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America's First World Obesity

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America's First World Obesity

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Abstract

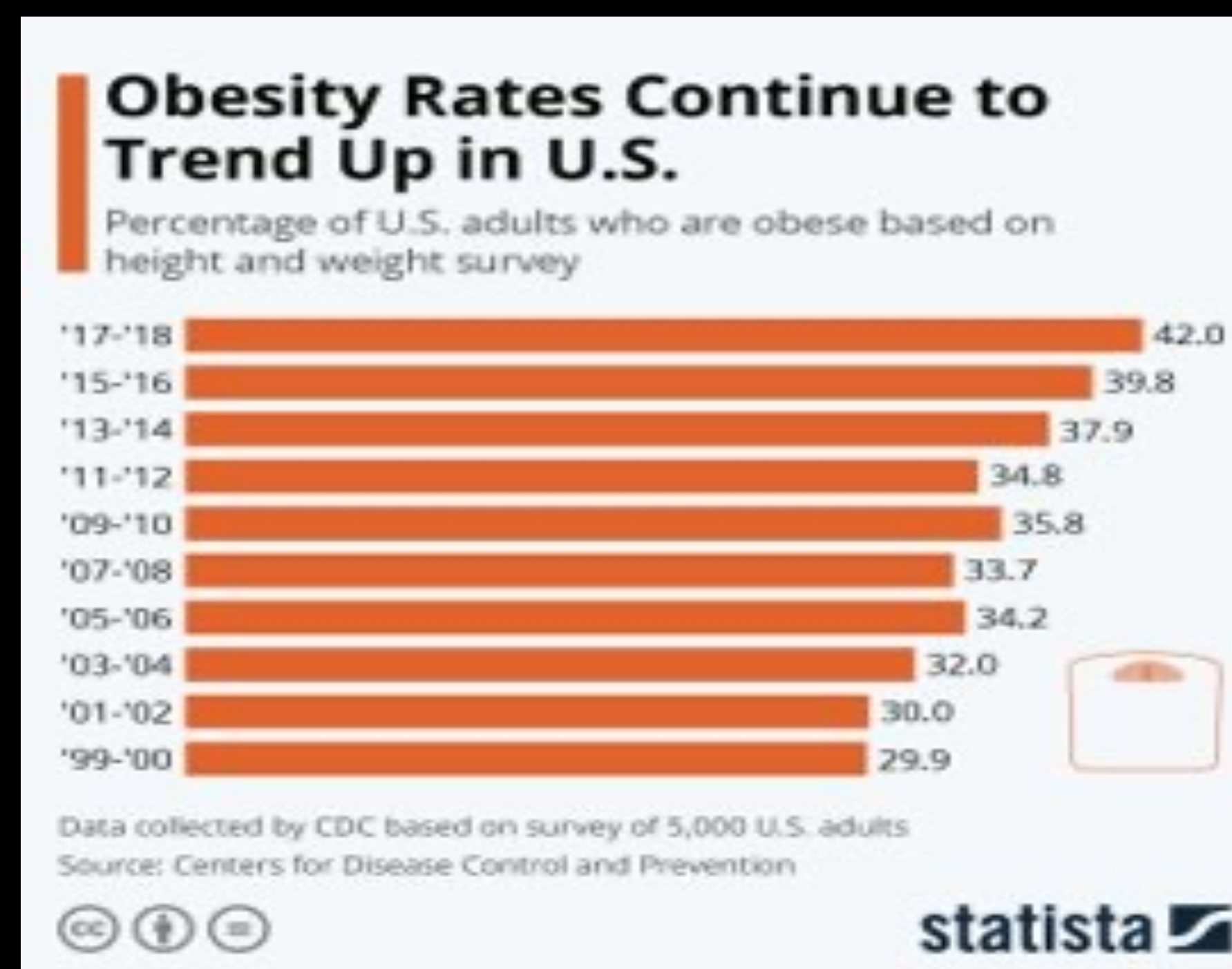
Obesity, defined as having a BMI of 30 or higher has been a progressing health risk throughout the globe. With a spiked increase attributed to the introduction and popularity of fast food. America became a mascot and staple for obesity rates as its increase introduced the epidemic to the world. This affects smaller develops countries which adopt Americas culture and eating habits. In the comparison of First World Countries, many follow similar trends in weight apart from a select few. Each of the countries succumb to the issue due to their similar cultures, ideologies and living conditions. For example, countries found to not have a strong cultural influence nutritionally tend to lean more on the higher BMI index. Of the countries that have stayed separated to the trend, major cultural differences such as prevalent food practices and governmental differences like physical activity influences are found to be the main cause.

Key Points

- The U.S records one of the largest percent of obesity at 42.4%
- U.S food culture influences other countries.
- Obesity has tripled since 1970, being at 13%
- Obesity isn't always based on fat %, muscle mass can deem a person obese.
- Japan records one of the lowest of 1st world at 2.85%.



Piña , V. H. Y. (n.d.). *Self-Made Man*. photograph.



Richter, F., & Centers of Disease Control and Prevention. (2020). *Obesity Rates Continue to Trend Up in U.S.* photograph.

Conclusions & Discussion

The 1970s can be noted as the beginning of the obesity health concern. Factors such as an increase in food availability and convenience play a major part but cultural alignment continuously lie as an understated cause. Obesity is a multilayered issue. Beyond the health risks that linger over each nations people, the ethical and moral challenge to combat it pose a major barrier in the path to control it. Furthermore, nations are faced with the dilemma of succeeding and losing a major method of income intake or continue down this lane and allow risks to spread. Yet the chances to succeed are present and become clear by the contrast within countries that stay within the lower health risk range of the scale which expose the most effective method of managing this issue.

Works Cited

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