**Cover Letter**

**Obesity in Youth**

January 30, 2017.

Mr. John Wiesman,

Secretary of Health, Washington States Health Department.

Tumwater, WA, USA.

Dear Mr. Wiesman,

One in the five children in the United States is affected by obesity. These Obese children have to face discrimination because they look different among other kids. It is an observation that obese children tend to look taller than their fellow non-obese mates. The increasing rate of obesity among children in the United States linked to the food trends and the consumption of low-quality food such as snacks, fast food and caloric beverages by the young adults which results in obesity. The rate of obesity in the United States has been increasing over the past two decades if we can follow the statistics of the past two decades it can show that how obesity is becoming a threat to youth. By the studies of 1999-2000, 64% of the adults who were under the age of 20 declared as overweight and 30% of them were categorized as obese. At least 2.6 million people each year died because of obesity or overweight issues. Recently, in 2005, a study showed that approximately 1.6 billion young adults aged 15 were overweight and 400 million adults were obese. This research takes turn in the year 2015 when research showed that 2.3 billion adults were overweight and more than 700 million adults were obese.

Washington State Department of Health is responsible for check and balance of the public safety and health. The obesity is spreading in young adults because of the usage of unhealthy diet with high content of fat and physical inactivity which is leading to non-communicable diseases such as cardiovascular diseases, type 2 diabetes and certain cancer. Around 2.8 million deaths have been rated because of low diets and also low intake of fruits and vegetables. The infographic provides a statistics about how obesity is prevailing throughout the country and majority of the victims are children and youth. This is an alarming situation as Washington State Department of Health should inform the common public and spread awareness to fight against obesity. If Department of health uses my info-graphic by publishing it then it can be helpful for people to know that this thing is happening among them. Most of the school going children, college and university students use fast food very often without knowing that it makes them sick. My infographic provides statistics of the prevalence of obesity among American people and it can help people to know how this situation is increasing and it is spreading not only obesity but also other diseases too. The infographic provides an educated information about the situation which can become a threat in future. By recent studies, it is clear that low intake of fruits and vegetables cause 19% of gastrointestinal cancer, 31% of coronary heart disease and 11% strokes. Obesity and type 2 diabetes are becoming a socioeconomic gradient throughout the United States. According to the analysis of National Health Interview Survey by the Centers for Disease and Prevention, 68,556 US adults showed the highest obesity rate and these citizens were from low income and low-educated areas[[1]](#footnote-1).

Non-communicable diseases need to be taken care, the people should be encouraged to eat more organic food than they are using fast food, snacks, and other inorganic stuff. Department of health can initiate a program to make people aware of the problem especially, the people who are living with low income and low-educated neighborhood. My info-graphic can be useful for these neighborhoods and provide information so people can understand the sensitivity of the matter. The data used in info-graphic is collected from an article published in the American Journal of Clinical Nutrition, the statistics provide enough information for Department of Health to pay attention this public issue. My info-graphic can spread a message among people so that can also understand the health is the more important thing which can be maintained high-quality food. The info-graphic can be distributed among people by placing this info-graphic on receptions of every health care origination, by handover to people at health care newsletter and by uploading on the official website. Current research on obesity has been on environmental factors which promote an inactive lifestyle and excessive energy intake. However, Americans are gaining more and more weight each day by consuming more added sugar and fats and also by spending a very small amount of their income on food. The people should be aware of these dangers and Health Department should initiate an awareness program to inform people how to coup this situation.

Yours Sincerely,

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1. Drewnowski, Adam (2004). Poverty and Obesity: The Role of Energy Density and Energy Costs. Retrieved from: <http://ajcn.nutrition.org/content/79/1/6.full> [↑](#footnote-ref-1)