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Author Statement for Childhood Obesity

Obesity is a social justice issue that has an adverse impact on the future generation and can lead to a crisis in society. As someone passionate about addressing the problems associated with obesity, I believe it is my responsibility to provide parents and children with accurate and relevant information. Parents play a crucial role in determining what their children eat and their overall health. Therefore, they should be watchful and cautious when it comes to their children's weight. I created a multimodal project focused on an infographic that highlights childhood obesity, with the intended audience being parents of children aged between 7 and 14 years old.

The purpose of speaking about childhood obesity to parents is to get them to understand that the issue will only get worse if it is purposely ignored. Childhood obesity is a growing concern for future Americans' health and well-being so parents need to see the cons of obesity as well as ways to help prevent it. I understand that parents sometimes have disadvantages when it comes to showing their kids that eating healthy and living healthy is important. I come from a low-income neighborhood where fast-food restaurants are highly accessible, parks and streets are unsafe to walk or play on, and physical proximity to grocery stores is also limited. I want people who also come from low-income neighborhoods and ethnic minority groups to understand the risk factors associated with obesity and how it can drastically change their lives.

Addressing the issue of obesity is what is complex and tricky because many factors contribute to a person being overweight or obese. The factors vary and sometimes it can be from genetics and family factors as well. So with this being said my multimodal project consisted of

different modes and mediums that all relate to childhood obesity being a major health concern in the United States. I have a risk factor section on the left-hand side of my poster that contains an image of a person eating fast food, an obese family of three watching TV while consuming junk food, and socioeconomic factors such as the physical environment. All three of these modes show how consuming foods from outside that are high in sugar and carbs and low in protein are often consumed by young kids because the access is much easier. Factors including physical environment, race, and wealth status, can, directly and indirectly, affect nutritional status. The right-hand side aligns with the left side so it also has three modes that include the health complications associated with obesity. People who struggle with obesity are likely to develop greater complications in their health such as type 2 diabetes, high blood pressure, asthma, cardiovascular disease, high cholesterol, and more. A student received an F on his homework and is being bullied by his classmates for his weight, being compared to a whale. I included these specific modes because it is important that parents can see how obesity is not just a physical appearance of being “overweight” there is much more that comes with it.

Lastly, I included a call to action for parents intentionally so they can see that obesity can be treated and prevented by taking precautionary steps. I decided to create an informational brochure to provide my readers with important details related to obesity and its contributing factors. I also included a solution for parents to help their children fight against obesity, leaving them feeling confident about how they can approach this issue.

I am very confident about my project because I believe it is useful for the intended audience, and I hope that posters like mine can help reduce the growing rates of childhood obesity in the future. I aspire to see parents benefit from this informational brochure and lead by example so that their kids can live happier and healthier lives.

