Sudarshan Srirangapatanam

**Week 9 Reflection**

**1** On the topic of compulsory vaccination, I stood as somewhat agree and stayed there. During the course of the debate, however, I did consider disagreeing since as topics of herd immunity and autonomy came into play. The herd immunity topic was new and interesting, however, the team for compulsory vaccination countered saying, what if more people wanted to opt out of vaccination than what is required for herd immunity. If this is the case, as the team arguing far noticed, it is really hard for one to decide who receives the privilege of deciding.

**2** I believe I did not change my opinion on it before and after, I agree that there should be fat tax implemented. I completely agree that increasing tax reduces consumption, as showed by the “for” team. It has been shown in the past that this, in fact, is the case, and is being used again in this election here in the state of California. There one particular argument presented by the team arguing against that I completely disagree with. They said that it is not right to punish someone for eating fat once, including a birthday example where one would be hesitant to buy cake due to the tax. This, however, is not the right argument, a person on his birthday wouldn’t be hesitant to pay an extra $3 on a cake.

I do, however, agree with the problem of poor being unable to afford both healthy and unhealthy foods in this case. One solution would be to use the tax money to fund healthy foods in low-income areas.

**3.A** Lindy’s story is great to build esteem in people that are obese, Elna’s story tell us the actual experience of becoming “normal” and the before and after of being “normal”, and finally Roxane’s story tells us the societal views about fat people. Each story raises current issues surrounding obesity, but Elna’s gives us a solution. Elna’s story resonates more since it addresses both issues and what to do about them. And answers, does it really work? It also shows that it is recognizing and taking action that solves this issue.

**3.B** I do believe that obesity is something that can be controlled individually. Others say that it’s the society that causing this and it needs to change, but the truth I believe in is that society changing would definitely help people not be obese, but at the end of the day it’s individuals that control it.

We do have examples of people losing tremendous amounts of weight and the key here is believing in oneself. And also recognizing that one is obese and it is not safe.

**3.C** In any social setting I wouldn’t treat anyone differently just due to their appearance. The things that upset me when I look at someone obese, is not the fact that the person “looks” fat. It is the fact that being fat affects the person’s internal health.

Acquiring facts, we see that someone that is obese is at a higher risk of various health issues. One of the major issues is that people that are obese, recognize it but do not take actions to counteract it since they do not necessarily understand the consequences. So the first step to tackling this issue is to educate them.

Adding on to this, we see societal norms come into play. To tackle this issue we should urge the public to see people that are obese as normal. This way people who would want to take action don’t feel out of place and are welcome to do so.