The Effect of Technology on Obesity Rates

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Summary:

- Obesity is the condition of having too much excess body fat
- 5th leading global cause of death
- 2nd most preventable death in the United States
- Obesity can lead to diabetes, high blood pressure, artery disease, vascular disease, heart attacks, and much more
- Technology has created processed foods, less physical activity and many technological advances, making life much too convenient

Important Facts:

- We live a life opposite to that of our ancestors.
- We eat highly palatable and processed foods that are scientifically created for us to crave them.
- Obesity rates in developing countries with high famine rates, such as China, India and Africa, are also rising
- As countries get richer, cars replace walking, computers replace sports, and fast food replaces cooking.
- 99% of households in the United States possess at least one television.

Conclusion:

- Increased obesity rates are a global epidemic that are going to continue to increase exponentially
- The world will rise in disease rates that only good nutrition and exercise can cure
- To prevent this obesity epidemic we need to live more in the ways of our ancestors and spend less time living the life as scientists

Works Cited

“World Health Organization (WHO), 2012.”