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Obesity

Is obesity influenced by an individual’s lifestyle or simply by their genetics. Obesity has expanded into a considerable worldwide epidemic. It is a medical condition in which excess body fat has accumulated excessively. Obesity puts children and adults at an increased risk of diseases and health problems and also has a hurting impact on the economy.

According to "Facts About Childhood Obesity" the author stated that "Children at the age of 6-8 are approximately 10 times more likely to become obese than adults. An overweight adolescent has a 70 percent chance of becoming an overweight or obese adult. About 12.5 million United States youth are considered obese. It was estimated that 21.2 percent of children that are at ages 2 to 5 already are obese or overweight. This percentage has more than doubled during the past three decades.

People who are obese are at risk for many diseases and health conditions than those who are at a healthier weight. Obesity has countless negative effects on many systems that are within an individual's body. Obesity causes diseases and health conditions such as Coronary heart disease, strokes, type two diabetes, bone and joint disease, etc. Also, the health effects of obesity is Low quality of life and Mental illness such as clinical depression, anxiety, and other mental disorders, etc. People with serious obesity are at a higher risk for coronary artery disease. This implies that those individuals have a higher risk of a heart attack. Obesity is believed to cause up to 90,000 cancer deaths per year which is a very serious issue. In the blog " Obesity Killed My Father" by Jodi Vetter, Vetter talks about how her father passed away because of obesity. He was first diagnosed with high blood pressure, he became short tempered, and fell into deep depression. He also suffered with diabetes, developed neuropathy, nerve damage, and valve infection. He had a massive heart attack and died all because of obesity.

Obesity has an effect on our economy which we should really be concerned about. One economic impact is that obesity is on direct medical spending. According to author Ross a Hammond and Ruth Levineto in the article "The Economy Impact in the United States" Levineto

And Hammond stated “The obese (BMI ≥ 30) had 36% higher average annual health care costs than the healthy-weight group, including 105% higher prescription costs and 39% higher primary-care costs. The overweight (BMI 25–29) had 37% higher prescription costs and 13% higher primary-care costs than the healthy-weight group." Hammond and Levineto are saying that based on the study conducted the individuals that were overweight had a 37% higher prescription costs and 13% higher primary-care costs than the healthy-weight group. More specifically the author is saying that there's a higher cost for the obese than those individuals that are healthy.

Every individual has their own opinion or perspective on weather obesity is genetic or whether it's based on lifestyle. Obesity is partially based on genetic but is also a result of other factors such as an individual's diet, lifestyle, and physical inactivity. There's a widespread misconception that obesity is the result of individuals who are lazy and have no motivation to change their diet or get active. However, this is a harmful misconception that ignores the other causes of obesity that aren't the fault of the person like genetics. The main point made by the author in the article "Study Finds Strong Genetic Component to Childhood Obesity" is that body weight is strongly influenced by genes. The authors writes "Previous research has shown that obesity runs in families and twin studies suggest that this is largely due to genetic factors, with heritability estimates more than 50 percent." This passage explains that genes have been identified as risk factors for obesity although genes alone cannot fully explain the high level of heritability in obesity. The author also writes that "Using the GCTA method, it was found that additive effects of multiple genes across the whole genome accounted for 30% of individual difference in childhood body weight". More specifically the author Is suggesting that These determinations are coming to a conclusion that there are many more genetic variants influencing body weight that are yet to be discovered and that genetics itself isn't the only cause of obesity.

On the other hand, the author that wrote "causes of obesity" may have a slightly different viewpoint. The main idea in the article " Causes of Obesity" the author suggests is that obesity is based on a poor diet that gradually develops over time and lack of physical activity. The author writes "While there are some rare genetic conditions that can cause obesity, such as Prader-Willi syndrome, there's no reason why most people can't lose weight." More specifically the author is suggesting that no matter how hard or difficult losing weight can there shouldn't be no excuses and it doesn't make it impossible for an individual to give up on healthy diets and physical activity. The author suggests that individual's that are obese don't burn off the energy through exercise and physical activity and that causes them to become obese and causes them to develop stored body fat.

Overall, every individual has their perspective and their own opinion on whether obesity is influenced by lifestyle or is it genetic. However, every individual whose obese or not should be concerned because it affects not only many individual’s health but also the economy.

**Work Cited**

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