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The Failure of Health and Income: An Upcoming Problem

An Annotated Bibliography

Thesis: Although obesity is becoming one of the most salient issues in todays society, it is seen to be even more miserable with low income families because of their inability to provide healthy, nutrient filled foods to their families.

Pablos, Theresa. "Preventive Medicine For LA's Low Income Communities." Web log post. *Publicceo*. N.p., 20 Feb. 2014. Web. 27 Mar. 2016.

As soon as one starts reading this article, they’ll want to keep going. It was eye opening; it started off dramatic saying that even when our country is facing a staggering crisis regarding health, the low income families have the least access to help. This blog post gave statistics by using graphs. Graphs are helpful because they are visual and the audience can look at them and understand the purpose of the article rather than reading it thoroughly. The 2011 Survey related exactly to my research. According to the Los Angeles County Department, the direct trend between body mass index and income is apparent in todays society. I think this source was different and effective from the others because not only did it tell the audience what the problem was, it gave solutions and situations California has done to make the problem better. In order to inform the reader, they explained that they have discounts on Zumba classes and affordable exercise classes. Lastly, Theresa Pablo’s ended her blog post with a quote. The quote gave the blog post a conclusion by explaining that if children practice their ways of effective eating and spending money of healthier food, hopefully the number of obese people will decrease. The authors overall thesis is that there is a direct correlation between obesity and poverty because the low income families have the least access to help.

I will be using this blog post as a primary source. It is scholarly and credible. In other times, I haven’t found many blog posts credible, but this blog is one of my leading sources. Not only does it list statistics and give support with it, but also the audience is visualizing it through the graphs. This source is directed towards people living in the California area/state. One criteria of a source that tells if it is credible is whether or not the authors credentials are included. For this source, the authors name is given and no other information. This could be alarming to the reader, although since it was broadcasted on the TV it is usually 100% reliable. Also, this blog post is relevant. Because this post was made in 2014, the reader will be able to trust the information that is given. This source is strengthening my research topic because when people read statistics they are more likely to trust the information. Although this information is already trustworthy, the statistics and graphs add to it. Overall, this source is crucial to add into my research paper because it only heightens my overall approach to show the reader the correlation between the two.

Suarez, Ray, and Lisa Pino. "Correlation between Poverty and Obesity." *YouTube*. YouTube, 18 Mar. 2011. Web. 27 Mar. 2016.

There is common judgment that poor people are usually overweight, but why is that? This video, *Correlation between Poverty and Obesity* explains that the sole reason that families in poverty are usually obese is because of affordability. When buying food for them, it often comes down to getting whatever is cheapest, disregarding health concerns. When disregarding health concerns, it can turn into something that is worse for you, such as a health disease. Usually, these families don’t think about alternative options or even cooking a nutritious meal because at the end of their workday, they’re exhausted. Although obesity isn’t just a low income epidemic, but also an American epidemic, it is still a large factor of why so many people are becoming obese. This video also touches briefly on the assistance for the families from the US government. For example, many low income families use food stamps (now, SNAPS) so these families have some assistance. The United States today, has 15 programs that help these families, which are aimed to help them and allow them to have a better food choice. For this video, the thesis is that the main reason low income families are suffering from obesity is affordability. This was brought up right from the beginning of the video and I think I enjoyed the video so much because it never lost touch of the thesis and kept having it resurface.

I will be using this source as a primary source for my research. This source is credible and it also has been played on the news so the information that is given needs to be credible for the audience. The audience is directed towards the population of those who often make the correlation between poverty and obesity, and allows them to see why that actually is. This article helps explain my topic because it shows why the general population has the judgment that poor people are obese. It not only explains that, but also touches on other factors. It is important to show other factors so that they audience is able to realize why people make this generalization. The only downfall to this source is that it is a bit outdated (2011), although statistically the information is still current enough to use. This source will strengthen my research topic by giving me more examples and statistics to use so my reader if able to really understand why obesity is a leading problem for low income families.