Obesity increased in the last few years and from the history of obesity, one can see the changes in people’s bodies over the years. People should pay attention to their food and their lifestyle. However, the consciousness of the risks that come with being an obese person should encourage the people to think more. The changing bad habits can help a lot of losing weight and to stay in a good shape.

We need to learn more about the causes of obesity, and then we need to change the ways we treat it. When obesity is accepted as a chronic disease, it will be treated like other chronic diseases such as diabetes and high blood pressure. The treatment of obesity cannot be a short-term "fix" but has to be an ongoing lifelong process (Staessen, 2011).

References

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