

Did you know America is now known for their morbidly obese people?

INTRODUCTION: Paragraph 1

Attention-getter: America is now known for the people being morbidly obese.

Topic: The greatest contributor to obesity is the consumption of fast foods and a fast lifestyle.

Position: What are the greatest contributing factors to obesity?

Detail #1: Main culprits are fast food restaurants, fast lifestyle.

Detail #2: Poor Nutrition

Detail #3: Poor Parenting

BODY: (Paragraph 2)

Detail 1: Fast foods – fast lifestyle.

Mini details,

Over abundance of cheap fatty foods.

Sedentary lifestyle

Processed nature, mass manufactured foods.

BODY: (Paragraph 3)

## Detail #2 – POOR NUTRITION

Mini details: School cafeteria inferior foods for children.

Foods served at home and school have little to 0 nutritional value. Convenient foods and microwavable are also not nutritious.

Meals don't include all the food groups, (ie:) fruits and vegetable.

BODY: (Paragrah #4)

Detail #3: Poor Parenting

Mini Details: Lack of desire to exercise and set an example for children.

Lack of calorie counting in meals served.

Lack of cooking homemade meals.

CONCLUSION: (Paragraph 5)

WRAP UP ENTIRE ESSAY

SUMMARIZE THE MAIN POINTS

RESTATE THE THESIS

MEMORABLE THOUGH/IDEA/QUOTE

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### Introduction

The dramatic spread of obesity in America went beyond the limits over the past decade making it a common, costly and serious dilemma. According to CDC - Centre for Disease Control and Prevention (2010), more than one-third of U.S adults are obese. The statistics of the year 2010 reveals that obesity prevalence in each state of America is 25% or more. Not only this, obesity has penetrated deeply with children and adolescents too and approximately 17% of them are obese (CDC, 2010). It was discovered that a major portion of the medical expenditure of people in America is due to their obesity which has given rise to several chronic diseases. Energy imbalance is the fundamental reason behind obesity and overweight, which in turn is affected by behavior and environment. Thus the sedentary lifestyle and high intake of fast foods are the factors contributing towards the ever growing obesity in America. In this article we will highlight three vital aspects leading towards obesity in America. The first and the foremost aspect cover fast food restaurants which merely satisfy the taste buds of the people but are casting detrimental effects on the health of the people. Poor nutrition intake is the next significant aspect which is responsible for increasing obesity among people. A higher intake of sugar, salt, fats, cholesterol and sodium in meals are causing health problem among the people of America. For the adolescents' obesity crisis, the parents are to be blamed for developing bad eating habits within their children. Thus, poor parenting also serves as an important aspect contributing towards obesity in America. We will deeply discuss each of these aspects in this article.