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**Essay on Obesity : Causes, Effects, Prevention & Solution**

The Causes of Obesity Obesity is not just a cosmetic concern; it also increases your risk for cancer, diabetes, heart disease, high blood pressure, and muscular skeletal disorders. It is estimated that obesity affects more than a third of the American adult population and seventeen percent of the American children population (Moores, 2005).

Stephen O'Rahilly (Cambridge) 1: The Causes of Obesity: Why Isn't everybody fat? *Obesity, Causes, Signs and Symptoms, Diagnosis and Treatment. The Weight of the Nation: Part 1—Consequences (HBO Docs) Dr. Richard J. Johnson Talks about the Role of Fructose in Obesity and Diabetes The Obesity Epidemic Obesity increases coronavirus severity Jeffrey Friedman (Rockefeller U./HHMI): The Causes of Obesity and the Discovery of Leptin Obesity—causes and solutions How America Is Causing Global Obesity | Patriot Act with Hasan Minhaj | Netflix FAT Chance - Dr. Robert Lustig **Controversial Thoughts: Think red meat causes cancer? Think again! Full breakdown with Ivor Cummins Obesity Essay Conclusion Fast food, Fat profits: Obesity in America | Fault Lines Understanding how insulin resistance causes high blood pressure To Prevent Obesity in Kids | Childhood Obesity Prevention | Ethnic Health Court The Skinny on Obesity (Ep. 3): Hunger and Hormones- A Vicious Cycle***

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Causes of obesity In the modern world there is easy supply and availability of food and people do not have too many difficulties to get food. With easy availability of food, people fail to distinguish between what is healthy and what is not. They fail to glance through what food suits their body type and what does not.

**What Are The Causes Of Childhood Obesity Health Essay**

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In most cases, obesity is caused through a combination of genetic susceptibility, a lack of or inadequate physical activity, excessive intake of food. Some cases of obesity are primarily caused by mental disorder, medications, endocrine disorders or genes.

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A cause for obesity can be early infant weight gain. This is a risk factor for childhood and adult obesity (Cole 2007). Smoking while pregnant reduces the birth weight of an infant but it increases post natal weight gain which is a cause of obesity. (Cole 2007).

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addressing widespread obesity issues have led to an unintended preoccupation with assessing weight rather than examining health issues, such as unhealthy diets, eating disorders, and even death, that could mitigate the various causes of obesity. Policy development is a difficult process that involves multiple perspectives and stakeholders.

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Reviews in 2006 identified another 10 potential contributors to the current rise in obesity. The causes include: (1) endocrine disruptors which influence lipid metabolism, (2) less sleep, (3) a high use of medications that increase the likelihood of being obese such as atypical antipsychotics, (4) the increase in close lineage individuals that tend to the condition, (5) pregnancy at a later age, higher BMI natural selection (6) reduced levels of smoking which is responsible for food intake ...

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The major cause of overweight and obesity is the energy imbalance between calories consumed and those expended. This means an increased intake of high-calorie foods leads to overweight (Van der Horst, Brunner & Siegrist, 2011). The implication is that most people become obese because of

their poor eating habits.

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Causes-Obesity Calories. The energy value of food is measured in units called calories. The average physically active man needs about... Poor diet. Obesity does not happen overnight. ... Unhealthy eating habits tend to run in families. You may learn bad... Lack of physical activity. Lack of ...

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The main cause of obesity is determined to be surfeit and unhealthy diet. Obesity can be prevented no matter what genetic penchants are. Except for being a problem itself, obesity may result in diabetes, cancers, cardiovascular diseases, and many others. Obesity is a result of fast-growing civilization development.

#### **How To Write A Strong Obesity Research Paper?**

4.3. Health Related Topics for Research Paper. If you are writing a research paper, you can explain the cause and effect of obesity. Here are a few topics that link to the cause and effects of obesity. Review the literature of previous articles related to obesity. Describe the ideas presented in the previous papers.

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#### **What Are The Causes Of Childhood Obesity Health Essay**

The number one cause of obesity is the fact that people are not eating a healthy diet and not exercising enough. It is easy to go out and grab some fast food with our busy schedule. A healthy diet is not just about having more fruits, vegetables, and whole grains, it's also about maintaining a balanced diet, moderation, and portion control.

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