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U2 Annotated Bibliography

Introduction

What's with obesity in the United States?

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Today in the United States, a vast majority of the country has major issues concerning

their health. One of which is the most problematic of them all, obesity. If you ever went outside

into the city or just anywhere that is populated with tons of people, you will at least come across

one person who looks overweight. Going to be blunt with this and say that being overweight is a

life concerning deal and it will cause more problems in the future, sooner or later. There's a lot of

issues with dealing with the fact of trying to not become obese or just trying to accept the reality

that people's bodies aren't really healthy and with the amount of food consumption that heavily

directly hurts them. Various fast foods, bad oils, not sleeping regularly or high processed foods

can ultimately lead to weight gain with the amount of unhealthy calories and not enough

nutrition for the body to take when in consumption, thus leading to obesity.

I found interest in this discourse because I have a friend who himself said that his body

isn't exactly healthy since he's not in shape or to be blunt, fat. He's isn't obese but isn't that

healthy either because if you compare his body mass index, it's not ideal. From what I learned

about the causes of obesity and what negative effects it can do to a person causing bad

cholesterol with the amount of unhealthy foods consumed, it can trigger type 2 diabetes and

other diseases. From what I've seen on video, if a person who's heavily obese falls, they can break a bone or suffer from hyperventilation. I just don't want this happening to my friends or seeing them in a sorry state.

In the research, I'll see what obesity can do and how someone can prevent it. I'll be able to find data for my research. I'm sure I'll find data regarding my discourse hopefully about America's health ordeal and anything related to it. There's going to be articles on the internet saying "obesity isn't a problem" or some ridiculous line. It is a problem, people are annoyingly ignorant sometimes and it just pains me to see people saying some of the dumbest things online about obesity. It's not just obesity alone but also how it can affect people's choices in life while involving others.

Citation 1: Mayo Clinic. "Obesity - Symptoms and Causes." Mayo Clinic, Mayo Clinic, 15 Feb. 2020,

www.mayoclinic.org/diseases-conditions/obesity/symptoms-causes/syc-20375742.

Summary:

In this article, it talks about various things relating to obesity and to what it can do to a person's body. It roughly states that obesity isn't just a cosmetic concern but also a medical problem that increases the risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure and certain cancers. The article mentions that there are many reasons why some people have difficulty losing weight. Whether it be inheritance, whereas the genes are inherited from the parents may affect the amount of body fat stored, and where that fat is distributed. It mentions that genetics plays a role in how efficiently a body converts food into energy and how the body regulates appetite while including how a body burns calories during exercise. This isn't all the data because it's not just inheritance from parents but many other

factors such as physiological and environmental factors, combined with diet, physical activity and exercise choices.

Reflection:

This article brings up a lot of points about obesity and what factors contribute along with it. It's informational. There's lots of data to review and discuss about. Not to mention there's advice given on the article and many points discussing how obesity started. There's many ways relating to causes of obesity, not just inheritance as I mentioned before. This is serious, a lot of people, especially in the United States have these problems. It hasn't happened to anyone that I know of but it can happen at some point in someone's life. It can become very complicated if things start to escalate and will only get worse as time flies. As of now, it might be a good time to look at yourself in a mirror (I'm being blunt) and stare while thinking the words "Am I healthy?"

Quotation:

"Obesity tends to run in families. That's not just because of the genes they share. Family members also tend to share similar eating and activity habits." (Mayo Clinic. "Obesity - Symptoms and Causes." Mayo Clinic, Mayo Clinic, 15 Feb. 2020)

Citation 2: Patriot Act. "How America Is Causing Global Obesity | Patriot Act with Hasan Minhaj | Netflix." YouTube, 23 Dec. 2019, www.youtube.com/watch?v=kmo6lZcdkO0.

Summary:

In the video, Hasan Minhaj dives into other people from all over around the world's opinion of what they think of Americans. The first thought that comes to mind when someone

asks you "What do you think of Americans?" Funny enough the responses people gave are quite true. It mentions how Americans eat terribly. The amount of portions given is ridiculous and that we dress horribly. To be blunt, we're all fat is what they say. 32% of adults are overweight, another 40% of Americans are obese. When your obese, the chances of having a stroke is 64% higher, heart disease is 50% higher, type 2 diabetes is much as 20 times higher and the risk of being on TLC is 100 times higher. Without obesity TLC will just be a glorified green card program. Obesity used to be an American problem. Obesity is increasing all over the world. In Brazil, there are over one million new cases of these. China will have nearly 50 million obese children in 2025. As India's economy grows, so do the temptations for many people wanting to eat more and do less. It has become a worldwide epidemic. Since the 1970s, it has nearly tripled globally. The big factor is everyone eats like Americans. Since the planet has become more populated and the economy is growing, there needs to be a sustainable amount given. More sugar, more fat and more meat, even in places you would never expect.

Reflection:

Minhaj mentions how smugglers would order takeout such as KFC. They would smuggle them in tunnels and deliver them. Buckets of fried chicken in Gaza are smuggled under an international border and you wouldn't believe the amount there is. To think people would go this far for fried chicken. It's absurd. I couldn't believe it when I saw the video. He states that the U.S now exports its diet to every corner of the world. Mentioned in the video, Gaza has no medicine, no electricity or a clean source of water but they successfully smuggled in KFC which I find hilarious. America is making the world fat in a weird way, it's kind of amazing too. It used to be where the world would fight against starvation but now more people are overfed leading to

becoming overweight, obesity. Obesity comes with many health problems and the chances of getting on TLC (Television Channel).

Quotation:

"Because people are getting more calories, doesn't mean they're getting more nutrition." (How America Is Causing Global Obesity | Patriot Act with Hasan Minhaj | Netflix)

Citation 3: Public health. "Why Are Americans Obese? | PublicHealth.org." PublicHealth.org,

   PublicHealth.org, 2014, www.publichealth.org/public-awareness/obesity/.

Summary:

According to Publichealth, the role of nutrition is pretty vague since not everyone knows what they're putting into their stomach. Obviously obesity has become a worldwide epidemic. On one hand, people spend takeout, processed packaged food and drive thru meals are branded as the American classic. On the other hand, over 20 million dollars are spent annually on weight loss schemes from diet books, to pills, to last-resort surgeries which I find absurd because the ones doing the surgery are out for your money. Easy to influence, easy to trick or scam like they say. Most food companies would trick their consumers by swapping hydrogenated oils and sugar in for the animal fats they removed from low-fat products. They're oils that carry high levels of trans-fats which is a very bad type of fat that can risk having a bad cholesterol and lower your good cholesterol and increase your risks of developing heart disease, stroke and diabetes. There's also the lack of exercise too. It's been decades since people have been working in fields and on factory floors. A far greater number of people sit while working, meaning less exercise. It's been said only 20% of today's jobs require at least moderate physical activity, as opposed to 50% of jobs in 1960. If you were to compare people who regularly exercise and are amazingly healthy

and fit people who don't regularly exercise. The ones that don't sleep, get the necessary nutrition and are just overweight. 39% of adults in the world are overweight. One-in-five children and adolescents, globally, are overweight.

Reflection:

I appreciate the article mentions food commercials on television would get people to buy their products which results in making profit off of their schemes. Lots of people are easily influenced in one way or the other. They make a product that catches the eye or finds appeal and they would get hooked just like with coca cola. Lot of ads promote coca cola and I remember seeing on the news where they decided to write their own research and pay millions of dollars just to have it backfired. They would say diet doesn't matter as long as you exercise. That is a lie. With the proper nutrition and a good night of sleep along with good exercise; you can stay fit and healthy as long as you don't draw the line with unhealthy fast processed foods.

Quotation:

"Sometimes you only have time to pack a leftover pizza slice and a slim-fast for lunch, irony be damned." (Why Are Americans Obese? | PublicHealth.org." PublicHealth.org, PublicHealth.org, 2014)

Conclusion:

What I found in my conclusion about obesity is that it's only going to get worse later the next decade or in the late future. Social media and any other news outlet would send mixed messages on how people should eat and what they should spend their money on. Lots of food industries send mixed signals on the food they should buy and consume. People on social media would type and send the most ridiculous things saying it's rude to not be fat (do not listen to what they say, they're full of it) or get them to think it's okay to be overweight because it's not.

Obesity isn't something that can be solved within a day. It takes lots of time and effort to even try to stay healthy. With the amount of food produced everyday, the amount of processed foods, companies trying to trick their consumers into buying more of their products, it's only going to be a lot more difficult trying to figure what to eat and not eat.

What surprised me even more is that in India, there's a dating site made for overweight people. Not to mention people smuggling in fast food in a country that is so poor for not having clean water, electricity, or medicine. America has become a source of unhealthy food being transported to every corner of the world. Companies love to send wild mixed messages on the products they sell such as soda or sugary snacks, especially on ad break commercials on TV. There weren't always nutritions labels in the early 90s and people didn't know they were being put into their body. There would be candy, cereal, capri-sun and other sugary snacks shown on tv while kids and their parents would watch. People would get hooked onto these ads and would go out to buy and consume them. The biggest trap is being easily influenced by the media and companies.