

Food Waste and Obesity

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Abstract

The ~~increase in population~~ contributes to increase in food insecurity and necessitates for ~~for~~ ^{a need to} address ~~of the~~ dietary needs. **Food insecurity** impacts are high and this leads to the formulation of strategies in increase of access to healthy foods. **Food insecurity** is impacted by the increase in poverty and unemployment rates and it reduces the access to quality foods. **Food insecurity** is related to the increase in cases of obesity as the foods that people afford have less dietary quality ^{caloric intake} leading to the increase of ~~obesity cases~~. It is important that there is observation of the climatic changes that contributes to food insecurities. ~~The use of various technologies in the production of food is known to contribute to increased cases of obesity, as the dietary needs of the foods are not considered~~

The increase in the level of obesity in society ^{has become a health epidemic} ~~is becoming a problem~~, as it is associated with different diseases. Unemployment and poverty rates are known to contribute to increase in obesity as a large percentage of the population is unable to afford quality food. It creates need to come up with measures that will help in the reduction of the risks that the society continues to face. ~~The identification of the calorie levels of food is important, as it helps in elimination of the continued risks to the health of the individual. The consideration of the risks that obesity causes assists in coming up with the right measures that will help in the creation of awareness of the need to maintain a healthy lifestyle.~~ There is focus on increase of food security and education of farmers on specific needs of the population.

Conclusion

With the increase in population in the world, there is an increase in the levels of hunger. It means that many people suffer from deficiencies in micronutrients. It creates the need to ensure maintenance of food security and that production of food in the economy is observed. The focus on the consumption of food is important in order to estimate supply. It helps in the estimation of the number of wastes and the need to eliminate the wastes (Van, 2012). There is an increase in the wastage in all categories of foods, which shows a co-existence of obesity with hunger as there is a lack of access to food that is nutritious. There is an increase in concern about the lack of access to vegetables and fruits. It means that the foods that people eat are high in calories, and this leads to the increase in cases of obesity.

Obesity is one of the burdens in food security, creating a need for awareness on the challenges that people face. It leads to reduction in life expectancy, and this creates a need to ensure proper implementation of measures in reduction of malnourishment cases. The implementations make sure that the population is aware of the need to reduce their risks through the elimination of wastes in foods. The use of education increases the commitment to eliminate the healthcare issues that continue to face the society (Reilly, 2005). This will help educate the community on the issues that the community faces.

The reduction of the risks of obesity entails the use of legislation and, in this case, the creation of policies that ~~help in the reduction of the cases of obesity as well as~~ ^{address} food insecurity. It leads to the reduction of the risks of chronic diseases, because the policies use nutrition to control and prevent obesity by ensuring access to nutritious food. The coordination of the different strategies places focus on the dietary composition of the foods that people consume and evidence that the foods help in the reduction of cases of obesity (Sweeting, 2008). The legislative

actions taken include the education of the population on the risks of obesity and changes in the society that contribute to increase risks. There is the identification of the impacts of the decisions made in the society by manufacturers and the terms helpful in the elimination of wastage of foods.

In addressing malnutrition practices, the strategies laid out are important as focus is on formulation of policies that look at the planning in the long term. The improvement in production and equity in distribution of foods assist in increasing purchasing power. Guiding the farmers in the production process helps in increasing yield and marketing of their produce. With the information they focus on the reduction of wastes and in the needs of the community in terms of the nutrition levels (Sweeting, 2008). Having a health care system helps in addressing the issues of malnutrition and especially in the cases of obesity and guiding on the foods that people should consume.

Food initiatives such as the education programs assist in elimination of the chronic diseases that are related to the consumption of unhealthy foods. Focus is on support of the needs of the individuals and decrease of the insecurities in food. The intake of the nutrients is considered and this helps in protection of the increasing population. Nutrition education is focused on the rates of deficiencies in the intake of nutrients and the effect that it has on people with low incomes (Sweeting, 2008). Public policies and the observation of the changes in the environment assist in focusing on the change of behavior and promotion of food security. There is the analysis of the choices that consumers make and the ability of accessing healthy foods. The unification of efforts in production of healthy foods increases the sustainability of the methods used and making food affordable and accessible to all.

The increase in the genetically modified foods a case in point of the Agribusiness Multinational Corporations identifies the role that food plays in the markets. The progressive techniques are meant to increase food security and but the considerations on safety of consumption is debated. The increase in resources helps in making sure that there is constant supply but its contribution to increase in cases of obesity is considered. ~~The control of the quality of foods helps in the consideration of the calorie intake and consideration of the needs of consumers in terms of the costs of food. The control of use of chemicals in the production process helps in reduction of methane production and this embraces the need to protect the environment in the face of global warming.~~

The processes that underlie obesity and food insecurity are derived from the shared system of food. In addressing **the in issues**, the complexities of the system need to be considered as it helps in sustaining the reduction of wastage of food and health promotion. The alignment of the food initiatives with the goals of nutrition assists in solving the issues of food insecurity and efforts applicable in maintenance of natural resources and in promotion of diversity (Van, 2012). The availability of options in accessing healthy foods assists in following of guidelines in good distribution and reduction of costs of access. It also helps in identification of the gaps that exist in the integration of the different strategies.

~~For the people that are suffering from the cases of obesity, having food schedules is important as it helps in making aware of the calorie consumption levels and needs to observe the balanced diets. It ensures an analysis of the importance of leading a healthy life helping in improvement of life expectancy level. The increase in the physical activities is also one of the methods of embracing healthy lifestyles as the focus is on maintaining a diet that is healthy. The knowledge of the farmers on the effects of the chemicals used in foods means that there is the~~

~~assessment of the need to uphold the measures that focus on food security in the economy~~ and at the same time meeting the needs of the people.

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