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The Effect of Technology on Obesity Rates

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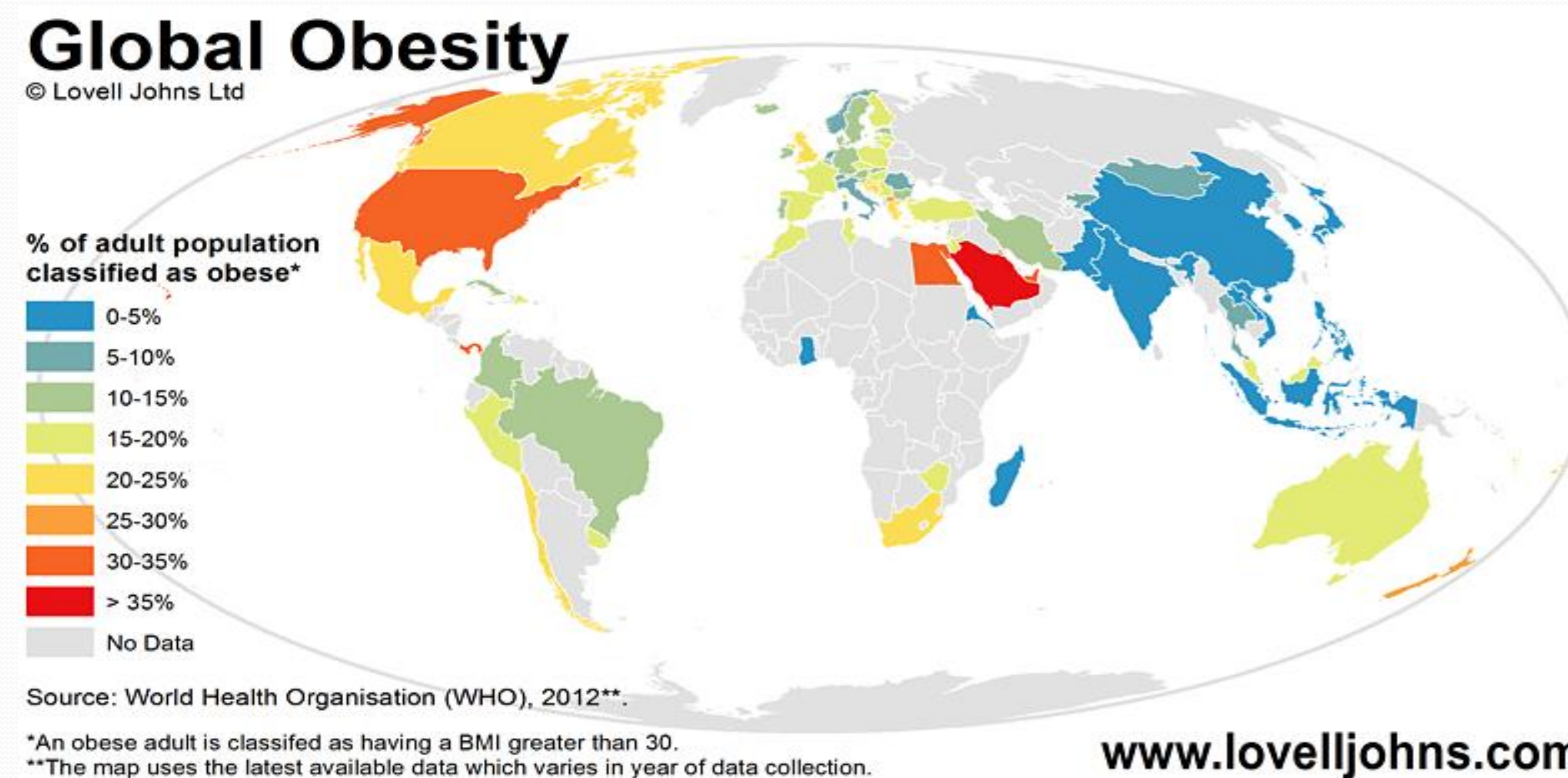
The Effect of Technology on Obesity Rates

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Summary:

- Obesity is the condition of having too much excess body fat
- 5th leading global cause of death
- 2nd most preventable death in the United States
- Obesity can lead to diabetes, high blood pressure, artery disease, vascular disease, heart attacks, and much more
- Technology has created processed foods, less physical activity and many technological advances, making life much too convenient



Important Facts:

- We live a life opposite to that of our ancestors.
- We eat highly palatable and processed foods that are scientifically created for us to crave them.
- Obesity rates in developing countries with high famine rates, such as China, India and Africa, are also rising
- As countries get richer, cars replace walking, computers replace sports, and fast food replaces cooking.
- 99% of households in the United States possess at least one television.

Conclusion:

- Increased obesity rates are a global epidemic that are going to continue to increase exponentially
- The world will rise in disease rates that only good nutrition and exercise can cure
- To prevent this obesity epidemic we need to live more in the ways of our ancestors and spend less time living the life as scientists

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