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Position Rewrite

Obesity Epidemic

America is the number one nation of overweight and obese people. Obesity is becoming an epidemic. More and more children are gaining unnecessary weight at younger ages. Because of the weight gain children in their teenage years are being diagnosed with Type II Diabetes. The number one reason patients are in the hospital is because heart disease, coronary artery disease, circulation disease and type II diabetes (Harmon). All of those, for the most part, can be easily prevented by taking care of a person's body. While some believe the causes of obesity are singular, by addressing food, technology, and exercise we will see that there are more factors than just one that contributes to obesity.

What others are saying

There are many people in America who don't see obesity as an issue. Most obese people want to change but are too lazy to make that change happen. Some of these people are in denial that there is even an obesity problem. They themselves don't think that they are obese, or that it is a problem. They don't recognize the health crisis that is being created in America. Some obese people might even try to blame it on genetics. While it is true that genetics can sometimes be a cause, it is not true for the majority of obese cases.

Technology is a major part of today's society. It is almost everywhere we look and is growing larger every day. Children growing up are spending most of their time on these new

technologies instead of doing labor or playing outside like kids used to do. Children are living sedentary lifestyles. This means they don't get that physical activity that they should, instead they just sit for hours at an end.

Unhealthy foods and eating too much of it can really influence obesity. This includes snacks, fast food, greasy, most salty, and sugary foods. It is okay to eat these foods just as long as a person proportions the sizes and includes exercises in their life. Like mentioned earlier sedentary lifestyles play a huge role in obesity in today's society. Some people are just too lazy to get up of the couch, chair, or bed and go move. Time can also be a factor. With busier lives it might be hard to find the time to go the gym and exercise. Also after a hard day at work it might be hard to get that motivation to go work out, it just seems easier to sit down and relax.

No excuse

Obesity is becoming a bigger issue every year and none of the above reasons should hold a person back from losing the weight. Children as young as three years old are becoming obese (Figure 1).

With the up rise of obesity rates type II diabetes is rising. Kids are now being diagnosed in their early teens. Twenty years ago this would have been a major shock if a child was diagnosed with type



Figure 1 obese children

II diabetes. Besides diabetes, obesity can cause heart and circulation

diseases. This includes heart attacks, strokes, hypertension, and artery problems (Harmon).

There is no real excuse of why a person can't shed the pounds, or why they got to be obese in the first place. It is just laziness; they don't care for whatever the reason. Well they

should care when there are lives at stake. A death always affects someone, a family member, friend, neighbor or coworker. If a person doesn't care about themselves at least they should have decency for those around them. If they don't care about those who love and care for them maybe money will tempt them. Obesity will soon make insurance go up because the influx of patients that are coming down with preventable diseases. Over all obesity is horrible and is being taken too lightly by the government and people. Hopefully in the near future we can start to see a decrease of obese people in America.

Proposal: Daily Actions we can all take

America needs to take action and lower these numbers of obese children and adults. There are many different steps they can take. Some are very easy, and can occur daily. For example, one can eat a healthy breakfast every day and reduce fat products. Eat meals at a



Figure 2 healthy vs. non healthy

dinner table and eat slowly, it will make the body feel full at a faster rate. If someone crams food into their system too fast, the amount of food enters the stomach so quickly

that it cannot send a message to the brain in time to say that it is full. If they instead eat slower their stomach will say it's full faster, which means they won't eat as much ("Children"). Try to make a personal goal to not eat while watching the

television. Once a week, make a night to not watch the television, get on the computer, or play video games. Get active and do more outside, maybe try a new sport. Take the stairs instead of the elevator. Park a little further away than usual. Drink lots of water. Try to eat fresh or frozen foods. Don't weigh multiple times in a day because doing this can stress you out. In doing these simple daily tasks it can help lower obesity rates. This can help tremendously not just with losing weight, but saving money as well. To get rid of obesity is not only good for the body, but for the mind and emotions as well.

Of course we can keep telling everyone to eat healthy and exercise. But people already know this. It would be wrong to say no changes have happened in society. But a big enough change has not happened yet. People can and should do all of those things stated before. There is an understanding that not everyone is obese, but people who are healthy still need to stick with what they are doing to stay as healthy as possible.

Solution to Obesity Epidemic

My solution to the obesity epidemic comes down to fast food. The way we eat has changed tremendously as well. It is now acceptable to eat anywhere, like on the way to school or work and back on the way home. America used to prepare three meals at home a day. However, with our busy lives it became easier to get fast-food. Large refrigerators and freezers allow us to store large quantities of food, and make them quickly in the microwave, not allowing us to control the fat and sugar that is in those premade meals (Miller 12). The solution to this huge issue lands on the three main bullets of fast food:

- Leaner meats
- Smaller portions
- No 24 hour

1- Leaner Meats

All fast food restaurants should be required have to have leaner meats. Lean meats are one of the healthiest meats there are. J White, a fat killer expert said,

It goes without saying that lean meats are essential for rapid weight loss. They are low in fat and pack full of high quality protein, which is extremely important for a well- balanced diet. In fact, protein's thermic effect and long digestion time help you to burn more fat calories during digestion than either complex carbohydrates or fat.

J White is telling us how healthy leaner meats are compared to whatever meat is in fast foods now. Lean meats are not only healthier meat but when cooking with them they will give less grease. The less grease that comes off of meats means the less grease and fat fast food places cook with.



Figure 3 shows just how bad fast food has been getting

2- Smaller Portions

The second bullet is smaller portions of food. In the Washington Times paper there was an article called *Dealing with America's Obesity Problem*. In this article it discusses what has happened with America and some solutions to obesity. They found "The average cheeseburger has grown, packing 590 calories nearly double what it was two decades ago, and a typical

serving of fries has nearly triple in size.” (“Dealing”). This shows us how super-size foods have gotten (Figure 2). If fast foods cut back in size it will cut the calorie intake by tremendous amounts.

3- No 24 Hour

The final bullet is no fast food drive thru’s will be open 24 hours. With no places open in the middle of the night it will help control the midnight cravings. Harvard Medical school conducted a study on mice to see if the time of eating had an effect on weight gain or not. At the end of the six weeks both sets of mice ate the same, and exercised the same amount. However, those mice that ate when they normally would have been sleeping averaged a 48 percent increase in weight. The mice that ate at normal hours averaged a 20 percent of weight gain. This shows that snacking or eating at night can increase body weight (Parker).

Some people might be against these changes in fast food. They might say it will cost more and run fast food out of business. It is true that lean meats might end up costing more in price. But when you add cutting the proportions down in size it will even out the price a little more. Yes it still might be more expensive than what it is now but isn’t that the point to make cooking meals at home the cheaper way to eat? We want to cut down on fast foods and calories. We want to lose the weight, to cut the increasing rise of obesity by more than half.

Obesity is an American epidemic and is a serious matter and should not be taken lightly. Lives are being lost daily because of this preventable problem. It takes little changes in lives to begin to make a difference. We as Americans need to take these steps and incorporate them into our daily life and watch as it reduces obesity. Something this simple can change the outcome of one’s life. The U.S. spells us; we as a whole need to help each other fight this epidemic. We all need to help, help more than we ever have. Not just by talking or just reading this paper. Yes, I

want you to read this to get great ideas, but you need to actually apply it. Yes you, get off your seat, bed, car, computer, or whatever it is that's distracting you and go make a change in this world for the better!

Works Cited

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Images:

Figure 1: Google Images.

Figure 2: Google Images.

Figure 3: Writ, Art. “California’s Battle Against Childhood Obesity.” *Heal Blog*. 10 Nov 2010. Web. 26 Feb 2012.