Hi, everyone, my name is Zhan Yu. My topic is about teenage obesity in U.S..

Firstly, I want to give some background information about why the issure should be addressed by U.S. society with the best solution. The teenage obesity not only can do harm to teenage's health by leading some complication, such as Heart disease, diabetes and hypertention, but it can also bring some other psychological problems. These psychological problems will have symptoms similar to depression, which causes teenagers feel anxious and cannot perform well in school. So, teenage obesity can really cause severe negative impacts on U.S. teenagers.

Also, teenage obesity can also cause huge burden on U.S. society. It is claimed that with $190 billion spent on obesity-related treatments, including $14 billion on childhood obesity, obesity is an economic drain on society and a disparity in public health. So, teenage obesity is really a tough issue to US society.

My reseach question is that....

My Thesis is that...So, I make three points for my essay to talk about which is the best one to address teenage obesity in US. Next, I will show these three points.

My first point is about why using medicine can be an effective solution. In a research, the adolescents using placebo lose only 0.6 kg of fat, while the adolescents using orlistat lost 2.53 kg of fat. Besides this, obese teenagers can maintained two-thirds of their weight loss a year after taking orlistat. So, based on the functions of medication, we can say that this method will help reduce rate of teenage obesity in U.S to a certain degree.

Next, I will talk about why this measure cannot be the best one.

So, first, there are almost no other medicine can be used. It is claimed that only orlistat and metformin are approved for use in adolescents and children, and other drugs that may be able to treat adolescent obesity are not approved by the Food and Drug Administration which is FDA. Besides this, the efficiency of orlistat is not large enough. The group using orlistat in a study of children and adolescents with obesity regained some weight after one year and had lost an average of only 5.56 kg after two years. So, this measure still has some drawbacks, which makes it not very effective.

My second point is about bariatric surgery, which a better solution to medication. With bariatric surgery, the weight loss effects can last after the surgery. It is claimed that weight loss due to bariatric surgery leads to hypothalamic海坡色烂尼克 signaling and thus hormonal changes in the gut to enhance satiety色太儿提. Consequently, teenagers will intake less energy after taking the surgery. Besides this, bariatric surgery is able to eliminate other problems as well. 70 to 80 percent of their obesity complications such as diabetes and hypertension are resolved. So, this surgery is somehow a good solution for reducing teenage obesity rate.

Next, I will talk about the limitations and drawbacks of bariatric surgery. First, adolescents are not candidates for surgery if they has had a substance abuse problem in the past. Besides this, there are many risks associated with bariatric surgery for teenagers. adolescents are not able to comply with post-bariatric surgery careas consistently as adults. So, if a teenager behaves inappropriately after surgery, it can also cause damage to the body. Besides this, bariatric surgery can result in negatively psychological effects on them due to the influences on their appearance. It is claimed that teenagers suffering from obesity are more concerned with their appearance and weight loss surgery can leave them with excess skin and scars. Then if some teenagers choose to undergo plastic surgery, their bodies are still left with scars. So, the limitations and negative effects of bariatric surgery make this solution not the best one for treating teenage obesity.

Finally, I will talk about my third point which is reducing teenage obesity rate in US by improving living habits of teenagers and children. Firstly, I will talk about the impacts of proper diet on losing weight. There have been some new and effective weight loss diets that have been successfully researched. For example the use of very low calorie diets or protein saving fast diets has been effective in weight loss. In addition, this solution is superior to using medication.because medicine still needs proper diet control to have some positive effects on treating obesity. Therefore, the use of drugs alone does not have a good effect on weight loss, teenagers still need a reasonable diet.

Besides the efficiency of good diet on reducing teenager obesity rate, keeping exercise can also be a proper and effective measure to reduce teenage obesity rate in the US.

It is claimed that inactive teenagers are more likely to develop obesity. So, having exercise is important for teenagers. Exercise, such as aerobic exercise is effective in reducing body fat, thus improving their health and eliminating the effects of complications. Besides this, losing weight through exercise is a better experience for teenagers and is more likely to be sustainable to lose weight than using medication and bariatric surgery. Young people who exercise in a cohesive environment will make themselves more enjoyable and become compliant with exercise. Thus they will continue to lose weight through continued exercise. so, exercising to lose weight not only does not have the side effects of medication and bariatric surgery, but also brings other benefits to adolescents, such as a pleasant mood.

In addition to improving the lifestyle habits of teenagers to reduce obesity rate in US, maintaining good living habits in children is also effective solution. It is claimed that obesity does not abate as children get older and 50% to 80% of these obese children will remain obese for several years. Thus, the prevalence of childhood obesity has a significant impact on the prevalence of adolescent obesity. So, reducing the prevalence of childhood obesity can also be effective in reducing the future prevalence of obesity in adolescents.

In conclusion, teenage obesity is a serious problem in society, and it requires effective treatments. Not having the side-effects of medication nor the harm on mental and limitations of bariatric surgery, improvement on living habits of teenagers and children is potentially the most effective measure for reducing teenage obesity in current or in future in the United States.

Do you guys have any questions?