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**Causes of Obesity in the USA**

**Introduction**

Obesity is a growing issue in the US and the scientists are still trying to pinpoint the factors that cause the problem. The term obesity refers to the increase in the weight of people. The factors that trigger the problem vary from the change in hormones, metabolism, eating habits, and in some cases the genetics also play its role, this being the reason it is difficult to find out the exact cause of obesity. The US citizens have been facing the problem for some time now. The rate of obesity is particularly seen to be increased in adults. Some of the other factors that are usually ignored by the people, but contribute to the issue include the foodstuff, physical activity, atmosphere, education and skills (*Obesity in America* ). Whatever the reason may be the issue of obesity is a serious concern due to the reason that it triggers poor mental health and reduced quality of life. It is one of the reasons for death in the US and other countries because it provokes diabetes, heart disease, and some types of cancer, etc. Though the actual reason for obesity cannot be found out till today, however one of the most realistic reasons is the lack of activity among the public of America. The people have become lazier in the sense that they need a ride to go to nearby places even (Kumanyika et al.). The hard physical is nowhere to be seen in the people of America for many years now.

**Thesis Statement 1**

The Americans are used to the facilities and the technologies, as the nation is progressing in the field day by day. However, the side effects of this overuse of technology and the facility are the health issues that they face. It has been years since the Americans used to work in the fields and the factory floors. Now the trend has changed, a large number of people spend their working hours while sitting, that ultimately leads to the lesser physical activity of the body. A study shows that approximately twenty percent of the jobs in America today require a moderate physical activity. The rate was fifty percent in 1960 (Writers). Now the thing is that the amount of the calories are same that people used to take in the past, however, the activity rate has reduced, and that is the factor that leads to the weight gain. Developments in industries and agriculture enlighten the descent in human energy necessary at work. This is a good thing that technology is growing fast but the use of technology should be according to the health of the people. America is the last industrialized nation in the world, and two out if every three citizens qualify for obesity. The transformation in work-related energy spending reflects that the regular Americans are now burns 142 less calories everyday than they did in the 1960s. This may not seem a lot, nevertheless through all these years, it increased. A declined energy yield of 142 calories per day can make up 28 of that additional 33 pounds. (Publishing).

**Thesis Statement 2**

Other than low use of calories at the workplace, there is another problem that leads to obesity in American adults, and that is wasting spare time. Most of the Americans today sit idly at home in their leisure time. They have reduced their physical activity and prefer to spend their leisure time at home watching movies or playing video games, or using social applications. This has added up to lower their physical activity. The time they spend at work is mostly spent sitting and the rest of the time they have is spent doing what requires no or lesser than required physical activity, which means that they are not exerting their bodies and the calories they are getting are being stored in their bodies in the form of fats. The thing is that why do not the people exercise during their free time? They sit static; the normal American, in reality, passes 55 percent of their hours while waking are spent sitting down, and when they sit, they are frequently watching a video show, maybe an office PC or a sitting room TV. Inactive exertion is an unavoidable offshoot of the modern era, but watching the TV is intentional and noncompulsory, and it regularly includes watching tempting advertisements for junk foods and when these all stuff are within spitting distance. An American Cancer Society research of 123,216 grownups and an average age of 63 remarked that idly sitting could be dangerous to one’s fitness. The researchers testified that the rate of death in men who consumed most of theirt time sitting was seventeen percent greater than that of their friends who spent less time sitting (*Adult Obesity Causes & Consequences*).

**Counter Argument**

The physical inactivity is one of the major issues that cause obesity in the American public, however, it is not considered by many of the people. A large number of people think that the need of the hour is to go with the flow and the use of modern technology is one of them. It is thought that the mental exertion also counts, even if one works while sitting at the office. It is argued that the intake of unhealthy nutrients is the main reason that causes obesity in people. These days everyone has access to the junk food, and people eat mindlessly (*Television Watching, Energy Intake, and Obesity in US Children).* The food intake is haphazard and to add insult to injury food products are not healthy at all. Be it high sugar drinks, or junk food everyone has access to them and the outcome of all this is obesity. If the physical activity is increased up to the requirement still people complain to have gained weight and the blame is upon the nutrients intake. This seems to be true that unhealthy food is the reason for the increase in weight, but we cannot say that it is the sole reason for the increasing obesity in people.

 **Thesis Statement 3**

Lethargy is prevalent in public today. At work or not at work, people are so lethargic, they lack energy. Chronic illness is prevalent throughout the country. All this s because of the habits and the routine of the people. The people in the earlier times used to exert their bodies and that hard work kept their bodies going well and also maintained their energy levels. The body of humans is just like the machine if it is left there not working and is not taken care of, it gets rusted and the working efficiency of it decreases. Same is the case with human bodies. If the bodies are exerted they keep functioning properly and if not the results are vice versa.

 **Conclusion**

There are many factors that can be pinpointed as the causes of obesity in people such as eating disorders, hormonal disturbance, and many others, etc. However, the root cause lies in the fact of the inability of people to utilize their energy and to exert their bodies in hard work. It has been proved by a study that the hormonal imbalance is caused by the disturbed routine also. The eating and sleeping habits can play an important role in triggering the hormones that control the digestive system and ultimately lead to problems like weight gain and obesity etc. So to get rid of the problem it is inevitable to change the routine and to increase the physical activity.

# Works Cited

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