Name of Student

Name of Professor

Name of Class

Day Month Year

Why Americans are becoming more obese?

At present, with the evolution and progress of technology a change in the human lifestyle has been observed. People changed their ways of living and are facing many health issues. Obesity has become one of the biggest health issues that Americans are facing. According to David M. Cutler and his colleague's obesity has considerably become more threatening condition over the past twenty five years (Cutler et al, pp. 93-118). Americans are becoming obese because of consuming more calories. Technological innovation has resulted in the increased consumption of food itself which made it possible for food to be prepared far from the point of consumption and prepared as well as consumed at a lower cost. Different experts believed that there are various causes that are making US citizens obese, some believe that it is the lifestyle due to which they are putting extra fats. Others believe, US citizens are becoming obese because of fast food consumption. According to Eisenberg and his colleagues, there has been seen a decrease in the money that was previously spent on healthcare as in 1960 America spent three times as much on food as they used to on health (Eisenberg et al, pp. 854-860). In 2012, a change in spending was seen, as they spent twice on health care as they did on food items and preparation, but for the five decades, money spent on food increased while a decrease in the healthcare cost has been seen.

Some experts believe, obesity is genetic and affects all the demographic groups. According to Gary Taubes, obesity is reaching an alarming peak as 22.5% of Americans are considered to be obese clinically and this number was pretty less in 1980 (Taubes). Public health experts call it the "obesity epidemic" that affects all demographic groups including children and old alike. It is claimed that the increased obesity ratio is because of the lower physical activity and increased food availability. It won’t be wrong to say that eating habits and behavior of Americans have been changed. Junk food has replaced home food and Americans are becoming more attracted to the unhealthy junk food that makes them obese. Americans are becoming obese because of the junk food, they are taking.

Different experts and researchers have proposed various reasons why people in America are becoming obese. Different perceptions have been given by various experts likewise, Barbara Fraser claims that for the past few decades all the communities of Americans (including the rural communicates) are abandoning their traditional values and lifestyle as they are moving to the cities (Fraser et al, pp. 1995-1996). When they migrate to the cities, they are given many opportunities for improving their life but at the same time, they fall victim to several health issues. People who migrate to cities consume more junk food as it is readily available and cost-friendly so Americans are taking more junk food than ever before. Junk food has adversely affected eating habits including lessening of the ability to control the appetite.

Junk food carries more calories so play a destructive role in making the Americans obese. Obesity does not come over the night rather it develops gradually as a result of poor dietary habits and unhealthy lifestyle choices. Funk food consumption includes eating more processed food and food that has high sugar and fat. Obesity is becoming more common in Americans who prefer to earn more money by doing jobs and are ignoring the importance of exercise and walk. New ways of life adopted by the Americans are indulging them in making more money. They prefer jobs that do not demand any physical activity rather they wanted to do jobs that would let them sit for hours that make them obese. So take a look at the above-mentioned researches and opinions of experts, it could be asserted that American citizens are becoming more obese because of their lifestyle.

Another major reason why they are becoming over-weight is, people migrating from under-development areas when they consume more junk food which makes them obese. One of the central causes of obesity in Americans is, they are not considering it as an epidemic challenge and are taking it very light. Americans with low-income demographics struggle more with obesity and its effects. Eating fresh and healthy food could be expensive, so they have to get the food that would be suitable for them. Modern ways of life made people less active and decreased their physical activities and make them obese. Obesity becomes the root cause of many health issues such as heart diseases, respiratory disease etc. So taking a look at the above discussion, it could be said that there are various reasons why Americans are becoming obese and find it difficult to fight against the health issues that may develop because of the lack of healthy diet and lifestyle.

Work Cited

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