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OBESITY AN IMPORTANT ISSUE

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Abstract: There is a special concern for overweight and obesity in the entire world. Besides the effects translated into illnesses that being fat carries on people with this problem. As a result of overeating, it is assumed the direct cause of overweight. This can happen in any age of people, no matter race, or sex. Lack of exercise contributes to overweightness. Metabolic disorders leads to overweightness as well. Physicians and nutritionists endorse to see an endocrinologist to perceive the root of the problem of overweight. It is well known that eating the right amount of healthy food, avoiding fat, maintaining the proper weight, exercising daily are great habits to maintain healthiness. If you don't know how to solve that problem, it is suggested to visit a physician or nutritionist who treats metabolic eating disorders.

Keywords: Overeating, lacking of exercise, Metabolic disorders, leptin.

SOME OPINIONS TROUGH THE WORLD

“If you keep on eating unhealthy food than no matter how many weight loss tips you follow, you are likely to retain weight and become obese. If only you start eating healthy food, you will be pleasantly surprised how easy it is to lose weight.” - [Subodh Gupta](#)-. Since obesity is considered by gaining weight due to overeating and lacking of exercise with no spending energy, and the recently discovering because of metabolic disorders. Cremieux (2015) mentioned that there is a special concern for overweight and obesity in the entire world. Besides the effects translated into illnesses that being fat carries on people with this problem. Mark McClellan from US said, “This has existed since the 1980's as a health issue, where recent studies have estimated that more than one-third of adults are obese and one-third of children are overweight or obese as well (as cited in

Cremieux, 2015).” Bin Wang from China, said, “Obesity has raised public health and healthcare concerns through its contribution to many chronic diseases like diabetes, hypertension, hyperlipidemia, cardiovascular diseases, and cancer, among others (as cited in Cremieux, 2015).” In Canada, The Public Health Agency is very concerned about the high rates of obesity and overweight, said “Kimberly Elmslie (as cited in Cremieux, 2015).” In Brazil, Patricia Constante Jaime, said “that currently, 51 % of the Brazilian adult population is overweight and 17 % is obese (as cited in Cremieux, 2015).” In France, It’s also found as a concern in economical matter, the rising costs for pathologies linked with obesity, as cardiovascular diseases and diabetes, this mentioned by Francois Cremieux (as cited in Cremieux, 2015). There are facts indicating that overeating, lacking of exercise and metabolic disorders are the major causes that lead in overweight and obesity.

OVEREATING ONE OF THE CAUSES

As a result of overeating, it is assumed the direct cause of overweight. This can happen in any age of people, no matter race, or sex. However children are one the focus population to treat this; this could be the misinformation that parents and they could have about nutrition on how to eat, what to eat, and the portions amount and what food kinds to avoid. Besides “calorically dense foods are easily available, variable, and tasty which allows for effective opportunities to learn to associate behaviors and cues in the environment with food, resulting in measurable psychological and physiological food cue reactivity in vulnerable children (Boutelle and Bouton, 2015).” Boutelle and Bouton (2015) also mentioned that these behaviors might help explain why it could be difficult to change food cue reactivity and

overeating over the long term. In contrast, Boutelle and Bouton (2015) also showed there exists an integration of a learning theory, in which it could be possible of children to develop a decrease of urges to overeat and improve the weight status of children.

LACKING OF EXERCISE, ANOTHER CAUSE

Lack of exercise contributes to overweightness. Mannix, Dempsey, Engel, Schneider and Busk (2005) mentioned that both the benefits of physical activity and exercise have been declared for centuries. The importance of an active body and mind was articulated by former President John F. Kennedy when he said, “We know what the Greeks knew: that intelligence and skill can only function at the peak of their capacity when the body is health and strong, and that hardy spirits and tough minds usually inhabit sound bodies (Mannix, et al., 2005)”. On premises to integrating physical activity and exercise into any lifestyle is to get to know of the benefits of exercising. Mannix et al. (2005) also revealed that Physical activity has been characterized as “any bodily movement, produced by skeletal muscles that results in energy expenditure”. It is also stated that including activities performed at a moderate intensity such as walking, cycling for pleasure, gardening, dancing, mopping, sweeping and so are physical activities that helps. (Mannix, et al., 2015)

HAVE YOU EVER BEEN TREATED FOR METABOLIC DISORDERS?

Metabolic disorders leads to overweightness. Physicians and nutritionists endorse to see an endocrinologist to perceive the root of the problem of overweight. Bray (2007) pointed up “that a major component of the current “epidemic” of overweight is not medical, not genetic, not psychological, and

will not be effectively treated by “lifestyle” changes that require individual choices.” Another contribution to the science of obesity from the era prior to World War II was the recognition that it could be caused by many distinct diseases (Bray, 2007), proclaiming that the first clear-cut examples were the presence of hypothalamic tumors that produced overweight, and are often associated with visual problems and endocrine dysfunction. Shortly afterward, Harvey Cushing (1912) showed that a pituitary tumor could also produce weight gain (as cited in Bray, 2007). Bray (2007) said, “The major biological advance since 1976 has been the discovery of leptin. Leptin is a peptide that is produced in fat cells (Wilborn, Beckham, Campbell, Harvey, Galbreath, La Bounty, Nassar, Wismann and Kreider, 2005). Bray (2007)

made this claim “Its absence produces massive obesity. This absence seems to produce obesity in human beings as animals.” Bray (2007) also proclaimed that with the discovery of leptin, it became clear that the fat cell had a much more significant function. Fat cells are part of the largest endocrine tissue in the body.

AS A CONCLUSION

People need to be aware obesity by changing their eating habits, exercising their bodies and becoming aware of metabolic disorders. It is well known that eating the right amount of healthy food, avoiding fat, maintaining the proper weight, exercising daily are great habits to maintain healthiness. If you don't know how to solve that problem, it is suggested to visit a physician or nutritionist who treats metabolic eating disorders.

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