Abstract & Conclusion: Research Paper on Obesity in the CNMI

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Abstract

It is an alarming fact that the Commonwealth of the Northern Mariana Islands (CNMI) has ranked to be one of the top ten countries with high rates of obesity. Many residents continue to make poor lifestyle choices when it comes to their health and longevity without considering the consequences. Not many people in he CNMI are taking action to prevent obesity. They become ignorant of the facts of obesity not realizing that it is one of the most prominent factors of chronic diseases in the CNMI, in which has become one of the leading causes of death. Many are now acquiring such illnesses because of such pandemic. The CNMI is considered to be homes to some of the largest rates of obesity amongst the nation (Calindas, M., 2007). Thus, leading to the many reasons of mortality.

Conclusions of conditional statistics disclose that the alarming influences of lifestyle choices are a prime factor for obesity and consequently non-communicable diseases (NCDs) (Ichiho, 2013). More and more people in the CNMI are becoming overweight and obese nowadays – and worse, many of them are children and teenagers. Obesity in the CNMI poses a variation of severe life threats and consequences to many individuals. The excruciating news has been prevalent and is now receiving notice through the media in hopes to promote an in-depth understanding of the influences and effects of such pandemic. While many findings have been conducted on the factors of obesity worldwide, only a few studies have been lead and completed in the CNMI.

The CNMI community is enduring an enormous burden of prolonged illnesses. Hefty elements have been inflicted onto island residents through outside influences and acculturation. The CNMI people have become accustomed to a fast-paced life where dependency on fast food and canned goods as well as the use of machinery and technology is at its finest of convenience. This pristine accessibility has become relentless to be avoided and has ultimately taken over the traditional ways of physical labor and living. Like many small island territories, the native populations of the CNMI die young due to their current lifestyle choices due to the influences they are currently pursuing.

Growing numbers of obese children and adults along with a shortened life span and related health issues indicate that it is essential to come up with a resolution to tackle such influences in order to preserve the CNMI community and maintain an active and healthy lifestyle for future generations to come. The local population is the most significant asset for the future and hope of the CNMI. Assuring the health and longevity of the community should be of supreme significance. Acquiring innovative visions and perceptions of the influences of obesity in the CNMI will permit productive efforts in decreasing the amount of people living with chronic ailments.

The intent of this research is to describe and explain about the existing state of obesity in the CNMI, investigate and point out the prime factors of obesity in the CNMI, dictate its need to be addressed and suggest healthy ideas or alternatives to prevent and stop obesity from escalating. The research has been structured into a fundamental process of production, planning, informational consolidation and data analysis along with its results. This paper will further discuss the process of the research and methods of interventions as well as its outcomes in portraying the significance of comprehending and resolving the ongoing calamity around the islands. The study will also provide a better and healthier alternative of living in the CNMI in order to deal with and prioritize the obesity pandemic.

Conclusion

Many studies have concluded that obesity in the Commonwealth of the Northern Marianas Islands (CNMI) is not only a common problem, but has also become a serious issue today. Unfortunately, for the people of the islands, it has also become the norm. Obesity is one of the leading factors of mortality in the islands nowadays. Linked to an array of chronic diseases that many are now acquiring because of such pandemic, the CNMI is considered to be homes to some of the largest rates of obesity amongst the nation (Calindas, 2007). Consequently, the local population has continued to decline. Due to life-threatening magnitudes, it is essential that obesity be addressed in the CNMI. It is of precarious significance to completely scrutinize such dynamics of obesity to further understand its influences to prevent it from persisting and ultimately cease it to exist.

Once obesity is finally recognized and understood, projections of attention and intermediations as well as accommodations will take place for further inquiry in routes that would be constructive in tackling such concern. There are sizeable amounts of confirmation and evidence to justify that obesity is highly influenced by one’s lifestyle choices. Some of which would include poor eating habits, the lack of parental guidance and support, the lack of awareness due to many conflicts between cultural influences and beliefs as well as the lack of physical activity. Residents become vested in an unhealthy lifestyle leading them to shorten their lifespan and suffer as they continue to age.

However, through systematic planning, hope for the CNMI population to further cultivate throughout the years ahead will be established. Providing methodical intervention and resources for the community will ensure the promotion and participation of healthy and active lifestyle choices. Organizing public events for awareness and institutional courses that teach children and adults about food, physical activity and nutritious selections would definitely be a virtuous lead. Building on capital improvements and other infrastructures would also motivate the CNMI community to get out of their homes more often and maintain activeness.

In addition to promotional and awareness activities, the support and encouragement the community receives will eventually create a domino effect in battling obesity island-wide from one individual to another and from generation down to another generation. People should be aware of the many consequences that they would have to endure from being obese. They do not have to be agonized in silence or make up excuses on not having time or resources to utilize. They should be given the opportunity to combat such issue and fight for their longevity with everyone in general for the sake of future generations to come. Otherwise, life expectancy will continue to decrease for the beautiful islands of the CNMI.