Obesity: The Big Fat Epidemic

Obesity has become a serious problem in the United States and across the world. The obesity epidemic has become so great and there are more people with obesity and weight related problems today then at any other point in history. This is a serious problem that must be solved.

Obesity is an increasing problem across the world. According to source one, there are several reasons as to why obesity is increasing. One of the reasons why obesity is increasing by so much in current times is because of how the food and beverage industries are creating cheap and unhealthy food that is of low quality and with people being obsessed with being penny wise and pound foolish they end up buying large quantities of low quality food with great amounts of fat, calories, sugars, and other harmful artificial substances (Source One). In part it is the food industries especially the fast food services serving unhealthy food to people. On the other hand it is the people who are buying this unhealthy food and partaking of eating such unhealthy food and drinking artificial beverages (Source One).

Obesity levels have increased dramatically since the 1970's according to source one. Obesity levels have gone up because the general lifestyle of society has changed. The author Jane E. Brody describes how when he was growing up in the 1940's and 50's. "I had to walk or bike many blocks to buy an ice cream cone. There were no vending machines dispensing candy and soda, and no fast-food emporiums or shopping malls with food courts. Nor were we constantly bombarded with televised commercials for prepared foods and drinks laden with calories of fats and sugars." From his statements speaking of how society has changed from when he was a kid to current times he shows through facts and his own personal experience that society has definitely changed greatly thus causing people to eat lower quality food and exercise less (Source one).

It is clear that society and especially the American society has had a great increase in the