

AMERICA'S EATING HABITS: CHANGES TO THE WORSE

In the past two decades critical importance of good nutrition has been recognized and redefined. The quality of nutrition directly affects the health of the nation and the demographic situation as a whole, and is taken into account as a basic element of the country's national security. According to the US Bureau of Population Research, more than half of all deaths are attributed to poor diet and lifestyle in general. The analysis of statistical materials describing the diet of Americans shows the necessity to solve the problems of nutrition and its quality control.

The latest national surveys on weight denote that more than 68 percent of all Americans are considered overweight or obese, according to the Centers for Disease Control and Prevention. It immediately follows that they have a body mass index greater than 25 which is a disease risk indicator; as BMI grows, so does the risk of various diseases such as diabetes, heart diseases, and cancer. As a result, life expectancy of the Americans is predicted to decline in the coming years.

The conducted studies have shown that there are following bad effects of American diet: weight gaining, impaired cardiac, diabetes, stroke, cancers, and osteoporosis. Moreover these maladies are connected to other problems such as loss of independence. And far from every American realize that a poor diet is a major contributor to disabilities.

In order to improve the situation dietary guidelines aimed at the avoidance of deficiency diseases are created. Moreover special committees such as The Committee on Dietary Guidelines Implementation exist and convene to solve urgent matters connected with nutrition. The committee believes that the United States should adopt a single set of dietary recommendations and promote it. If there is one publicly available set of recommendations it should reduce confusion and provide people with a common focus for their activities.

So in order to solve the problem with American diet the following measures were taken: appropriate environments are created to make it easier to follow the recommendations (legislative, regulatory, commercial, and educational); healthy foods are being made more available; already existing food is being changed (fat and sugar content is reduced; products are enriched with vitamins and nutrients; components causing bad effect on health are being replaced by harmless ones); product labeling gets more complete and interpretable to provide people with accurate necessary information moreover there are special tags indicating a good

nutrition; vending machines are filled with food of higher quality and they now contain healthy options; the exposure to formal and informal nutrition education is broaden.

We can make an observation and reach the conclusion that people are getting more concerned about their physical wellbeing since the demand for healthy food is increasing. This is triggered by educational programs and by high level of medical care which enhances people's awareness about the state of the organism. Thereby the necessary steps to fight bad nutrition can be made in good time.