks but for a third of the price Step-by-step explanations of the writing process including many student models give students a clear understanding of how good writing actually works The text features a multitude of practice exercises including self-tests that help students hone their writing skills Suggested answers appear in the back of the book Web Workboxes at the end of each chapter provide suggestions for Web sites with additional help exercises or suggestions for further exploration Chapter pedagogy including goals for each chapter and a chapter review self-test supports students in anticipating learning and reviewing key concepts Book Three includes Focus on Research boxes to help students begin to think about how to find sources of information how to keep track of their information and ultimately

how to appropriately incorporate sources into their own writing **Student Practice Test Booklet in Reading and Writing** Leslie Knight, 2015-10-13 This test booklet has some unique qualities It allows the students to get an idea of the kinds of passages and the level of vocabulary used in questioning But the uniqueness does not end there The booklet also provides teachers and parents with the instruments that will improve the ability of the children to complete the state tests Know that teachers and parents can begin by allowing their fourth grade children to work on passages intended for third graders and move forward and vice versa Other grades can do the same Everyone has the opportunity to look at the passages and questions presented to the other grades Note carefully the approaches to the questions because there is a specific vocabulary used in the questions There is a wealth of writing exercises that require the students to think deeply Building stamina is very important Length of passages and level of difficulty are considered Each grade is presented with one mini test and three full length tests The parents and the teachers can actually simulate the real test and give themselves time to identify the childrens weaknesses and strengths Therefore they can work on these weaknesses and reinforce concepts at the same time At the end of every test there are additional questions designed to challenge the children and encourage the teachers and the parents to create their own questions from the passages There is a teachers edition that identifies the answers to all questions and the types of questions For example there may be questions that require the students to know main idea authors purpose compare and contrast and so on These are indicated in the teachers edition There are writing exercises for the students to do Useful hints relating to the kinds of responses are also presented in the teachers edition A suggested rubric is also included This book is inclusive of all including Special Needs Students who must write the same tests as other students and whose grades and progress impact the general performance of the school *English Essay Writing Handbook* Emmanuel Tatah Mentan, 2019-01-23 There is no available information at this time Author will provide once available The ESL / ELL Teacher's Survival Guide Larry Ferlazzo, Katie Hull Sypnieski, 2012-08-07 A much needed resource for teaching English to all learners The number of English language learners in U S schools is projected to grow to twenty five percent by 2025 Most teachers have English learners in their classrooms from kindergarten through college The ESL ELL Teacher s Survival Guide offers educators practical strategies for setting up an ESL friendly classroom motivating and interacting with students communicating with parents of English learners and navigating the challenges inherent in teaching ESL students Provides research based instructional techniques which have proven effective with English learners at all proficiency levels Offers thematic units complete with reproducible forms and worksheets sample lesson plans and sample student assignments The book s ESL lessons connect to core standards and technology applications This hands on resource will give all teachers at all levels the information they need to be effective ESL instructors *2024-25 UPPSC Mains Descriptive Solved Papers General Hindi, Essay and General Studies* YCT Expert Team, 2024 25 UPPSC Mains Descriptive Solved Papers General Hindi Essay and General Studies 352 695 E This book contains previous years solved papers from

2018 to 2023 **Simple Approaches to Writing Short Essays** Peter Jia, 2006 This book is aimed at intermediate level ESL students It is a compilation of the author's teaching notes therefore it can serve as a textbook for ESL teachers The book is purposely written and organized in very simple clear and precise words and structures so that it can also serve as a self help studying material Each chapter of the book deals with one suggested approach in essay writing so that students can focus on their learning It is handy for ESL students to keep it as a reference book **Essays in Good Practice: Lecture notes in contemporary General Practice** Chris Heath FRCP MRCP, Good Practice What it means to put the patient first not politics posturing pretentiousness protocols or process This is a text book for all doctors but especially GPs Appraisers and Registrars It is written by a 40 year plus front line NHS doctor who for most of his career worked twice to three times the current doctors Working Time Directive limited week Chris Heath has been a Paediatric Lecturer in a teaching hospital an Anaesthetist various junior specialists and a GP for over 30 years in 3 different practices He has been a GP Trainer and Appraiser and has seen politics and political correctness harm patients interests constantly over the last half of his career From the way the NHS selects young doctors to the way they are educated and assessed the best interests of the patient are largely ignored This is a text book but it also contains home truths advice insights and original honest guidance on being a safe effective doctor As well as giving an assessment of what has gone wrong with the NHS over the last 20 years the author explains why today's politicians medical schools Royal Colleges and many doctors will resist the changes essential to put the patients needs first again 1 Politics Who we are The CQC etc 2 Administration Training The Consultation and Teaching 3 Basic Biology 4 Acute Medicine in General Practice 5 Alcohol 6 Allergy 7 Analgesics 8 Anticoagulants Clotting 9 The Breast 10 Cancer and Terminal Care 11 Cardiology 12 Useful Clinical Signs Eponymous diseases 13 Dermatology 14 Diabetes Metabolism 15 Diet Vitamins and Nutrition 16 Driving 17 Odd drugs 18 Ear Nose and Throat 19 Gastroenterology 20 Geriatrics 21 Haematology 22 Hormones 23 Immunisation and Vaccines 24 Infections Antibiotics Microbiota 25 Legal Issues 26 Liver 27 Miscellaneous 28 Musculoskeletal Orthopaedics Sports NSAIDs 29 Neurology 30 Ophthalmology 31 Paediatrics 32 Pathology 33 Pregnancy Obstetrics and Gynaecology Contraception 34 Psychiatry and Controlled Drugs 35 Respiratory 36 Sex and STDs 37 Sleep 38 Travel 39 Urology 40 Work References 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 nueroscientific 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

Composition and Grammar ENC1101 Editorial Board,2022-06-15 We live in a world of words The way we interact with our fellow humans is very often based on the language that always surrounds us whether it be the messages we send the news we read or the assignments we complete in classes that give us the education intended to lead us to success What might be the best way to navigate the complexity of language especially in a first year composition course This book addresses these issues by presenting lessons examples and student samples through an approach that is friendly conversational and realistic Created by actual instructors of composition at HCC this book includes many resources to guide composition students of different skill levels In depth overviews of reading writing and revising Engaging exercises that anticipate and address the most common errors of writers Actual student samples that provide the basis of class discussions and analysis With guidance that includes both theory and practice *Composition and Grammar for HCC* by HCC provides students with the skills they need for their educational goals their careers and their lives **Essays on the Costs and**

Health Consequences of Food Bo Yu MacInnis,2004 **Nutrition in the Prevention and Treatment of Disease** Ann M. Coulston,Carol J. Boushey,Mario Ferruzzi,Linda Delahanty,2017-04-28 *Nutrition in the Prevention and Treatment of Disease* Fourth Edition is a compilation of current knowledge in clinical nutrition and an overview of the rationale and science base of its application to practice in the prevention and treatment of disease In its fourth edition this text continues the tradition of incorporating new discoveries and methods related to this important area of research Generating and analyzing data that summarize dietary intake and its association with disease are valuable tasks in treating disease and developing disease prevention strategies Well founded medical nutrition therapies can minimize disease development and related complications Providing scientifically sound creative and effective nutrition interventions is both challenging and rewarding Two new chapters on metabolomics and translational research which have come to be used in nutrition research in recent years The new areas of study are discussed with the perspective that the application of the scientific method is by

definition an evolutionary process A new chapter on Genetics and Diabetes which reviews the latest research on causal genetic variants and biological mechanisms responsible for the disease and explores potential interactions with environmental factors such as diet and lifestyle Includes all major omics the exposome metabolomics genomics and the gut microbiome Expands the microbiota portions to reflect complexity of diet on gut microbial ecology metabolism and health

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 Art and Architecture of Academic Writing Patricia Prinz, Birna Arnbjörnsdóttir, 2021-08-15 This book is a bridge to confident academic writing for advanced non native English users It emphasizes depth over breadth through mastery of core writing competencies and strategies which apply to most academic disciplines and genres Tailored to students in EMI programs the content was piloted and revised during a longitudinal writing study The innovative approach prepares students to write for the academic community through the dual lenses of Art developing a writer's voice through choices in language style and topics and Architecture mastering norms of academic language genre and organization The user friendly text maximizes time for writing practice and production by avoiding lengthy readings Part 1 builds skills and confidence in writing by focusing on assignments that do not require research Part 2 applies newly mastered principles skills and strategies to research based writing Students learn to incorporate thesis research and evidence into a process for academic writing by following the AWARE framework Arranging to write Writing Assessing Revising and Editing

Technology in Interlanguage Pragmatics Research and Teaching Naoko Taguchi, Julie M. Sykes, 2013-06-20 Technology

informed approaches to L2 research and teaching have prompted great interest by both researchers and practitioners alike This book highlights the relationship between digitally mediated technologies and second language pragmatics by presenting exemplary applications of technology for both research and pedagogy Part I presents technology informed research practices that range from measuring response times when processing conversational implicature to studies examining systematic pragmatic learning via online activities and multiuser virtual environments as well as analyzing features of pragmatic language use in social networking and longitudinal learner corpora Part II surveys a variety of technology assisted tools for teaching pragmatics including place based mobile games blogging web based testing and automated text analysis software The volume will be of interest for those interested in technological tools to expand the scope of traditional methods of data collection analysis and teaching and critically examining how technology can best be leveraged as a solution to existing barriers to pragmatics research and instruction Diets and Dieting Sander L.

Gilman,2008-01-23 Diets and dieting have concerned and sometimes obsessed human societies for centuries The dieters regime is about many things among them the control of weight and the body the politics of beauty discipline and even self harm personal and societal demands for improved health spiritual harmony with the universe and ethical codes of existence In this innovative reference work that spans many periods and cultures the acclaimed cultural and medical historian Sander L Gilman lays out the history of diets and dieting in a fascinating series of articles **The Almighty's Everlasting Circles, an Essay** Henry Jeffreys,1856 Essentials of Essay Writing Jamie Q Roberts,Robert Buch,2017-04-24 This engaging text shows students what markers look for in their work and helps them to develop the skills they need to produce a first class essay It focuses on all the core elements of effective essay writing including devising a question critical thinking engaging with the literature and structuring an essay Chapters include clear and concise guidance on meeting marking criteria illustrated with real students essays from a range of disciplines and activities which encourage students to put their new skills into practice This is an essential resource for all university students for whom essays and coursework form part of their assessment It is also ideal for further education students and those preparing for university level study

The Top Books of the Year Obesity Essays Cause And Effects The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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