Weight of the Nation

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## Introduction

World health organization has reported that obesity is the major leading condition for communicable diseases such as diabetes and cardiovascular disorders. Various studies have evaluated that prevention and anticipation of obesity and obesity-related diseases should be managed in a well-organized way so that we can prevent ourselves from acquiring these disorders. Research and studies have shown that obesity is preventable with an appropriate and balanced diet and changes in sedentary lifestyles. The changes in life includes the regular habit of physical activities and also world health organization has recommended physical activity of 150 minutes per week (Rutkow, Jones-Smith, Walters, O’Hara, & Bleich, 2016). Students and children are becoming obese in recent years as there are junk food and fast food items available openly. Research has shown that with pleasurable food items and pictures display, certain areas in the brain changes accordingly. Obesity and obesity-associated diseases are preventable with portion control and physical activity in routine life.

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In recent researches, it has been evaluated that controlled and well-organized multidisciplinary approaches and multifactorial determinants of weight gain can significantly reduce the onset of obesity among communities (Gardner, 2014). Females are observed to gain weight more often as compared to males however, there are variations among different ethnic groups. The significant factors that are responsible for weight reduction are balanced and controlled portion diet and physical activity (Kline et al., 2017). The research has shown that physical activities improve metabolic mechanisms of the body that help in sustaining and maintaining weight even females planning to conceive requires to manage their weight to reduce gestational diabetes (Hanson et al., 2017).

The upsurge in obesity globally has called for prompt action in the advancement in research and preventive measures to be taken by the government or healthcare facilities to break the chain. It is important to work and collaborate as a team to take action for the prevention of obesity because of the significant upsurge in the cases. Studies have shown that the National Institute of health is spending around $800 million every year to research the discipline of obesity, prevention and its treatment (*The Weight of the Nation*, n.d.). It has been observed that various companies are launching some medicines and drugs such as RDX that promises people to drop their weight significantly however, is not medically proven to reduce weight.

Metabolic activities of the body needs to be regulated as various diet-related programs are only concerned about how to reduce weight but are not helping people to sustain and maintain weight afterward (Gardner, 2014). Health education and promotion can significantly improve sedentary lifestyles of communities, however, it has been observed people get bored when organizations address the issues of consuming fruits and vegetables and leave junk food items from food (Heymsfield & Wadden, 2017). Primary healthcare nurses can significantly play an important role in educating people regarding their health issues particularly obesity.

# Conclusion

Training and educating people regarding health issues are essentially important and a collaborative effort is required to control the communicable disease from communities to reduce disease burden. Healthcare organizations, healthcare facilities, governmental organizations, and Medicare and Medicaid companies need to collectively struggle to promote a healthy lifestyle because it is not a one day process to reduce obesity (Bray, Frühbeck, Ryan, & Wilding, 2016). It is time to get up and struggle to control the weight of the nation otherwise it would be late for the people and organizations to control it (*The Weight of the Nation*, n.d.). Various studies have shown that there is a strong association in physical activity to control weight and numerous success stories are been observed to be read online on social media regarding weight loss. Therefore, it is not impossible to achieve it as it only requires strict discipline, commitment and balance in lifestyle to maintain a healthy lifestyle.

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*The Weight of the Nation: Part 2 - Choices (HBO Docs)*. (n.d.). Retrieved from https://www.youtube.com/watch?v=hLv0Vsegmoo&list=PLVVILW-m7zH1gAQyHHgaeHy4WnmPm7g0N&index=3&t=0s