**Obesity hits the world**

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**Introduction:**

Obesity is a growing problem throughout the country. Children are getting more obese and it is becoming more common in society. Obesity can affect our physical and mental health. For example many people with obesity have depression. There are lots of reasons why people have obesity, they could be lazy, they might not have the money to buy good quality and healthy products or are not able to go to the shops and just get takeaways.

**Statistics:**

* In the UK 67% of men and 57% of women are obese.
* The NHS recommends that adults over the age of 19 should do something active every day.
* 47% of young girls are not confident with their weight and they have low self esteem
* 90% of teenagers are unhappy with their weight
* 20% of year 6 children from the ages of 10-11 are obese

**New News:**

We called Amanda, Gracie’s Mother, she told us that if she wanted to cook an evening meal for the whole family that was healthy Amanda would cook a Chicken stir fry with not much meat but more vegetables because it is healthier. Amanda’s view on obesity is that not many of us have manual jobs. Most of us work in an office and this means that adults do not have enough time to exercise. This can result in them being overweight.

**What can we do about it:**

We can eat really healthily, this is not just good for your body but it is also really good for your wallet! Instead of buying a pre-prepared salad, go buy the ingredients to make it. This means that you know what is in the salad as they might have put a dressing that contains a bit of fat.   
We could exercise every day even if it just a short walk. If you work at an office then plan your time before and after work to go to the gym, this may mean that you have to wake up earlier but this can improve your mornings as you are not tired and you are ready for the day.

**Government:**

The Government is working together with the NHS to help prevent obesity.This is what the government is doing to help prevent obesity

* giving people advice on a healthy diet and physical activity through our Change4Life programme
* improving labelling on food and drink to help people make healthy choices – we developed a consistent front of pack labelling system that makes it clear what is in food and drink
* encouraging businesses on the high street to include calorie information on their menus so that people can make healthy choices
* giving people guidance on how much physical activity they should be doing

**How we could prevent it:**

We can prevent obesity increase in the world by eating healthily, exercising more and maintaining our mental health, which helps to prevent us from getting depression. Eating healthily also is a good way to experiment with new and nutritional ingredients to come up with healthy recipes. Exercising more can make us mentally and physically happy and by taking in vitamin D through being outdoors, we are giving our bodies natural sources of vitamins and this can also help with obesity. Finally if you do not let your worries bother you or find effective ways to deal with them, you will have great mental stability which can help

**What is being done inside of school :**

The school meals are changing and are trying to be healthier. There is now a salad bar, soup and fruit for pudding, so you always have a healthy choice. Also for breakfast, the kitchen does English breakfasts, Greek yoghurts and fruit. These all may seem small and not changing much, but it is giving us the choice whether we want to be healthy or not. Harrogate Ladies’ College is trying its best, we cannot be entirely healthy as we are all growing and need an extra boost of energy. However, we should really only eat sweets or eat something sugary if you know that we are going to use it for sport or other activities, because if you eat lots of sugary products and don’t burn it off, that is when you start putting on weight.

**Conclusion:**

Even though it can be hard, we should all focus on eating healthily and we should exercise more. Just remember never be insecure about the way you look it is not fair for you to worry about the way you look. You are beautiful inside and out.