

Abstract

Obesity is a global ~~menace~~ ^{health crisis} with the number of individuals with the condition drastically increasing ~~over the~~ ^{each} years. Statistics indicate that over the past years, the number of individuals who have obesity has increased dramatically. Obesity is attributed to the lack of access to nutritious food, the adoption of sedentary lives and genetic factors. The World Health Organization recognizes obesity at a prevalence that is soon to reach endemic levels. This research paper discusses the causes and the risk factors associated with obesity. The most common causes of obesity are the lack of physical exercise and poor dietary habits. Fast foods that are high in energy and ~~calories~~ ^{significant} play a ~~huge~~ ^{ly} role in the gaining additional weight and consequential ~~obesity~~. The literature review examines how several factors, especially the unavailability of nutritious foods as being intricately interconnected to the risk of developing obesity. The purpose of this research is to offer a health solution that will ensure that the community adopts a ~~healthy lifestyle by eating healthy, balanced meals and physically exercising as well as to promote awareness of the privation of nutritious food that exists for~~ ^{strategies to address food insecurity by providing access to nutrient dense foods} lower income families. The study also enforces the idea that individuals ~~are exposed to~~ ^{who} healthy lifestyles by introducing inner-city gardens and farming in schools. ~~This research paper will enforce the community awareness of the importance of staying healthy and using our resources to diminish waste.~~ ^{food availability} One benefit of being physically fit is reduced morbidity, which in turn boosts productivity. Reduced morbidity leads to reduced absenteeism at workplaces ~~and~~ [↓] consequentially reduces the mortality rate caused by obesity related complications. This research is intended to enlighten the entire public and the scientific community about how to improve the quality of life and how to mitigate conditions arising from the ~~adoption of sedentary lives.~~ ^{food insecurity}

Substantial literature indicates that obesity and overweight contributed to numerous lifestyle diseases. It has also led to the increment of healthcare costs. This research ~~will help~~ the general public and the community to improvise strategies that will curb the increasing rates of obesity. It will aid the community in seeking approaches that will tackle the rising prevalence of obesity and malnutrition. Obesity is a public health ~~menace~~ ^{issue} with statistics indicating that high percentiles of individuals have excessive weight universally (James, 2008).

The experiment completed where data was collected from a variety of counties throughout Florida proves the hypothesis of lower income families having less access to consuming healthier options due to their financial situation, ~~leading to more~~ ^{increases the risk of} obesity and malnutrition within those families. Lower income families prioritize utilities and housing expenses, and therefore tend to choose food options based on larger quantities which are ~~poor~~ ^{high} in energy and ~~nutrition~~ ^{low in nutrients}. On the contrary, to the privileged families whose incomes allow them to invest in their health by leading them to choose the healthier options while purchasing food, thus maintaining a healthy weight and form.

The finding of this research ~~is~~ that the change in dietary patterns worldwide is a result of urbanization and affluence. ~~All~~ these dietary changes were also marked with compounded lifestyle changes that proved that physical activity was ~~at a~~ minimal. The studies indicate that a few individuals engage in physical activity in their free time. Most of the leisure time in affluent homes is dominated by watching televisions instead of exercising. The study also ~~found out~~ ^{discovered} that social inequality contributed to the high prevalence of obesity (Tanumihardjo et al., 2007). This is due to the economic insecurity characterized by the inability to equitably access healthy foods. This influences the diet of the population, as the only affordable foods

are packed in energy and poor nutrients. Nutrient rich foods and high quality diets are the domain of the affluent while the poor suffer due to the lack of healthy food choices.

It will aid the community, the environment and the general public to develop population based strategies that will aid in inhibiting obesity from continually occurring. The findings will aid the community to alter the availability of nutritious food at a reasonable price to ensure that obesity and malnutrition population decreases. The community will also learn how to reduce sedentary lifestyles and ensure that it assists in the creation of obesity prevention policies. The community will then influence the prices of healthy foods, as heightened food buying behavior is affected by the demand of the food. Increased variety and availability of healthy foods increase the consumption levels of the entire population (Tollini, 2014).

This research will assist the government in revising trade agreements between countries in order to facilitate the affordability of healthy foods in the market and to ensure that they are in constant supply. Lower income families will then have access to nutritious healthier options at a cost-effective price. The policies created will influence the eating and physical activity behaviors to directly affect the settings in which people live their lives.

It is imperative that overweight and obesity prevention and reduction is done through behavioral modification of the individual. Depending on information technology impairs physical activity. Activities like driving, watching the television and staying long hours in front of the computer leave no time for physical exercise. This research will assist society to counterbalance technological advancement and physical exercise. The community will also be aware that being overweight and obese affects the productivity of an individual. This is because it affects spontaneous movement, increases morbidity and eventual death. The increased morbidity removes an individual from the workforce due of absenteeism caused by

morbidity. The sicker an individual is, the more highly likely that the individual will take sick leave, an action that strains resources and reduce the overall productivity of an individual.

This research will also aid the scientific community in seeking alternate methods to combat micro-nutrient deficiencies. The scientific community will also try to look for methods that will ensure that the healthcare systems are not overwhelmed treating lifestyle conditions that can be mitigated. It will strive to make tremendous strides in reducing the prevalence of malnutrition and obesity to reduce the strain put on healthcare systems by the lifestyle diseases. The scientific community will be able to create models that will ensure that the mortality rate and the under-nutrition of individuals are decreased.

Studies indicate that the only way to reduce preventable deaths caused by obesity is by exercising, changing nutrition and getting medical intervention. Contradicting research to this researcher's studies indicate that self-motivation, self-determination and long term weight control instigate change in an individual and make the person want to adopt healthy measures. Personal decisions, especially after life threatening circumstances, make an individual to initiate a course of action that will ensure that the person cuts weight. Awaiting for a negative consequence to occur in order to take a course of action is not a good initiative to the eradication of the obesity menace. This will only affect a handful of individuals who seek to change their lives after they are put in a compromising situation.

Inner city gardens and farming in schools address the inadequacy of fruits and vegetables in the society. Programs that include farming in schools ensure that the school cafeterias serve healthy meals. The nutrition of the student population is improved ensuring that the prevalence of obesity is mitigated. Farming in schools boosts awareness on the significance of availability and consumption of healthy foods. Inner city gardens impact the

community by ensuring that they adopt readily available healthier options. It ensures that the community consumes the recommended dosage of fruits and vegetables. The inner-city gardens and farms in schools yield positive results in the quest to eradicate obesity within the school environment and community at large (Flora & Gillespie, 2009).

~~It is imperative that the sole purpose of reducing weight is to keep fit and adopt a healthy lifestyle. The actions to cut obesity should at all times ensure that it promotes health and extends longevity of lives. Numerous people think that finances have to be used in order to cut weight. Most assume that cutting weight has to do with joining a gym. On the contrary, physical exercise can be achieved by walking instead of driving, taking the stairs instead of using elevators and jogging during leisure times. These activities may seem negligible but they do play a vital role in the reduction of obesity (Ellis, 2013). Schools and the community should play a critical role in creating awareness on the consequences of obesity and how it can be diminished. A healthy community should be the priority of a nation as healthy nation guarantees productivity.~~

References

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