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Professor Hays

Rhetoric 105

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The Upcoming and Debated Topic: Poverty and Obesity

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.

Crouse, Janice Shaw. *Childhood Obesity*. *Children at Risk*. New Brunswick: Transaction, 2010. 149-64. Print.

*Children at Risk* was an eye opening source. Right from the beginning, it used facts and information that kept the reader engaged. It began with “its in the news… everybody’s is talking about it,” obesity that is, to show just how major this issue is becoming. What could be the underlying factor? Look no further, *Children at Risk* explains the rising statistics for this new called disease and the main factor. Shaw explains that obesity causes at least 300,000 deaths a year. She also explains the effect that low income families have on this mankind killing disease. When you are a low income family, you are not able to make enough money to spend on food that is healthier so junk food becomes readily available to you. This is where the problem begins. It just takes one bad habit to begin a lifetime of bad habits and negative effects on your body, the leading one being obesity. This study found out if you began your life consuming harmful food, you have 5 times more of a change to become obese and overweight in your adulthood. Since less money means more junk food in the household, the correlation between childhood obesity and poverty is apparent through their childhood and continuing into their adulthood.

I will be using this a primary source in my research. This book is a primary source because it contains important information and is scholarly. *Children at Risk* is scholarly because throughout the book it conducts different studies with different organizations. It contains a lot of statistics that back up their support with more support. For this source, the intended audience would be anybody interested in learning about the correlation between child obesity and poverty. All information is cited by authors and/or organizations at the end of each chapter. Lastly, this book is current. It was published in 2010, meaning that the information and updated enough to use as research. Although this book doesn’t have visual charts as some of my primary sources do, it has a good amount of statistics which makes it primary. I will be using this in my argument because the chapter I read explains why poverty is exactly correlated to my research topic.

Dawson-McClure, Spring, et al. "Early Childhood Obesity Prevention In Low-Income, Urban Communities." *Journal Of Prevention & Intervention In The Community* 42.2 (2014): 152-166. *Academic Search Complete*. Web. 4 Mar. 2016.

Right from the beginning of this source, I was able to tell this again would be a primary source. The opening sentence states that, “obesity rates are higher among racial/ethnic minorities and those from low-income communities (Dawson-McClure). That fits perfectly into my research topic. This article was set apart from the others because it stated that since low income families are more likely to become obese, that they are ways to prevent it. It contains prevention tips as well as well guided information for my topic. This study explains that because low income families sometimes are forced to eat unhealthy, they should increase the amount off exercise they do in order to stay healthy and in shape. Dawson conducted a study with *ParentCorps* about the effects of living with low income and how it affects your health. They discovered that because it does have an impact, they need to create another option to help your health. *ParentCorps* discovered that if parents work harder to develop more effective parenting skills, they can help intervene on obesity that may prevent low-income children being obese. The authors thesis is that since the two (obesity and poverty) have a direct correlation, we need to find a way to start preventing it because it is becoming a major issue and if you start to prevent it earlier, it will be an ongoing habit. Dawson-McClure supports their thesis by conjoining with *ParentCorps* to investigate and give options how to change parent’s styles to help their children.

Since most sources from the database are scholarly, this one is also scholarly. It contains data from organizations, which allows the reader to trust the information they are giving. This source is strengthening my research topic and argument because it not only gives support, but also gives prevention ideas. One aspect of this article is the details that are included. It goes in depth about each topic that arises and I think that’s important because it gives the reader many points to look at when researching and understanding the topic. This source is significantly credible, containing a full list of references at the end. Another way to determine that is credible is by the authors being included and publisher/publishing date. If you were unsure if the information is credible, the reader is able to see exactly who obtained the information and where they obtained it from. I will be using this source in my argument because not only will I have the differences in countries, graphs and charts, and support, I will now have prevention of obesity for these situations. This source is strengthening my research topic and argument because it not only gives support, but also gives prevention ideas.

Demment, Margaret M., Jere D. Haas, and Christine M. Olson. "Changes In Family Income Status And The Development Of Overweight And Obesity From 2 To 15 Years: A Longitudinal Study." *BMC Public Health* 14.1 (2014): 1-20. *Academic Search Complete*. Web. 3 Mar. 2016.

This source, which is an article examines and creates a study on the correlation between family income status and the development of becoming obese. Having a study that is comprehensive and a simple read will be more beneficial to the reader because they can read it with enjoyment instead of a job, which is exactly what this study does. This article contains many in depth data for my research topic. The correlation between poverty and low income families is in fact very apparent in todays societies. The study explains that because they start out consuming unhealthy food when their young, due to inadequate amounts of money, the habit never goes away and it continues into future generations. In the United States, the analysis regarding income equality and health have sky rocketed. Longitudinal studies show information over a long period over time; this in particular showing that a change in one trajectory can make another trajectory change as well. The study is accurate because they examine and explain the various topics they measured. The took in account for family income, child BMI versus adult BMI, and also gender. In order to show the reader what information they discovered, they used charts containing numbers and percentages for each category and how it correlated to family income. The result of the study took what I believed was true. The findings from the study support the growing evidence that there is a correlation between family income and BMI and/or obesity. The thesis of this article is that the consequences of receiving little to no income has a negative affect of your family and the health and wellbeing of yourself because with little money, means little amount to spend on healthy food.

This article is crucial to include in my research as a primary source; it gives scholarly information that allows the reader to take a stance on the topic. One is able to tell if a source is scholarly if it contains authors, publishers, and audience, which this source accommodates all of those. This piece of writing is timely and accurate to what I desire to learn. One important piece to know if it could be credible are authors. For this article, names and credentials of the authors are stated (Demment, Haas, Olson: Cornell University), which also have degrees in the Division of Nutritional Sciences, relating again to the topic I am researching. One section of this article that really stood out to me and the information given was the graphs and charts. Visuals allow me, and most other people to really communicate with the author because it’s laid out simple enough for us to understand. The fact that is article is really a study is worthwhile, mostly because the study took place over 10 years. Longitudinal studies, although they are a length process, they are rewarding and favorable because the one conducting the study gets profitable, accurate information. I will be adding this to my research because the facts given are exact to my topic.

Gao, Yongqing, James Gordon, and Sun Wenjie. "Is Poverty Associated With Obesity Among American Children?." *Proceedings Of The National Academy Of Sciences Of The United States Of America* 111.22 (2014): E2237. *Academic Search Complete*. Web. 8 Mar. 2016.

After reading and examining the opening sentence of this article, I concluded this source fit my research. It began with explaining that there has been a decrease in obesity within high socio-economic status and an increase in obesity with low socio-economic status. This article goes more in depth than just poverty. It explains other causes such as race and physical activity, which I am not researching, but still works for my research. For this source, Gao conducted a study with the National Health and Nutrition Examination in order to draw and conclude the causes of obesity in the United States. The thesis of this source is that obesity is a leading and upcoming disease in our society today and although there are many causes, poverty seems to be one of the more dangerous causes because they are unable to feed their children adequate amounts of nutritional food. Gao supports my thesis because even though he goes in depth about other leading causes, he still determines that poverty is one of the leading causes of obesity.

I would declare this source by Gao credible, but not scholarly. This source is credible because it gives where he received his information and the author credentials. Although, to me, this source is not scholarly because there is not date given, so I am not sure how current this information is. When I research, it is ideal to me to have data that is updated so that my reader will actually be able to learn something new about the topic. This article is shorter than others, so it is not as detailed as I would like it to be. I think it’s important to have multiple details for each point the author gives because it adds to the credibility. Overall, I will not be using this source in my research because it didn’t give me enough details to support it.

Lee, Hedwig, et al. "Longitudinal Associations Between Poverty And Obesity From Birth Through Adolescence." *American Journal Of Public Health* 104.5 (2014): e70-e76. *Academic Search Complete*. Web. 3 Mar. 2016.

This source explains why and by how much being a low income family can affect your health. When you are a child that is living in a situation of low income, you are 1.6 times more likely to become obese. You might ask, why? Why does it matter how much money you have, doesn’t eating less make you skinnier? The answer is in fact no. Low income families have a harder time buying food because healthier food is more expensive, and buying off the dollar menu is just that much easier. This source explains that to really see the effects between the two, a longitudinal study is needed. When scientists conduct longitudinal studies on this topic, they receive stronger results because it shows the effects that your childhood can partake on the rest of your life. The main objective of this study was to examine the critical periods in the relationship between poverty and obesity (Lee). The main point that was concluded from this study is that the amount of money you earn does in fact have an effect on your health and the rest of your life because as you start habits early in life they are hard to break.

Longitudinal studies that support my thesis will always be suitable to use for my research. This source in particular will be very helpful because there are charts given that visually show the data they collected and it is current. Having a source that is credible and scholarly is important, both of which this source fulfills. The authors, Lee and Hedwig have successfully conducted a study that is credible because not only do they have PhD, they collected information over a course of 15 years and conducted not only one, but several experiments. The reader is able to tell the information is scholarly because the sources are given and they collaborated with multiple organizations, such as The National Institute of Child Health and Human Development to conduct this study. This source is detailed and gives a lot of information that you would be able to write a whole research paper on it, meaning just using it for one section of your paper is crucial to have accurate sources. I will be using this as a primary source because it is written by people who have dedicated their jobs to collect accurate data. For my research topic, this source is very ideal.

Phipps, S. A., et al. "Poverty And The Extent Of Child Obesity In Canada, Norway And The United States." *Obesity Reviews* 7.1 (2006): 5-12. *Academic Search Complete*. Web. 3 Mar. 2016.

This source compares the differences between child obesity for high and low income families, which is rewarding for the reader because they are able to see how much of a difference being a low income family has on your health. This is a helpful source because it starts out with a wide range of information, which then gets narrowed down to exactly what I am researching. It begins by comparing US to Canada, then comparing those results to family incomes. To conduct the research, Phipps used a cross sectional study, or a study of data from a specific point in time. The research shows that child obesity is a more prevalent issue in the United States (20.7%). The results were identical to child obesity. Families in the United States are more likely to have children that are a victim of obesity. One thing that stood out about this source was that they established that chronic and long term poverty has larger negative associations with obesity (Phipps). This was interesting and crucial to include in my research because this was the first source to examine that situation. The graphs and charts help establish their main point. The thesis of this source is that in the United States, the rate of obesity for poor families is much higher than families with higher incomes because of the sources they have available to them.

Phipps study and research is credible and scholarly. What sets Phipps research apart from the others is that it showed the difference and effects of long term poverty versus short term poverty. I will include this source in my research topic because it fulfills my thesis, which supports and adds to my argument. Just like longitudinal studies, cross sectional studies are just as valuable. Phipps conducted research with different organizations in order to strengthen his thesis. This source is reliable because it contains a list of 46 references that was used when conducting and writing this article. Although, it is a little outdated (2005), it is still reasonable to use because information is usually constant within a ten-year period. It is also scholarly because the publisher is in the Department of Economics for Dalhousie University. This primary source will fit into my argument because I want to explain the differences from the United States to other countries and how much different we are and the rates of obesity for us are much higher than others. I will use the graphs to and charts to show the specific differences between the three countries, United States, Canada, and Norway. I think if I compare us to other countries, the audience will take more from it because they will be able to realize that we need to make a change to better ourselves.

"Relationship Between Poverty and Obesity « Food Research & Action Center." *Food Research Action Center Relationship Between Poverty and Obesity Comments*. Food Research & Action Center, n.d. Web. 20 Feb. 2016.

This source argues between the relationship of poverty and obesity, which seems to be apparent in todays society. The beginning of the source sets the tone by allowing the reader to know this article is specifically based on low income families, although still giving information about both sides. Although obesity is affected by all of society, it affects the low income families very harshly. The relationship between the two is stated as complicated by this article because the relationship can vary by gender, race-ethnicity, or age. Between 1986 and 2002, every year the BMI for low incomes families has risen (Relationship). This statistic was compared to highest income and education groups; which low income beat out the other. This website differentiated the the relationship between the past and the future: poverty and obesity. It touched all the main elements, one being that obesity rates increase over both high and low income, but more rapidly with high income. But on the other hand, in California poverty and obesity rates were directly proportional to each other. For this source, the thesis was that obesity is becoming a major issue in todays society, but as of right now there’s not one major cause or one social status group that is affected heavier by this.

Although this source gives a lot of useful information, it is not centered around my research topic because it doesn’t take a side. It begins as an article, then continues as a list of facts with statistics from both ends of the spectrum. I believe this is a reliable source, but not scholarly. It is reliable because it contains many useful facts that will guide someone’s opinions one way through the use of statistics. This source is in fact not scholarly. The information is recent, but not recent enough where you can create a research topic on it and use it for the next ten years. Scholarly articles are written by experts; the Food Research and Action Center is not an expert source. There are no authors given, which give no credit to whom this was written by or information gathered from. Also, there is no date of publication, so its hard to conclude how recent it really is. Overall, I will not be using this source in my research because I want sources that have scholarly material and that can allow the reader to really understand the side the research is taking.

Yue, Chen, et al. "Income Adequacy And Education Associated With The Prevalence Of Obesity In Rural Saskatchewan, Canada." *BMC Public Health* 15.1 (2015): 1-7. *Academic Search Complete*. Web. 8 Mar. 2016.

Right from the beginning, I knew this source would not support my thesis. In the background section of the study, it states “socioeconomic status has been found to be inversely associated with the risk of obesity in developed countries” (Yue). Although it is not supporting my thesis, it is good to have another side of your argument so your research doesn’t seem biased. This source began with Canada’s obesity rates, the effects, and the leading causes. After it touched on Canada, it then switched to United States. If this were not to end up discussing United States, this source would not be related to my topic because I am researching specifically the United States. The main points of this study were to show the leading causes of obesity. Unlike my other sources, Yue conducted a study that showed gender, living location, and age had more of an impact on obesity than poverty. In order to support their study, they used charts containing sections and calculated numbers to which was the leading cause of obesity. The authors thesis of this source was the opposite of my previous sources. Yue concluded that although obesity is damaging to our society, the leading cause is not poverty because even when you have low income they are ways to eat healthy and effectively. Although this thesis won’t perfectly fit into my research, I will use it to show the other side of my research. This way the reader will be confident in what they’re analyzing and reading because I not only showed mostly one side, I showed the other side to the argument.

Yue’s study was credible, but not relevant to my study. It was credible because it included the author, the date, and the publisher. When readers who are trying to take a stance on an issue read studies like this, it is crucial to them to know where the information came from. If there are no references or publishers, they are more likely to believe that the information is not credible. At the end of this source, there is a full list of references and author details. The audience of this source would be adults, typically interested in obesity and the leading cause. Most adults are becoming interested in this topic since it is an upcoming major issue in our society. I will argue why I believe this is not the leading cause because it doesn’t support my thesis.