

The global rise of obesity

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Abstract: In the modern world, carrying excessive weight has become one of the most serious problems that more and more people are suffering from. This article gives information in terms of obesity rates around the world, examining its main causes as well as identifying its economic, health, and social consequences. In addition, the study also provides some measures to overcome this issue such as changing the lifestyle, policies, and increasing public awareness in terms of detrimental impacts of it. These solutions are taken from reliable sources, such as opinions of experts and well-known people in this field. The findings show that this issue can be addressed by taking cooperating steps.

Keywords: Obesity, health, lifestyle, public awareness, physical activity, detrimental impacts.

Abstract: Ushbu maqola dunyo bo'yicha semizlik muammosining keskin oshib borayotganini tahlil qiladi. Unda semizlikning asosiy sabablari, jumladan, noto'g'ri ovqatlanish, kamharakatlilik va turmush tarzidagi o'zgarishlar ko'rib chiqiladi. Shuningdek, uning sog'liq, iqtisodiy va ijtimoiy oqibatlari ham yoritiladi. Maqolada muammoni kamaytirish uchun turmush tarzini yaxshilash, sog'lom ovqatlanishni targ'ib qilish va jamoatchilik xabardorligini oshirish kabi yechimlar taklif etiladi. Natijalar shuni ko'rsatadiki, semizlik global muammo bo'lib, uni hal qilish uchun umumiy va hamkorlikdagi harakatlar zarur.

Abstract: В данной статье анализируется стремительный рост проблемы ожирения во всём мире. Рассматриваются основные причины ожирения, включая неправильное питание, малоподвижный образ жизни и изменения в образе жизни. Также освещаются его медицинские, экономические и социальные последствия. В статье предлагаются меры по снижению уровня ожирения, такие как улучшение образа жизни, пропаганда здорового питания и повышение общественной осведомлённости. Результаты показывают, что ожирение является глобальной проблемой, решение которой требует совместных усилий.

Introduction: Over the past century, obesity has become a major problem worldwide. Based on facts presented by the World Health Organization, the number of people who suffer from obesity increased threefold in half a century. It can bring detrimental impacts to not only developing countries but also developed ones, such as USA or the UK. Obesity means that excessive fat is accumulated over the years due to overconsumption of processed foods like fast food that can present a risk to health. Being fat can trigger some dangerous diseases along the lines of cancers, diseases associated with cardiovascular conditions, and diabetes. As former First Lady Michelle Obama claimed, “We have to stop seeing obesity as a cosmetic issue and recognize it as a serious health concern” (Let’s Move Campaign). This explains that addressing obesity is more than good appearance, health perspective is indisputable important.

Methods: This article gives information about a review of reliable existing reports, surveys, and reports taken from international organizations, and experts. All data is gained from authentic sources, such as articles, newspapers as well as facts taken from surveys. In order to identifying the main reason behind weight gaining, comparative analysis was utilized.

Results: The findings can show a lot of causes that can trigger carrying excessive weight.

Unhealthy diet: overconsuming processed food and fast food can spark obesity.

Modern way of living: more and more people prefer a sedentary lifestyle due to technological breakthroughs.

Economic inequality: healthy foods are more expensive when compared to cheap and unhealthy foods.

Psychological factors: mental-strain can lead to overconsumption of foods.

Celebrity chef Jamie Oliver mentioned, “processed food is one of the biggest contributors to the obesity crisis” [TED Talk].

In addition, the obesity rate is increasing alarmingly among the young generation. According to researchers, suffering from obesity from an early age can lead to lifelong health issues.

Discussion: the growth of obesity can bring serious outcomes:

Health issue: encourages chronic health problems.

Economic drawback: treating citizens can be a further burden on the shoulders of the government.

Problem related to society: it can reduce the quality of life.

Former New York City mayor Michael Bloomberg argued, “Obesity is one of the biggest public health challenges of our time” (Public Health Campaign Speech).

Tackling this issue is possible and requires some measures. Government should implement some new rules and taxes on sugary drinks and fast-food chains. Individuals also should change their lifestyle by making it healthier.

Conclusion: When all is said and done, rocketing the number of people who are suffering from excessive weight is a serious problem, and it is not restricted with certain areas over the world. There are a lot of factors that trigger this issue, such as psychological factors and individual lifestyle as well as dietary. Economic inequality also plays a crucial role in the growth of obesity worldwide. Poor nutritious foods are cheap, while healthy options are high in price, that means people who are financially disadvantage more likely come across this issue. It is preventable, and there are some steps to address it, such as raising public awareness about the benefits of healthy lifestyle and terminal outcomes of addiction on unhealthy options.

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