Katrine Igland 1C

Obesity

Many scientists have mentioned from time to time that our body, the human body, is one of the most advanced and incredible systems we know of today. We don't really think about how amazing our body is and how much attention it really needs. For the body to work we have to fuel it, in other words, we have to eat in order for our body to fully work. Like fuel to a car, food and drinks is the fuel for our body. So, if all our body needs is food, how hard is it then to stay healthy?

The fact is, we don't only eat to live, but what we eat also affects our ability to stay healthy, work, be happy and live well. So it's not as easy as you thought it was, it is not all about eating. We've all probably heard this before, but it's about eating right. The food has a chemical composition which is to do one of the following things: provide the body with material to produce body hair or any other form of energy or substances which normally regulate productions of energy or the process of growth, repair or reproduction. Good nutrition will provide that to our bodies and make us feel better about ourselves. It's a satisfactory diet which is able to support the individual consuming it and providing the desired nutrition in required amounts. This makes us able to execute normal physical activity.

If we don't eat the right nutrition or eat too much of it we could end up not being able to do the easiest thing in our lives. Walk up the stairs, go to work or work at all. This comes of a medical condition we call obese. In this condition the body mass has accumulated to the extent that will, in some cases, have an adverse effect on health. It's a result of people eating extras that aren't needed. To find out whether a person is obese, we usually find the person's

BMI. The BMI is in other words, the body mass index and is closely related to the percentage of body fat and total body fat. It is calculated by dividing the subject's mass by square of his/her height (BMI= kilograms / meters²). There are certain measurements for severe, morbid and super obesity. With children the weight varies with age and sex.

BMI:	Obesity:
35-40	Severe obesity
40-44.9 or 49.9	Morbid obesity
45-50	Super obesity

This condition often occurs when we consume extra nutrition that is not needed; carbohydrates are the main sources of these extras. Today the carbohydrates are 25 percent of the daily consumption of younger adults, especially in the United States. Not only by eating too much, but the sedentary lifestyle, not being much on the move, can affect our health, the fact that the world has changed towards less physically demanding work. This shows just a small bit how lazy we have become. 60 percent of the world's population gets insufficient exercise daily. The laziness has been caused by the increasingly better technology and the

transportation labor in the homes. It could also lie genetically in a person to become obese. Polymorphisms in the genes control our appetite and metabolisms predispose obesity when the sufficient calories are present.

Obesity doesn't only make us lazy and tired; it could also bring diseases which in the end could kill us. Diabetes type 1 and type 2, is a disease caused by a failure of insulin. Type 1 is caused by a failure in the production part of insulin in our body, insulin is necessary for us to regulate the sugar in our blood and it can occur at almost any age. Type 2 is caused by a high sugar level. When that happens the blood doesn't pick up the insulin needed to regulate the sugar level and develops a resistance against it. If it is not treated, it could lead to kidney failure, heart attack and stroke. Then you have heart diseases. These are causes by all the fat trapped inside the veins. It becomes so much that it stops the blood from passing through and when a piece of the heart doesn't get blood supplies, the heart will stop beating; we often call it a heart attack. Millions of people suffer from heart attack everyday, some of them are old, and others are obese.

What do we do if we become obese or want to help others get out of that condition? Exercising everyday helps as well as developing good eating habits. Less fast food and more home cooked meals are healthier and contain less fat than fast food. Exercising or eating alone will only lead to limited weight loss, but if they are combined they can contribute to more weight loss. There diets that leads to weight loss, but the person has to be monitored closely so that they don't develop any eating disorders, because then their problem will be eating too little and not too much as they used to. So it's possible to beat obesity, but it has to be done carefully in order not to start suffering from other diseases.

Today still, people are obese. They go to the fast food restaurants and eat their way to it. People are informed about the consequences of eating at these fast food restaurants all the time, why does obesity still exist? Of course, not all become obese because of food, but most of them do. They it can kill them, still they do it and it leads me to believe that they either don't care or they have become addicted to food so much that they can't stop it. 60 percent of the world's population are obese, why is that? So many people? In my opinion not only normal people, but also the politicians, should have a look at the statistics in this matter. People die from obesity yet it seems that no one does anything about it. We got to take responsibility for ourselves, for today and for the future, it's important that those 60 percent decrease instead of increase. As far as I'm concerned, obesity is one of our greatest enemies.