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English 3

Last 2fer

   Obesity rates in the United States are increasing every day and it is viewed as a huge public health problem. Obesity affects more than a third of all Americans in the United States. Which means that it is a relevant topic. Even Though, Obesity is a can be viewed a healthy issue to many Americans is also a topic that can be viewed from different and controversial perspectives. To some obesity is an epidemic, to others it is a trait that they are not ashamed of and express it with confidence. For example, perspective that it is often viewed from a point that people have freedom to do whatever they want to their bodies. Although, people let their freedom take advantage of this fact and eat whatever their taste buds desire which can lead to an unhealthy diet. This leads up to the question why is obesity in the United States caused by an unhealthy diet should viewed as such a big public health problem?

   Knowing how supported by the government obesity is, is something that shall be known so that the United States is informed how much they need to address the issue. Therefore it is important to keep in mind that there is limited support for the government playing a major role in anti-obesity efforts. According to '*people-press.org*', 42% say government should play a significant role in reducing obesity, 54% say it should not. In addition, 42% of adults believe that the government should play a significant role in reducing obesity and 54% said that the government should not. This is a causes a conflict because it makes obesity in the United States not seem like it is a serious problem. If it is not viewed as a problem the government will have

less support for limiting size of soft drinks in distributors, prohibiting restaurants from using trans fats in foods, and eliminating and other causes to obesity according to the 'PEW research' center.

Healthwise obesity does not benefit the human body in any way. In fact, obesity is harmful to the human body. Although, to know why it is harmful to the human body one needs to know how obesity is caused by and what it can result to which provides it with such a harmful trait. Obesity is caused by an intake of an unhealthy diet of foods and supplements. For example, these foods may contain meals that exceed the average serving size, refined grains, red meat, unhealthy fats and sugary drinks. Exceeding the average image of these foods can cause to major health risks that can be fatal. These risks include type 2 diabetes, heart disease, high blood pressure, osteoarthritis (a health problem causing pain, swelling, and stiffness in one or more joints), some types of cancer, and strokes. These are just a few of many harmful results of obesity. Due to the fact of this, the United States should obesity into a higher account of an issue. With 36% of men and women in the United States being obese brings obesity to an even more harmful problem because as stated earlier, the population of obese citizen in the United States grows each day according to *'The National Institute of Diabetes and Digestive and Kidney DiseasesHealth Information Center'*. This can be concluded that that everyday the population of people who are prone to harmful health risk begins to grow each day.

In conclusion, Obesity in the United States is caused by an unhealthy diet and should viewed as a larger public health problem than it currently is. There is limited support for the government playing a major role in anti-obesity efforts. If it is not view as a problem the government will have have less support eliminating and other causes to obesity. Obesity can result to harmful trai

by and unhealthy diet. Therefore, if the United States government does not take obesity into a bigger issue, everyday the population of people who are prone to harmful health risks will continue to grow each day.

Throughout my junior year participating in English 3 I have written a total of seven 2fers. Some of my 2fers were pretty good and others were not so good. Out of the eight months this school year I believe that this is and will turn out be my most successful 2fer. Unlike any of the other 2fers I am aware of all of my other 2 fer's mistakes. I know where exactly what features cause drastic mistake and was informed how this could have been fixed. In addition, have the mindset that this is my last 2fer will give me the determination to make it my best. I say this because I believe that since this is my last shot to truly express my writing skills, it would be smart to show all ow the skills that I learned throughout the year. Therefore, this is and will turn out be my most successful 2fer.

Citations

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