**Defining Population and Selected Problem**

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

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The epidemic of various diseases in on the rise in America, while state and local governments are failing to fulfill the needs of its all citizens. In my selected community Hampton roads that is home to 137,436 people according to 2010 Census Bureau is targeted by the health problem of obesity(“Demographics | Hampton, VA - Official Website,” n.d.). According to the research conducted by the Dominion University, 38.7% of the total population is losing its life control through obesity.

According to local stats health risk in the Hampton, the community is 6 according to 2015 report, which means that the actual percentage might have increased by 2019, which is alarming. There are various reasons for the increase in obesity in the community, from low life insurance, lack of exercise, stationary lifestyle and lack of access to the healthy food items. In the southern hemisphere of Hampton Roads people with lower income status have low excess to the healthy food items that is 4.6 %, and in Greater Hampton road lower-income population has slightly better excess to the healthy grocery store that is 5.2 %. This area has great access to exercise opportunities by 86.6 % due to its higher obesity rate. Due to the high obesity rate, other diseases are prevailing in the community like hypertension by 79 %, high blood pressure by 37.6% and diabetes by 12.4 %. All these values are spiking in comparison to previous data. The seal these ratios point to the severity of the problem(Roads, n.d.).

All the data collected is through the local government’s website and the private health community website. Evidence of these stats can be found from the research done by the Dominion University(Parker, Bush, Richman, & Vandecar-Burdin, n.d.). Surely more targeted research is needed to find out the latest stats of the prevalence of obesity epidemic and its causes, so that community and local governments can take precautionary measures against it.

**References**

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