**Persuasive Outline**

**Attention Getter:**

* According to a survey done by the National Institute of Diabetes and Digestive and Kidney Diseases in late 2010, roughly 69 % of adults over the age of 20 are considered to be overweight in the United States (Overweight and Obesity Statistics, 2016)
* In the same survey, roughly 33% of adolescents aged 6-19 are considered overweight.
* These numbers have increased by about 15% since they were last recorded in the early 2000’s, and if the current trend is followed will continue to rise in the coming years.

**Introduction:**

* **Credibility Statement:** So, how do we as a society combat this rise in obesity? I believe, through research, personal experience, and analysis of this problem, that there are multiple solutions to fight this trend.
* **Tie to Audience:** Even if you do not fall into the category of obesity, these solutions are universal for good health throughout your life
* **Statement of Central Idea:** In order to lower the rising obesity rate in America, I would argue that the teaching of home economics in grade school be reinstituted.
* **Preview of Main Points:** However, before we can understand why this will be beneficial to the previously stated problem, we must first know how the problem started, then learn how this solution can be implemented, and finally analyze the benefits of this solution being put into place.

**Body:**

* **MP1: How the problem of obesity started and why it’s on the climb.**
  + Obesity in America began to rise prominently in the early 1960’s, where the percentage of people who obtained their meals from cooking at home was about 70% according to a survey done by National Nutrition Journal in 2013 (Smith, 2013).
    - Compare this to in 2008, where only about 55% of meals were home cooked.
  + The rise in obesity can be attributed to various reasons, including the rise of fast food chains, the increased availability of cheap unhealthy options, and the lack of a general knowledge of how to prepare healthy meals by a large portion of the younger population.
    - Additionally, the number of secondary schooled children in the U.S. that take home economics is roughly 5 million, which is about 7% of the children population in the United States (AAFCS).
* **MP2: How the solution of reinstituting home economics would work**
  + In order to reinstitute home economics into the education system, and furthermore make it a requirement for students to take, I feel that it would have to come as a federal law, or state-wide policy change in education.
    - This can be done through petition to the federal government, state government, and even through your local district’s education board.
    - Many times, petitions require a large number of people to sign and support the movement, and thus in addition to signing/forming petitions for policy change, it is important to encourage others to follow the same course of action.
* **MP3: The benefits of this solution**
  + After instituting home economics into grade school, one of the major benefits would be the younger population having increased knowledge of how to prepare meals (LaRose 2016).
    - Most Home Ec. Courses teach students how to operate basic kitchen appliances such as the oven and stove, as well as various tools such as knives, measuring instruments, and mixing utensils.
    - This would increase confidence in millennials in the kitchen, something that is lacking currently.
  + In addition to learning how to prepare meals at home, many home economic courses teach students what to look for when shopping for food, such as avoiding foods with a high level of preservatives and saturated fats.
    - This would encourage the younger population to go to
  + All of these would eventually lead to a decline in the obesity level in the U.S. through healthy eating habits.
    - This can have numerous positive effects on society, such as making the working force more productive.
    - As seen in a study done by the Journal of Business and Psychology, millennial men and women would earn billions of dollars less if they are obese (Barkin 2010).

**Conclusion:**

Summarily, by instituting home economics into the vast majority of education systems across the nation, the national obesity level, particular that of the younger population, would fall over time. This would occur because after receiving home economics education, students would be prepared and confident in preparing homemade, healthy meals, thus reducing the amount of times you would go out to eat or choose a less healthy option.

**Closing:**

I would urge you all to take action now to try and implement this educational change in America to prevent further rise in the obesity level of the ever growing population. I’d like to end with a quote by Walt Disney:

“The way to get started is to quit talking and begin doing”

**References**

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