Read pages 4-9 on the topic of "assumptions". What are the 7 "assumptions"? Next to EACH assumption, explain in your own words in a few sentences the evidence that supports the assumption is false.

1. Assumption: Adiposity poses significant mortality risk. Several studies have found that people with obesity and overweight doesn’t have a less mortality risk than thin people. Studies like the Analysis of the National Health and Nutrition Examination Surveys have found that people with overweight have more longevity. Also, some other studies have found that obese people that have had heart attacks or coronary pass live longer than thin people, so this studies have shown that being obsessed doesn’t have to be related to having a risk of death because thin people might live less than overweight or obese people. However, BMI have described obesity as risk factor for mortality, but their studies have not included important factors like socioeconomic status.
2. Assumption: Adiposity poses significant morbidity risk. While adiposity represents a morbidity risk because of its connections with different diseases there is no evidence that obesity has been the cause of it. As the study says that weight cycling increases the risk of associated diseases it is not known that adiposity it’s associated with it. Diabetes 2 is mostly associated with weight and fat distribution, however there are other factors that increase the risk of other than overweight like poverty and marginalization. So, adiposity has a relation with diseases, but there is no evidence that adiposity is the cause of those diseases.
3. Assumption: Weight loss will prolong life. Weight loss is always depicted as less risk of mortality; however, studies have shown that mortality increased on people over the age of fifty who did not lose weight. While weight loss might improve health measure, it is not the only factor that improves health as there can be other factors that influenced in our health improvement. Weight loss is could be good for health, but these studies have demonstrated that people will not prolong their life, because health improvements are rarely associated with weight loss. However, some studies have suggested that weight loss increases the risk of premature death among obese people.
4. Assumption: Anyone who is determined can lose weight and keep it off through appropriate diet and exercise. Long term follow up studies have documented that most people who regain all their weight that they have lost during diet or treatment, even if they have continued exercising or continue the diet. More than 20,00 women maintained a low-fat diet and burned many calories per day, however there was not a huge difference in their weight after almost eight years on the diet. Starting a diet or changing our eating habits might not be a good way to lose weight, because these studies have depicted that we are most likely going to regain the weight, so instead of thinking about losing weight we can change our eating habits to have a healthier life.
5. Assumption: The pursuit of weight loss is a practical and positive goal. The pursuit of weight loss has led to the reduce of bone mass and the increase of osteoporosis and has had an association with psychological stress and cortisol production. Diseases like diabetes 2 is caused by persistent organic pollutants (POPs). However, weight loss also affects our eating disorder behaviors as people try to reach their desired weight and as shown before, they are more likely to regain the weight even if they follow a strict dieting and change eating habits, and some lost their motivation, so they stop doing physical activity and eventually regain the weight. Losing weight might lead to positive goals because as the studies have described people might lose motivation and start having psychological stress because they don’t reach their desired weight or regain the weight that has been lost.
6. Assumption: The only way for overweight and obese people to improve health is to lose weight. This assumption that obese or overweight people will import their health by losing weight is not well tested because there no methods that have reduce weight in a long term for people. However, as people with normal weight have lower disease incidence than obese people it is not known that weight lose improve their health as compared to people who have never been obese. Lose weight is not the reason why people have a healthier life, instead, their health improvement is because people have changed their behaviors like reducing blood pressure and blood lipids.
7. Assumption: Obesity-related costs place a large burden on the economy, and this can be corrected by focused attention to obesity treatment and prevention. This is not the case because many tests fail to account physical activity, nutrient intake and history of weight cycling. All this factors could explain the cost associated with having a BMI over 30. However, BMI is not an accurate test because it could test unhealthy when the person is overweight but because of the body mas and not the adiposity. So, BMI may result in higher cost and not accurate because like the study that showed that body image had a much bigger impact on health than body size.