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# Obesity And Its Effects On The Human Body Of Americans

Obesity and Morbid Obesity are common illnesses in America and as of 2016 approximately 39.8% of Americans struggle with this condition (Hales, M.C,Carroll, M.D, Fryar, C.D,Ogden,C.L, 2017, pa.2). Obesity refers to someone being 20% over their typical body weight (Martini, F.H., Nath, J.L.,Bartholomew, F.E, 2018, pg.967) and morbid Obesity refers to someone who is 100 pounds over their target body weight, or has a Body Mass index of 40 or greater (What is, 2019). Obesity has become an epidemic and comes with a plethora of major health conditions that can inhibit quality of life and cause death (What is, 2019). There are multiple complications that come with Obesity, and a long process comes with becoming Obese as an adult, but there are also many ways to prevent it.

Obesity is mainly caused by caloric intake. Calories are a unit used to measure the amount of energy it takes to burn one liter of water at one degree celsius (Martini, F.H, et al., 2018, pg. 966-967).The energy of food can be calculated as well and is expressed as kilocalories. These can be seen on food labels, but are expressed as calories (Martini, F.H, et al., 2018, pg. 966-967).Weight gain occurs when the daily caloric intake of food is greater than the overall energy exerted(Martini, F.H, et al., 2018, pg. 966-967). The extra energy is stored as triglycerides in your body as adipose tissues, commonly known as lipids (Martini, F.H, et al., 2018, pg. 966-967). Dr. Mitchell defines a lipid as “an organic molecule that does not dissolve in water. Fats are the most common form of lipids.”(Martini, F.H, et al., 2018, pg. 105). The Centers for Disease Control and Prevention says, “Energy balance of the number of calories consumed from foods and beverages with the number of calories the body uses for activity plays a role in preventing excess weight gain” (pa.3). Obesity in Americans can be primarily be linked to food consumption, specifically of processed foods. Fructose is one of the main ingredients in many processed foods in America (Mericola, 2014).”Refined fructose, typically in some form of corn syrup, is now found in virtually every processed food you can think of, and fructose actually 'programs' your body to consume more calories and store fat”(Mericola, 2014, pa.6). Fructose can lead to excess weight gain and possibly Obesity (Mericola, 2014). Fructose can only be processed by the liver because it is the organ that can process it (Mericola, 2014). Fructose is made up of corn syrup and is extremely damaging to the liver if high amounts of fructose are processed (Mericola, 2014). Fructose is also directly turned into fat, meaning if high amounts of fructose are consumed Obesity could be the result (Mericola, 2014).

Living a sedentary lifestyle is another way to become Obese(Ledford. B, 2017). Working out can lead to developing a better resting metabolic rate, the rate at which the chemical processes in your body operate (Ledford. B, 2017). Having a lower RMR can lead to weight gain, as your body is slower to process chemicals, meaning a person’s body gains weight more rapidly (Ledford. B, 2017). Living a sedentary life can also cause someone to crave unhealthy foods that promote weight gain (Ledford. B, 2017). “When someone falls off the wagon with their exercise routine, it doesn't take their nutrition long to follow. Your body stops craving highly nutritious foods because it no longer needs the extra sustenance. Instead, nutritionally-poor-but-delicious foods like potato chips and chocolate cake become quite enticing” (Ledford. B, 2017, pa.3). Not working out can lead to a cycle of eating more unhealthy food because your body does not crave food that has a nutritious value (Ledford. B, 2017). Metabolic rates can also decrease as humans age, regardless of the food consumed. Eating foods with a low nutrition

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value and a high processed fats and sugars, along with living a sedentary lifestyle and other causes can lead to having obesity.

Having obesity can lead to numerous physical health problems (Adult Obesity Causes & Consequences,2019). Being Obese can cause, but is not limited to these risk factors: Heart disease, Strokes, Type 2 diabetes, Certain cancers, Digestive problems, Gynecological problems, sexual problems, Sleep apnea, Osteoarthritis, and liver failure (Adult Obesity Causes & Consequences, 2019).The Quality of someone's life may decrease as well (Ledford, B, 2017). Other problems associated with a decrease in quality include but are not limited to: depression, disability, sexual problems, shame, guilt, social isolation, and lower work achievement (Ledford, B, 2017).Why are these risk factors associated with obesity? Here are some examples of how these problems accumulate in someone with obesity. "In people with obesity, the heart needs to work harder to pump blood around the body. This leads to high blood pressure, or hypertension. High blood pressure is the leading cause of stroke"(Cafasso, J, 2019, pa.8). An acute example of this would be Coronary Artery Disease. CAD is what typically leads to a heart attack (Mitchell, T, 2015, p.26). CAD is when the coronary arteries, the arteries that supply the heart with blood, become thicker with fatty deposits (Mitchell, T, 2015, p.26). Eventually the fatty deposits make it harder for blood to supply the heart with oxygen. (Mitchell, T, 2015, p.26).When this happens a myocardial ischemia occurs (Mitchell, T, 2015, p.26).This can lead directly to a heart attack if not taken care of (Mitchell, T, 2015, p.26). Myocardial ischemia can lead to myocardial infarction, otherwise known as a heart attack (Mitchell, T, 2015, p.26). A MI is when the coronary arteries can no longer supply enough oxygen to the heart, which leads to damaged heart muscle tissue (Mitchell, T, 2015, p.26). Someone with obesity will also deal with joint problems, as the joints are under more pressure in someone who has excess weight (Cafasso, J, 2019). Excess fat also builds up around the liver as you gain weight (Cafasso, J, 2019).This can lead to liver failure (Cafasso, J, 2019).

Obesity was also found to decrease the quality of life for someone with it. One way this is seen is through depression. "Obesity was found to increase the risk of depression, most pronounced among Americans and for clinically diagnosed depression" Why do people with obesity have a greater chance of struggling with obesity? Gwyn Cready, MBA, and Ted Kyle, RPh, MBA(2012) claim that, "People affected by obesity are often self-conscious about their appearance or their physical abilities. They withdraw or are excluded from social activities. They find themselves feeling more isolated from friends, co-workers and loved ones. All the while, their feelings of self-worth continue to fall. At the same time, obesity is affecting other organ systems, causing shortness of breath, aches, sleep troubles, chest pains and digestive problems – all of which can trigger feelings of sadness and despair, hallmarks of depression" ( pa.3).

Along with a higher chance for depression, Obesity can also cause lack of mobility (Mobility, 2019). This is because there is an unequal distribution of excess weight within the body (Mobility, 2019).The front of the body in the abdominal area is where most of the excess weight is stored, which results in the Anterior section of the body carrying more weight than the rest of the body(Mobility, 2019).This can make it difficult to move or even walk properly depending on how high the individual's BMI is (Mobility, 2019).Overall, Obesity can make it difficult for someone to function properly, physically and mentally.

How can Obesity be prevented? Preventing obesity can start at a young age (How to, 2019).Parents should be feeding them the appropriate proportions for the child's height and weight (How to, 2019).Older children should also be taught proper portion control with healthy

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foods that provide a plentiful amount of nutrients (How to, 2019). Doing this can make it easier for kids to develop healthy eating and habits as they grow into adulthood, reducing the likelihood that they will become obese (How to, 2019). Limiting the amount of unhealthy food in the house can also help along with limiting screen time and promoting exercise (How to, 2019). Spending too much time in front of screens can promote a sedentary lifestyle and lead to excess weight gain in young children (How to, 2019). The same goes for adults (How to, 2019). Adults should focus on eating healthy fats along with fruits and vegetables (How to, 2019). There are multiple different diets that can be followed that can help prevent obesity (How to, 2019). Reducing stress and following a workout regime can also help in preventing obesity (How to, 2019). It can be especially difficult for people who struggle with obesity to lose weight, as your body will do everything it can to keep it on because it is what your body is used to.

Obesity is a disease that affects around 39.8% of the American population and can have detrimental effects to someone's health if left untreated (Hales, M.C, et al., 2017, pa.2). Obesity is typically caused by eating foods that are high in saturated fats and sugar along with little to no exercise. Obesity has the ability to affect human bodies physically and mentally, opening them up to numerous health problems. Obesity can be prevented through diet and proper exercise for most Americans (Overcoming Obesity, 2005).