

Simple Cause and Effect Essay Examples

Causes and Effects of Obesity

Maintaining good body weight is highly recommended by medical doctors as a way of promoting a healthy status of the body. This is to say that there is allowed body weight, which a person is supposed to maintain. Extreme deviations from this weight expose a person to several health complications.

While being underweight is not encouraged, cases of people who are overweight and increasing effects of this condition have raised concerns over the need of addressing the issue of obesity in the society today, where statistics are rising day and night. What is obesity? This refers to a medical condition in which a person's body has high accumulation of body fat to the level of being fatal or a cause of serious health complications. Additionally, obesity is highly associated with one's body mass index, abbreviated as BMI.

This denotes the value obtained when a person's weight in kilograms is divided by the square of their height in meters. According to medical experts, obesity occurs when the BMI exceeds $30\text{kg}/\text{m}^2$. While this is the case, people who have a BMI of between 25 and 29 and considered to be overweight. Obesity has a wide-range of negative effects, which may be a threat to the life of a person.

The first effect of obesity is that it encourages laziness in the society. It is doubtless that obese people find it hard and strenuous to move from one point to the other because of accumulated fats. As a result, most of these people lead a sedentary lifestyle, which is usually characterized by minimal or no movement. In such scenarios, victims prefer being helped doing basic activities, including moving from one point to another.

Moreover, laziness makes one to be inactive and unproductive. For example, a student who is obese may find it hard to attend to his or her homework and class assignments, thus affecting performance. With regard to physical exercises, obese people perceive exercises as punishment, which is not meant for them. As a result, they do not accept simple activities like jogging because of their inability to move.

In line with this, obese people cannot participate in games like soccer, athletics, and rugby among others. Based on this sedentary lifestyle, obese people spend a lot of their time watching television, movies, and playing video games, which worsen the situation.

The main effect of obesity is health complications. Research indicates that most of the killer diseases like diabetes, heart diseases, and high blood pressure are largely associated with obesity. In the United States, obesity-related complications cost the nation approximately 150 billion USD and result into 0.3 million premature deaths annually.

When there is increase in body fat, it means that the body requires more nutrients and oxygen to support body tissues (Burniat 223). Since these elements can only be transported by the blood to various parts of the body, the workload of the heart is increased.

This increase in the workload of the heart exerts pressure on blood vessels, leading to high blood pressure. An increase in the heart rate may also be dangerous due to the inability of the body to supply required blood to various parts. Moreover, obesity causes diabetes, especially among adults as the body may become resistant to insulin. This resistance may lead to a high level of blood sugar, which is fatal.

Besides health complications, obesity causes an array of psychological effects, including inferiority complex among victims. Obese people suffer from depression, emanating from negative self-esteem and societal rejection. In some cases, people who become obese lose their friends and may get disapproval from teachers and other personalities (Korbonits 265). This is mainly based on the assumption that people become obese due to lack of self-discipline. In extreme cases, obese people may not be considered for promotion at workplaces, because of the negative perception held against them.

Due to inferiority complex, obese people avoid being in public and prefer being alone. This is because they imagine how the world sees them and may also find it hard being involved in public activities because of their sizes.

This further makes them to consider themselves unattractive based on their deviation from what is considered as the normal body size and shape. Regardless of how obese people are treated, they always believe that they are being undermined because of their body size.

In summary, obesity is a major cause of premature deaths in the United States and around the world. This health condition occurs when there is excess accumulation of body fat, caused by unhealthy lifestyles. Obesity is largely associated with several killer diseases like high blood pressure, diabetes, and diseases of the heart.

These diseases drain world economies since most of them are fatal and expensive to manage. Additionally, obesity promotes sedentary life where victims minimize movement by adopting an inactive lifestyle. Moreover, obese victims suffer psychologically because of societal rejection. In general, obesity has a wide-range of negative effects, which may be a threat to the life of a person.