One of today’s most severe and common health problems is obesity. The term obesity can be defined as a person having an unbalanced body mass index, or a person being overweight. This health problem is not only seen among adults but is also common amongst children. A person’s daily meal and the amount of exercise the person makes determines the person’s weight. If there is no balance between energy intake and energy expenditure, the health problem obesity emerges. There are many consequences relating obesity such as social and psychological causes however, the main reasons causing obesity are unhealthy diet, physical inactivity, and genetic issues.

The most significant reason behind obesity is being on an unhealthy diet. A diet containing too much energy intake and based mostly on carbohydrates and fats is considered as an unhealthy diet. Overeating naturally results in weight gain when enough energy is not consumed. In addition, having a diet rich of carbohydrates and fat causes an increase in the blood glucose level resulting in insulin promoting fat growth. According to Balentine, since the insulin release by the pancreas endorses fat tissue growth when carbohydrates is consumed, weight is gained (2014). All in all, an unhealthy diet is the ultimate reason behind obesity.

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