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As times go by we have to take a quick look at what the facts say about obesity. As much as the new culture during these times is making promotion about body health and saying its good to be obese there shouldnt be any judgment they are wrong in many ways. It hurts a persons feelings to say to them you are obese but taking away personal feelings all the things are the same , that person is in the same situation and us saying no you are good like this and commenting positive on his body are not even actually helping him see the real problem. It's like we make them overlook the facts from all the research and try to be more supportive of negative body images to say that we care about body health positivity . People shouldnt be that soft when it comes to these matters ,we need to state the obvious and try to makew the person who is in that situation realise it and work towards it not support his feelings.

- The US [obesity prevalence](#) was 41.9% in 2017 – March 2020. ([NHANES. 2021](#))
- From 1999 –2000 through 2017 –March 2020, US [obesity prevalence](#) increased from 30.5% to 41.9%.

Being overweight or obese can have a serious impact on health. Carrying extra fat leads to serious health consequences such as cardiovascular disease (mainly heart disease and stroke), type 2 diabetes, musculoskeletal disorders like osteoarthritis, and some cancers (endometrial, breast and colon). These conditions cause premature death and substantial disability. What is not widely known is that the risk of health problems starts when someone is only very slightly overweight, and that the likelihood of problems increases as someone becomes more and more overweight. Many of these conditions cause long-term suffering for individuals and families.

In addition, the costs for the health care system can be extremely high. The good news is that overweight and obesity are largely preventable. The key to success is to achieve an energy balance between calories consumed on one hand, and calories used on the other hand. This is a problem which can be easily solved if we are to promote the right things. You don't really even need a doctor to say what you are doing. It's just simply watching your calorie intake which simply means to watch your food that you put in your mouth. How can that be hard to solve and realize . it's not hard it's just that people are lazy and they would rather hear you look good that way than the actual fact and that has caused people being delusional about a case they themselves know they're in. this is what I'm putting the blame on it's the society with these new norms pushing people from reality. What I'm trying to show in my visual argument clearly displays how the obvious fact is there, which is obesity but there is the society comforting your feelings telling you that you are ok and there is no need for you to change which has led to this problem being one of the serious health problem facing the nation, tying cancer as the top issue and landing ahead of diabetes. How can you let something which is totally in your hands be a major problem , that should be unacceptable. In my visual we get the message that obese is not healthy and it's clearly displayed.