

Ersian Latifi

Professor: Dr Leslie Carpenter

America is a large country with many people and most of them are overweight. What I want to extend in my essay is how delusional American culture is about a person's health. Here they tell the people it's okay to be fat and there is nothing wrong with it when it's the complete opposite. The fact that they are overweight can be a cause of their early death and even more problems . I would like to portray this with some posters that give a visual idea to the reader and it's easy for them to understand.

The purpose i'm writing this paper is to motivate a decline in obesity and push people to be better and look for a healthy lifestyle. The intended audience for my argument is all the people around the US as how this is a problem which is increasing and maybe not new but sooner or later everybody is going to come to experience it. I want these to be published in most social media to gain awareness about these problems and that's the best way to reach all these people and make some noise.

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 shouldn't be that soft when it comes to these matters ,we need to state the obvious and try to make 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%.

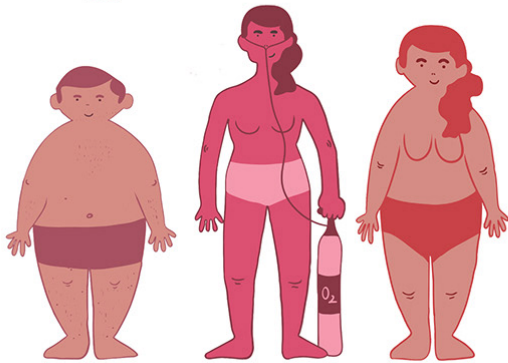
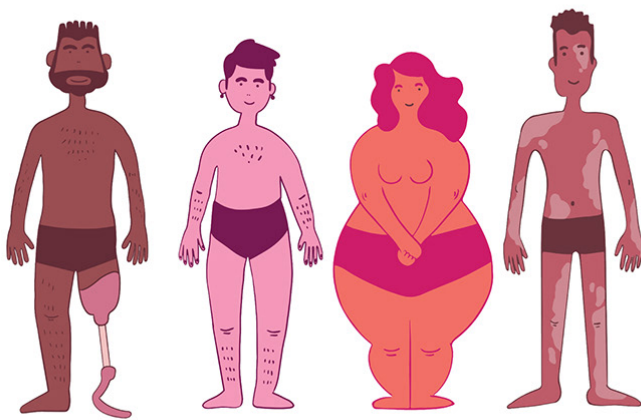
Being overweight or obese can have a serious impact on health. Carrying extra fat leads to serious health consequences such as cardiovascular disease (mainly heart disease and stroke), type 2 diabetes, musculoskeletal disorders like osteoarthritis, and some cancers (endometrial, breast and colon). These 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 realise? 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 to be delusional about a case they themselves know they're in. This is what I'm putting the blame on 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 its clearly displayed.

This is something people should realise in the first glance . As it's stated the health disadvantages of trying to promote this it's even more hurtful to some personal feelings and later when you change you are going to realise that you were being lied to all along and the best thing to do is face the problem and not move away from it.

BODY



AS LONG AS
YOU'RE

HAPPY

NO
T&C
APPLY

