Muffaddal Burhani

**Obesity in America: How Should the United States Government Change Policies in Order to Fight Obesity: An Annotated Bibliography**

Today many people in America are affected by obesity. Millions of people end up getting heart disease and/or diabetes because of their obesity. I read a few articles talking about what the government should do to fight obesity. I found this compelling because at first I thought the government should do something, but many other consequences come out of setting up programs to fight obesity. It takes money away from other programs and can lead to an increase in taxes. I was wondering how and should the government fight obesity. This is an important topic that affects everyone in America. This is because if the government gets involved it means that your tax dollars are going to be used. As a citizen of the United States you should care where your taxes dollars are being used. I know the government has a few plans already set up in order to reduce obesity in kids like Let’s Move, but some argue that more needs to be done. Some people argue that the government should heavily tax unhealthy food. However, some people argue that this would be bad for the economy and other government programs. I do not know much else about the topic, but am excited to learn more.

My research plan is to find arguments from both sides so I can pick a side and then use a rebuttal in order to make my argument stronger. I think it is important to find a variety of sources from health journals to government policies to economics. I think having well rounded sources makes your writing more credible resulting in a better argument better. I will use the online databases and the library’s system to find a wide variety of sources. Key terms that will be helpful are health, obesity, America, government policy, children, and economy.
This research will be difficult because there are so many articles written about obesity in America it will take a long time sifting through the entire list in order to find articles that are useful. It will also be challenging to understand some of these articles because I am not an expert and the vocabulary used might be difficult to understand. I will overcome these challenges by asking others for help that know more about research than me (librarian and Professor Mary), and will read carefully and look up information on a basic search engine to make the references easier to understand.

Working Thesis:
The United States government should not do anymore then they are currently doing in the fight against obesity because the obesity rates in children are decreasing

Annotated Bibliography
Source 1

*Childhood obesity: beginning the dialogue on reversing the epidemic: hearing before the Committee on Health, Education, Labor, and Pensions, United States Senate, One Hundred Eleventh Congress, second session, on examining childhood obesity, focusing on reversing the epidemic, March 4, 2010.*


This publication is a hearing of the Committee on Health, Education, Labor, and Pensions in the United States Congress. The hearings main focus is on plans for the government to start programs to help fight childhood obesity. The article supports the fight against childhood obesity and gives background on the problem and suggest problems to fix this. They support this by having doctors show the negative effects on obesity and give suggestions on how to fight this disease. This hearing also talks about the plan Let’s Move which was launched later that year.

This hearing is reliable because it is a hearing of the United States Senate which is a source that definitely brings in credible doctors and advisors. This source is direct copy from the
United States Senate hearings archives. This hearing was taken place in 2010 and published in 2012 so this can be deemed relevant. This is also a book published by the United States government and was found in the University of Illinois main library adding more credibility to the source. This source can be used in my paper as background and show what the government has already done in the fight against obesity.

Source 2
Eng, Monica. "Chef working wonders in the school kitchen: Paul Boundas and his staff are creating healthy meals from scratch for less than $3 per lunch -- and kids even like the food." Chicago Tribune [Chicago] 18 Mar. 2011: n. pag. Chicago Tribune Historical Archive. Web. 10 Oct. 2015.

This article shows a public high school cafeteria chef who makes healthy meals for Holy Trinity High School using only $3 per lunch. The main point of this article is to show readers that healthy meals do not need to be expensive and that public schools can make healthy lunches. The article supports this claim by talking with Chef Paul Boundas and he explains that healthy meals do not cost that much more than unhealthy ones. He says the healthy options just take a little more time to prepare.

This article is a reliable source because it was written by the Chicago Tribune, a world renown newspaper. This is not a scholarly journal and is not peer reviewed. This article also met up and interviewed the people who were doing the work first hand so there is no middle man in this article. Also detailed description of the process of making the food is given to show extensive research was done. This article is written recently and therefore relevant. This article can help me in my research paper by showing that the government does not need to do anymore than they are already doing because what they are doing right now is working.
Source 3

This article shows a government program that is already running that is working really well to prevent more kids from becoming obese. This author’s purpose is to show a program that is really working to reduce the obesity rate in kids throughout America. The author supports this claim using numbers to show the effect of the program over the past few years decreasing the rate of obesity in certain schools.

This is a scholarly journal article that is peer reviewed. This is also found in the EBSCO database adding credibility. This article is written by a doctor who is conducting the research first hand with his team making it a primary source. This article gives detailed description on how the program works. This article was written in 2013 making it relevant. This source could be used in my own research paper as an example of a program that the government is currently doing to prevent an increase in obesity.

Source 4

The Article explains the effects of taxes on the economy of the United States. The paper says how the increase of taxes negatively affects the economy as a whole. The authors states that in times where the income tax increase spending by consumers decreases as a whole resulting in less yield for the company's. The author does this by showing a graph as the percent of income tax increase spending as a whole decreases.
This journal shows that as taxes increase the economy as a whole suffers. This goes on to explain how an increase in taxes can really hurt the economy. This is a scholarly journal that is peer reviewed. This is a primary research article done by a professor of economics. The author also uses numbers to back up his argument, and numbers do not lie. Also this article was published in 2013 which is recent making it relevant. This source can be used in my research paper showing the effects of taxing on the economy, but might be a stretch on why the government not do anymore than it is already doing to fight obesity because it would raise taxes, and have negative effects on the economy.

Source 5
"Obesity in America: What’s driving the epidemic?" Harvard Men's Health Watch

The main point of this article says that obesity among adults is increasing in the United States. The author shows this to be true by using statistics showing the increase in average weight among male adults from 1960s to 2012. This is due to the fact that males have jobs that require less manual labor. The article uses even more statistics to show that males in the workforce tend to lose less calories at work compared to 50 years ago.

This paper gives the other side of the story of obesity which is obesity in adults. This article explains how adult obesity is increasing meaning the government should do something about this epidemic. This is a scholarly journal that is peer reviewed. This is primary research completed by the Harvard Medical School. The research seems to be reliable considering Harvard Medical School is one of the best medical schools in the country and has many patients to test giving their study many data points. This article was published in 2012 which makes it still pretty relevant. This article can be used as a rebuttal in my research paper.
This journal article shows that people in obese BMI range do not have that much higher mortality rate than people in the normal BMI range. The author of this article supports his claim by collecting data that shows the mortality rate of obese compared to normal people is not that different. The author shows that the mortality rate of people in the obese BMI range compared to the normal BMI range is 0.69% higher which is basically nothing.

This article helps show that obesity actually does not cause that many more deaths. This paper is from an academic science journal that is peer reviewed. This article was also published only one year ago so the article has current data making it relevant. This article can support the topic that no more needs to be done by the government because obesity as a disease is not even deadly.

This article is arguing for the attorney general to make policies fighting obesity even more. This article is arguing for more government intervention in the fight against obesity. This author focuses on the data that says obesity in adults has not decreases, and how the child obesity rate has only decreased in the short run, but will eventually go up again if the government does not get further involved.

This article gives a chance for a good counter argument. In any research paper one should look at both sides of the argument. This article is also peer reviewed and a scholarly article. This helps us see the other side's argument and helps us adjust our argument. Also this article was
written pretty recently and is still relevant to this topic. This article can be used in my paper as a rebuttal.

Source 8

This article talks about how public schools should do more than they are doing to prevent more kids from becoming obese. The author’s stance is clear that the government needs to set up more programs in schools to prevent the obesity rate to increase again. The author supports his claim by showing examples of a program added to six districts and how the obesity rate has decreased in the students. The author says as more programs are added the obesity rate will keep going down.

This is primary research conducted by a scientist and his group. This is a scholarly journal article that is peer reviewed. This article gives detailed description on how these schools have adopted the new program and how it has benefitted the students. This article was published in 2013 making it still relevant. This article can be used in my research paper as a rebuttal. I can argue that even though this helps decrease the obesity rate the rate of at which the obesity rate is dropping is also decreasing so more money or work will need to be spent in order to decrease the obesity rate even more.

Source 9

In this journal article the author says obesity in children is decreasing in the United States. The author shows this by giving a map of the United States and showing the decreasing rates of obesity in kids in the United States by individual states. Then the author shows the decreasing numbers in obesity of children throughout the entire United States.
This article helps support my thesis giving reasons why we are already winning the fight against obesity and do not need to do anything else. This journal article is a peer reviewed academic article found in a database. This paper is reliable because it is found in a well known database and is peer reviewed. This article was also published recently making the data and the statements in the article reliable.