

Published based on [The Plague called OBESITY](#)

# **The Plague called OBESITY**

Obesity is the global pandemic of the twenty first century. According to the World Health Organization it affects the lives and health of millions of people. It is an increasing social problem in industrialized countries. As the fast food chains branch out in to Europe and Asia we are bringing the 'junk food revolution' to the world and increasing obesity worldwide.

Obesity is a serious chronic disease injuring people's health. The 'obesity pandemic' is constantly increasing. Every year there more people move into the obese category. There are over 300,000 adult deaths in the United States each year directly attributed to unhealthy diet, lack of physical activity and obesity.

In the U.S. nearly one third of the adult population is obese. In the U.K. 58% of Britain's adult population is considered overweight or obese. The National Audit Office of Britain reported last year that 20% of British women and 17% of men were as much as 70 pounds heavier than the recommended weight for their size.

Obesity is also an economic issue that uses \$117 billion per year in the U.S. alone.

We need to change our habits to protect our children from following in our footsteps. Child and teen obesity is rising at an alarming rate. Doctors are speculating that the children today will be the first generation who will be outlived by their parents. They are being raised on a [diet](#) of junk food, TV, and video games. Leading a completely sedentary life. We need to get our children off the couch and onto their bikes, roller blades or scooters. Get them outside and into sports. Walk them to school. When I was a child we were never driven to school. We were always on our bikes or running around I can't remember a single [obese](#) child when I was growing up. Now it is common to see obese elementary school aged children. We need to be more involved in guiding them towards a healthfull life. This will also help us achieve better health and fitness. If you can't make the changes for yourself please do it for your children.

For more information on losing weight and getting fit read the other articles on this blog.

You can also find this article published on [The Plague called OBESITY](#), and on the tag pages [activity](#), [diet](#), [fitness](#), [health](#), [obese](#), [obesity](#), [pandemic](#), [sedentary](#).