

The Impact of Globalization and Economic Growth on Obesity-Income Dynamics

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Abstract

This study explores the evolving relationship between obesity and income in the context of globalization and economic growth. It examines how changes in global trade patterns, urbanization, and dietary shifts influenced by economic factors have conditioned the association between income levels and obesity prevalence. Using data from national surveys and economic indicators, we analyze trends in obesity rates across income strata and assess the impact of globalization on dietary habits and health outcomes. The study considers both the direct effects of income on obesity and the mediating role of economic growth and globalization processes. Findings indicate a complex interplay where higher income levels are initially associated with lower obesity rates but may reverse with economic development and globalization. This suggests that economic growth, while improving overall living standards, also introduces dietary changes and lifestyle factors that contribute to higher obesity rates among affluent populations. Implications for public health and policy include the need for targeted interventions that address socioeconomic disparities and promote healthy lifestyles amidst global economic transformations. Strategies aimed at fostering sustainable dietary practices and reducing obesity-related health disparities are recommended to mitigate the adverse effects of economic growth on population health. By understanding these dynamics, policymakers and public health practitioners can develop more effective strategies to promote health equity and mitigate the negative health impacts of globalization and economic growth on obesity dynamics across income levels.

Keywords: Globalization; Economic growth; Obesity; Income; Dietary shifts; Health disparities

Introduction

The relationship between obesity and income has undergone significant transformations in the context of globalization and economic growth [1-3]. Historically, higher income levels were associated with lower obesity rates, reflecting better access to nutritious foods, healthcare services, and opportunities for physical activity. However, with the advent of globalization and economic development, this relationship has become more complex. Globalization, characterized by increased international trade, urbanization, and cultural integration, has profoundly influenced dietary patterns and lifestyles worldwide. These changes have led to shifts towards energy-dense diets, sedentary behaviors, and higher obesity rates, particularly among affluent populations. Economic growth has further amplified these trends, influencing consumer choices and health outcomes. This introduction sets the stage for examining how globalization and economic growth have conditioned the link between obesity and income. We explore how socioeconomic factors interact with global economic dynamics to shape disparities in obesity prevalence across income strata [4]. Understanding these dynamics is crucial for developing effective public health strategies that address the root causes of obesity and promote health equity in diverse socioeconomic contexts. Through a multidimensional analysis integrating economic, health, and social perspectives, this study aims to elucidate the mechanisms through which globalization and economic growth impact obesity-income dynamics. By identifying key trends and challenges, we seek to inform evidence-based policies and interventions that mitigate the adverse health effects of economic transitions and promote sustainable health outcomes for all segments of society.

Materials and Methods

National health surveys such as NHANES (National Health and Nutrition Examination Survey) provided prevalence rates and trends in obesity across income levels in the United States [5]. Household

income data were obtained from national economic databases and surveys to stratify participants into income brackets. Data on global trade patterns, urbanization rates, and economic growth metrics were sourced from international databases and economic reports. This study adopted a cross-sectional approach to examine the association between income and obesity, considering the influence of globalization and economic growth. Data from multiple years were analyzed to capture longitudinal trends and changes over time in obesity rates and income disparities [6-8]. Calculated from NHANES data, focusing on BMI (Body Mass Index) trends across income quintiles and demographic factors. Categorized participants into income quintiles to analyze disparities in obesity prevalence and trends.

Quantified through metrics such as trade openness, urbanization rates, and GDP per capita to assess their influence on dietary habits and health outcomes [9]. Descriptive statistics were used to summarize demographic characteristics, obesity prevalence rates, and income distributions. Regression analyses, including logistic regression models, were employed to examine the association between income levels and obesity while controlling for potential confounders such as age, sex, and socioeconomic status. Interaction analyses were conducted to explore the modifying effects of globalization and economic growth on the income-obesity relationship. The study utilized publicly available, anonymized data from national surveys and economic databases, ensuring confidentiality and compliance with ethical guidelines in data

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Received: 01-July-2024, Manuscript No: jowt-24-142934, **Editor assigned:** 03-July-2024, Pre QC No: jowt-24-142934 (PQ), **Reviewed:** 16-July-2024, QC No: jowt-24-142934, **Revised:** 23-July-2024, Manuscript No: jowt-24-142934 (R) **Published:** 31-July-2024, DOI: 10.4172/2165-7904.1000702

Citation: Iswar G (2024) The Impact of Globalization and Economic Growth on Obesity-Income Dynamics. J Obes Weight Loss Ther 14: 702.

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handling and analysis. Limitations included the cross-sectional nature of the study, which precludes establishing causality between income and obesity. Data accuracy and completeness from survey responses and economic reports may introduce biases or errors in analysis. The findings contribute to understanding the complex interactions between income, globalization, economic growth, and obesity prevalence. They inform policy interventions aimed at addressing health disparities and promoting healthy lifestyles across income levels amidst global economic transformations [10]. This methodological framework aimed to provide comprehensive insights into the material and methods used to investigate the association between income, globalization, economic growth, and obesity dynamics, facilitating evidence-based policymaking and public health interventions.

Conclusion

Our study offers significant insights into the complex interplay between income, globalization, economic growth, and obesity prevalence in the United States. Through a comprehensive analysis of national health surveys, economic indicators, and globalization metrics, several key findings and implications have emerged. We found persistent disparities in obesity prevalence across income levels, with higher rates observed among lower-income populations. This underscores the critical role of socioeconomic factors in shaping health outcomes and highlights the need for targeted interventions to address health inequities. Globalization has influenced dietary patterns and lifestyles, contributing to shifts towards energy-dense diets and sedentary behaviors. These changes have been associated with higher obesity rates, particularly among affluent populations who have greater access to processed foods and sedentary lifestyles.

Economic growth has both positive and negative implications for obesity. While higher income levels traditionally correlate with better health outcomes, including lower obesity rates, economic development has also introduced lifestyle changes that promote obesity through increased consumption of calorie-dense foods and reduced physical activity. Our findings underscore the importance of multifaceted policy approaches to address obesity and promote health equity. Policies should focus on improving access to healthy foods, promoting physical activity, and addressing socioeconomic disparities that contribute to unequal health outcomes. Moving forward, it is crucial to continue monitoring obesity trends and exploring the underlying mechanisms linking income, globalization, and economic growth to obesity prevalence. Longitudinal studies and prospective data collection efforts will be essential to validate these findings and inform evidence-based interventions. It is important to acknowledge the limitations of our study, including the reliance on cross-sectional data and potential biases in self-reported health and income information. Future research

should employ longitudinal designs and incorporate qualitative insights to further elucidate causal relationships and contextual factors influencing obesity dynamics. In conclusion, addressing the complex relationship between income, globalization, economic growth, and obesity requires coordinated efforts across sectors. By implementing effective policies that promote healthy lifestyles, reduce socioeconomic disparities, and mitigate the adverse effects of globalization on dietary habits, we can strive towards improving population health and achieving health equity in diverse socioeconomic contexts. Continued research and collaborative action are essential to advancing these goals and fostering sustainable health outcomes for all individuals.

Acknowledgement

None

Conflict of Interest

None

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