

Committee: Health comity
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Author: USA

With the development of heavy-skilled, fast machines and inventions, people can achieve a lot without even moving. As a result, we end up moving and exercising less in our daily lives. Everyone prefers cars to travel instead of walking or biking. Life has become easier than it was before, and people have become lazier accordingly. Although many people try to stay healthy and exercise regularly, the number of obese people all over the world is increasing.

It is known that the US has one of the highest obesity rates in the world. As a result, USA is apprehensive on this subject. According to World Obesity Federation's survey, during 2011-2012, 35.8% of women (aged 20+), 33.3% of men (aged 20+) were obese and these are one of the biggest ratios in the world. These ratios have increased a lot since 2012. USA now is the 9th fattest country in the world, and 74.1% of the population is obese or overweight. Although the existence of variety of fitness clubs, race tracks, parks etc. the number of obese people is still in increase. This result indicates that sport facilities is not enough to prevent obesity. The US is trying to get rid of this problem with education by raising awareness on this subject. A primary reason that prevention of obesity is so vital in children is because the likelihood of obese becoming obese adults is thought to increase from about 20 percent at four years of age to 80 percent by adolescence.

Beside exercise, diet has a big role in health and, therefore, obesity. For many years, American diet industry- usually the fast-food companies- followed a smart way to have an impact on American consumers which drew people to consume more. Furthermore, it turned out that they were swapping hydrogenated oils and sugar in for the animal fats they removed from low-fat products, and their products were containing high amount of trans-fats. Using these harmful fats, companies caused weight gain and diabetes. Obesity is linked to several long term health conditions, premature death and illness including diabetes, heart disease, stroke, gall bladder disease, fatty liver, arthritis and joint disorders and some cancers.

Despite the restrictions and harsh supervisions on the usage of fats and ingredients, fast foods are still unhealthy and contain more calories than it should have contain. This problem started to occur in most of the countries. One of the main reasons why people are eating fast-food and are fed unhealthy is because of poverty. The expensiveness of healthy food makes healthy foods impossible to be provided by the poor, which result in purchases of cheap unhealthy foods. So it is not surprising that the released by the Center of Disease Control and Prevention (CDC) showed that Mississippi, the poorest state in America, has the nation's highest ratio of obesity with 34.9%. With ObamaCare The USA is trying to help those poor people with insurance and other needs.

Reaching a 1\$ hamburger instead of 10\$ salad, most of the consumers, usually people who have financial issues, prefer the cheap meals which cause fast-food chains to burgeon and make tons of money. Beside bad nutrition, these companies, for instance McDonalds, TacoBell, KFC- pollute the nature especially the water. Pouring water in drinkable water or oceans, those fast-food companies also give untreatable damage to the nature which cause the artificial agriculture because of unfavorable conditions. This bad consumption is damaging both human health and the nature.