

Student's Name

Professor's Name

Course

Date

What is Obesity?

Obesity is one of the medical conditions in which there are excessive body fats that have accumulated to a level that they may have a negative impact on the health of a person. People are referred to as obese when their BMI is over 30kg/m² (Abramovitz 24). Body Mass Index is a measuring technique that is obtained by dividing the weight of a person by the square of the height. However, in a few countries in East Asia, they use values that are lower and can lead to different BMI results. Obesity has been proved to increase the occurrence of some diseases including diabetes, certain types of cancer, heart diseases and osteoarthritis among many others (Wolin 48).

In most cases, obesity is caused by the consumption of excess food and lack of physical exercises. In some rare cases, obesity can be caused by the genetic makeup, mental illnesses, and some medications. There is no scientific evidence that has been used to support the claims that there are obese people who eat little food and gain a lot of weight. However, many researchers have not supported such claims. Researchers have also found out that obese people use up a lot of energy when compared to thin people. This is because they require more energy to retain their body weight (Wolin 73).

There are a two ways that people use to prevent obesity, through personal decisions and social changes. However, changing the diet and also exercising are the main natural ways of

treating obesity. Obese people should change their diets to include feeds with high fiber content and lower levels of sugars and fats. A person can also opt to take certain medications that decrease fat absorption or cause a reduced appetite. In case exercising, dieting, and medication does not help, surgery can be done to reduce the volume of the stomach and the bowel length. This will make one feel full earlier than before. Little food will also be absorbed into the body. Therefore, an obese person will gradually lose weight without having to diet or conduct tedious exercises (Barbour 104).

Obesity is still a leading cause of death that can be prevented all over the world. The high-risk group includes children and adults (Abramovitz 126). In the year 2014, it is estimated that over 6000 million adults and 42 million children who were below the age of five years were obese. Researchers have all agreed that obesity is a public health problem that has affected more people in the 21st century compared to any other time in the history of mankind. In 2013, obesity was classified as a human disease by the American Medical Association.

Works Cited

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Barbour, Scott. *Obesity*. Farmington Hills, MI: Greenhaven Press, 2011. Print.

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