



Can you have your cake and eat it, too? An Argument for Moderation.

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Introduction

Obesity is a common, serious, and costly chronic disease that can affect adults and children. It is characterized by weight that is higher than what is considered healthy for a given height. To be clear, there are various medical reasons why people are overweight (or underweight), including genetic factors. It's also the case that, for some people, depending on their specific medical situation, being over the standard maximum BMI is compatible with good health. My focus will be on health concerns that arise from the combination of unbalanced eating and insufficient physical activity for those who can make lifestyle changes.

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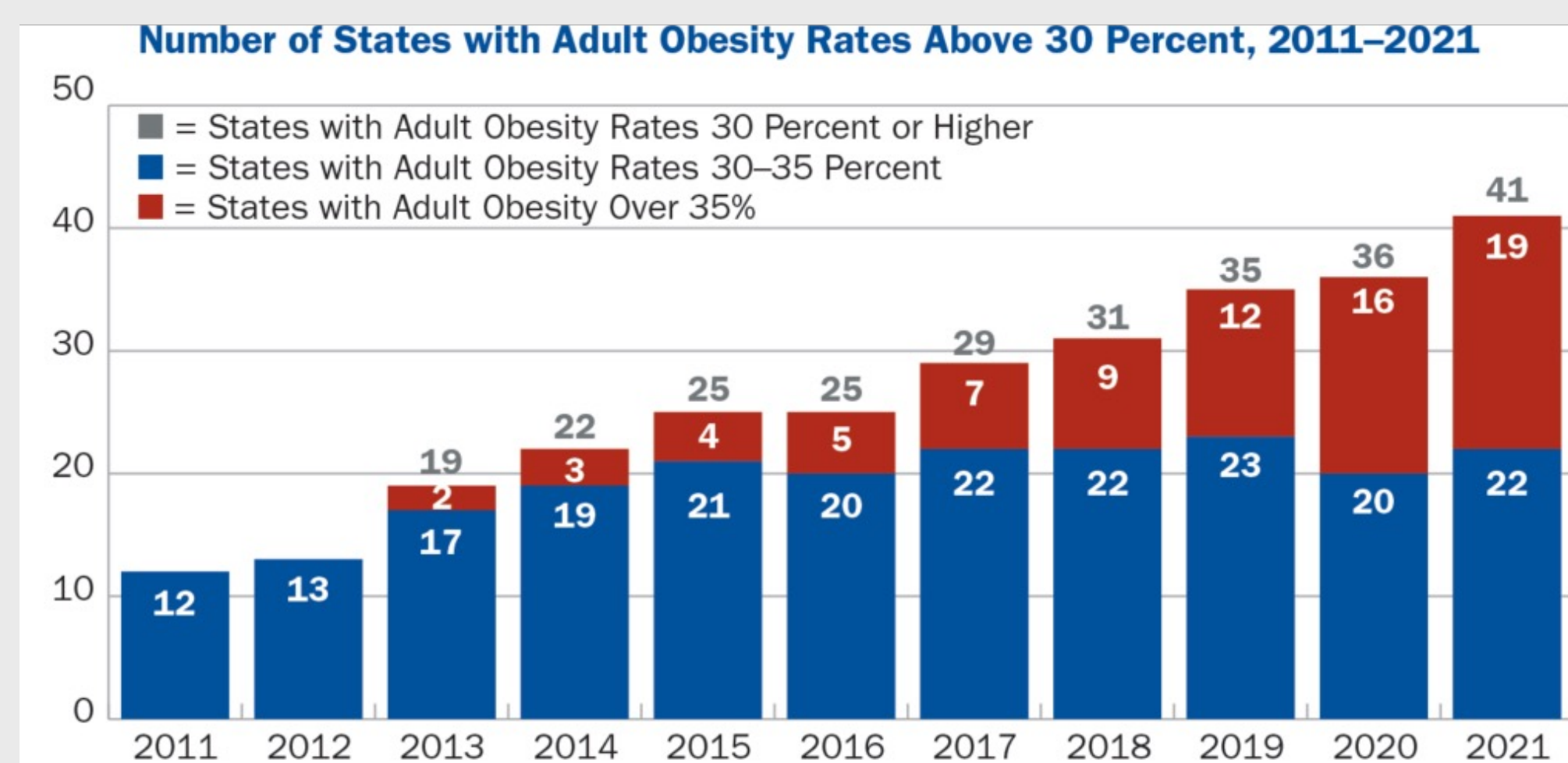
Research Question(s)

Research question(s): What are some of the dangers associated with obesity? How can we find a way to enjoy the pleasures of food while also enjoying good health?

Response: People who have obesity, compared to those with a healthy weight, have an increased risk of getting a serious disease or suffering from other health conditions. In order to enjoy the pleasures of food while also enjoying good health, we must abide by the phrase "Everything in Moderation."

Statistics

- From 1999 to 2020, the U.S. population suffering from obesity increased from about 31% to 42%, and from roughly 5% to 9% for those with severe obesity.
- The U.S. Department of Agriculture (USDA) reports that the average American ate almost 20% more calories in the year 2000 than they did in 1983.
- The prevalence of Fast-Food has also led to increased cases of obesity. Based on a Center for Disease Control (CDC) study, approximately 37% of adults in the U.S. consume fast food on any given day.
- The CDC reports that a whopping 80% of Americans don't get enough exercise.
- One University study reports that those with BMI's over 25 have a 31% higher risk of premature death and that for each 5-unit increase in BMI above 25 the corresponding increases in risks were 49% for cardiovascular mortality, 38% for respiratory disease mortality, and 19% for cancer mortality.



Source: TFAH analysis of BRFSS data

Prevent Measures One Can Take to Combat Obesity

- To combat obesity, it is important to live a balanced lifestyle which includes daily exercise.
- An estimated 110,000 deaths per year could be prevented in the U.S if adults 40 and older increased their moderate-to-vigorous physical activity by a small amount, even by just 10 minutes a day
- Getting just 2.5 hours a week of moderate physical activity helps lower our risk for these diseases as well as others such as cancer, diabetes and metabolic syndrome which is characterized by a combination of too much fat around the waist, high blood pressure, low HDL cholesterol, high triglycerides, or high blood sugar.
- When deciding on what foods to eat, it is important to read food labels or use trusted apps such as MyPlate.gov to help you achieve a healthy diet pattern. Wise food choices involve avoiding processed foods which tend to be higher in calories and lower in nutrients.

Conclusion

- To contribute to good health and to avoid obesity it is important to live by the phrase, "Everything in moderation."
- This means that it is best not to have or do too much or too little of anything. It requires finding a happy-medium between eating patterns and physical activity routines to effectively manage our weight.
- In terms of living a balanced lifestyle it means not overindulging in certain foods or behaviors that lead to weight gain, while also managing to enjoy them.
- Living a balanced lifestyle with daily exercise and healthy eating is essential to live a long life with both good physical and mental health.

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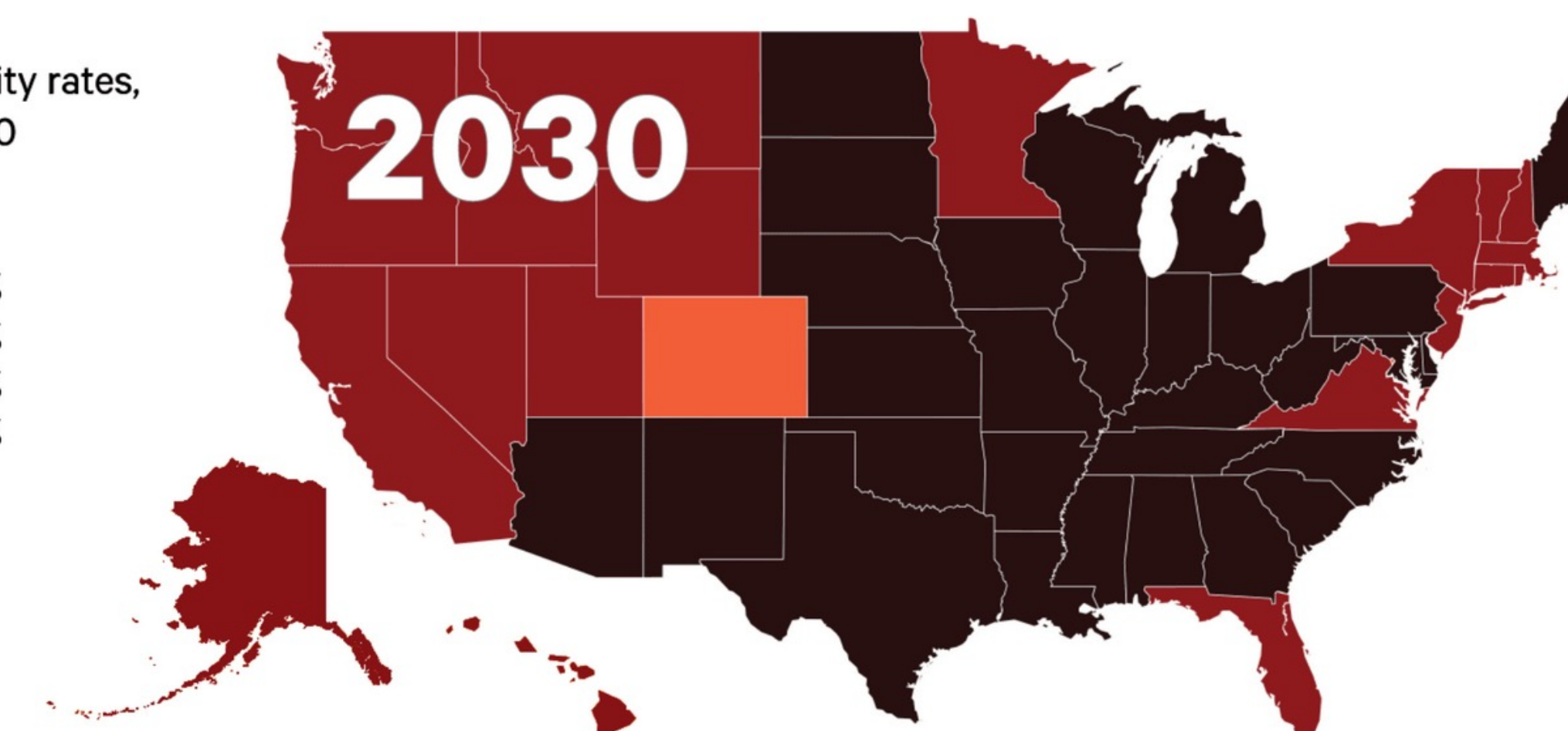
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Nearly half of Americans will have obesity by 2030

U.S. Obesity rates, 1990-2030

- < 20%
- 20-29%
- 30-39%
- 40-49%
- 50-59%



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