

Obesity in America

- Get Informed -

By: Paul Lipinski

Obesity is a huge epidemic in America and it is still increasing. It needs to be stopped. One way that will at least slow down the steadily growing obesity problem is to simply be informed on the issue. This consists of knowing facts about what complications this dilemma is causing and what simple things can be done to prevent this.

First, there are many undesirable traits that come with obesity. One such example is that it becomes very hard to do simple things like walking. Another disadvantage that obesity causes is type two diabetes. For people without type two diabetes, the pancreas makes insulin to let sugar out of the blood stream and into the cells. However, in type two diabetics, there is not enough insulin being made or the insulin does not help the sugar enter the cells. This causes a spike of sugar in the blood, because it cannot enter the cells. This results in high blood sugar. High blood sugar causes people to become very ill. After learning how obesity can affect the body, now it is time to learn how to prevent it. The first step in prevention is to start cooking from scratch more often so unhealthy additives are avoided. Next, snacks can be replaced one by one with healthier foods. An example of this is changing from potato chips to carrots. A tip on substituting is to look at the food label. There will be a food label reading lesson at the Village Library in Jacobus, PA from 9:30am to 10:30am on April 22nd, 2017 for those who need help understanding what all those numbers and percentages mean. After these simple steps, there are no limits on how healthy one can be.

In conclusion, obesity is an increasing problem for the United States of America, but it can be stopped very easily. By being informed on this growing issue, there will be a change in mindset on health that will have the possibility of spreading to others. This change will involve a healthier lifestyle that will allow for the avoidance of type two diabetes. This change will hopefully be made soon so this community and this nation can prosper once again.

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