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[Obesity is one of the biggest health crises in the UK. According to the government, almost two-thirds \(63%\) of adults in England are overweight or living with obesity – and 1 in 3 children leave primary school overweight or obese, with obesity-related illnesses costing the National Health Service £6bn \(\\$7.9bn\) a year.](#)

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Obesity is associated with reduced life expectancy. It is a risk factor for a range of chronic diseases, including cardiovascular disease, type 2 diabetes, at least 12 kinds of cancer, liver and...

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Short Essay on Obesity. Accumulation of excessive body fat is known as obesity. Obesity is measured and defined in terms of body mass index (BMI). Body mass index is the numerical way of deciding the appropriate weight range according to the height of an individual. A body mass index of more than 30kg/m² indicates obesity.

Short Essay on Obesity

Obesity, also often referred to as being excessively overweight. An abnormal accumulation of body fat over an individual ' s ideal body weight. Obesity has been associated with U.S. for many decades, but the cause of it is still unknown.

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The obesity is related to the how much energy is left, but the most important cause of having the obesity is “ dysbalance between energy intake and energy expenditure ” (Nazarii Kobylak 1). The obesity is the excessive fat in the body and it can cause to any age group form child to the old person. Continue Reading.

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“ Excessive body weight that is Obesity can lead to various diseases particularly cardiovascular, obstructive sleep apnea, cancer, diabetes mellitus type 2, osteoarthritis ” Therefore, you can go with any one of the above told thesis statement ideas for this research paper writing. You can also modify them as according to your need.

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How To Write A Strong Obesity Research Paper?

Obesity and BMI (body mass index) are both tools of measurement that are used by doctors to assess body fat according to the height, age and gender of a person. If the BMI is between 25 to 29.9, that means the person has excess weight and body fat. If the BMI exceeds 30, that means the person is obese.

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Obesity may be defined as a condition characterized by excessive or abnormal accumulation of fats in body tissues. Before an individual is categorized as an obese, he or she must first become overweight; a condition characterized by abnormally high weight. Thus, the two terms, overweight and obesity, are closely related.

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Childhood obesity is a major problem in the United States. Childhood obesity is characterized by a Body Mass Index – the body weight (kilograms) divided by the height (meters) – of 95th percentile or higher. It is a significant public health issue because a majority of the processes that lead up to obesity start in early childhood.

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Obesity Essay Obesity is a condition wherein a lot of excess fat accumulates in the body. It generally occurs when a person consumes excessive food and does not indulge in physical activity on a regular basis. Obesity increases the chances of incurring diseases such as diabetes, sleep apnea and osteoarthritis.

Essay on Obesity for Children and Students

Obesity is not called an eating disorder. In general, obesity does not include proper eating patterns or habits. Irregular eating patterns ultimately contribute to the cause of eating disorders, not obesity. Anorexia nervosa is the scientific name given to the disorder in which a person is afraid of gaining weight and turning fat.

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Essay on Obesity : Causes, Effects, Prevention & Solution

Body mass index (BMI) Obesity is a medical condition defined as an accumulation of an excess of body fat that leads to many health problems and reduced life expectancy. Obesity usually associates with hypertension, diabetes, cardiovascular diseases (CVDs) and dyslipidemia (Grundy, 2004).

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