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IRP Proposal

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**Working Title:** Teenage Obesity

**Topic:** My paper is intended to discuss teenage obesity in the United States, how harmful it is and how society can best reduce the rate of it. **Importance of Topic**: The rate of teenage obesity is hard to be reduced, because many measures that intended to reduce it can cause severely negative effects on adolescents as well. For example, using medicine, like orlistat will cause gastrointestinal problems on teenagers and utilizing bariatric surgery will cause teenagers to have extra skin, which negatively impacts them in mental. In additional, without effective treatment, the negative effects of obesity on individuals and society is numerous. For teenagers, obesity can bring many complications, like diabetes and hypertension, which deeply threat their health or even life. Moreover, obesity make teenagers cannot have good appearance that can cause some mental problems to them as well. For society, hundreds of millions of dollars spent on obesity treatment. Therefore, it is necessary to find out the most effective and safe means of treating teenage obesity in the United States. **Research Question**: I want to be as specific as I can with my research question. My research question will be: How society can best reduce the rate of teenage obesity in the United States?

**Discussion of Sources:** Currently, the rate of teenage obesity is increasing in U.S. Moreover, there are many measures that aim to treat teenage obesity. However, many of them have some drawbacks that make them unpractical. Caroline and Apovian (2016) state that the rate of obesity in the United States is rising every year and in adults and adolescents, its prevalence has increased from 4% in 2004 to 6% in 2012 (p.177). In general, medicine, like orlistat, is widely used for obesity treatment. This medicine can somehow help obese teenagers to loss weight. However, Caroline and Apovian claim that only orlistat and metformin are approved for use in adolescents and children, while drugs such as phentermine-topiramate and naltrexone-bupropion that have been approved in recent years for the treatment of obesity are only approved for use in adults (p.178). Other drugs that may be able to treat adolescent obesity, such as Exenatide, are not approved by the Food and Drug Administration (FDA) (Caroline and Apovian, p.178). Besides using medicine as treatment, bariatric surgery is also one of the ways to treat obesity. Abu-Abeid et al. (2003) claim that in the short term, bariatric surgery for adolescents is safe and effective, and in a study about efficiency of bariatric surgery, obese teenagers maintained weight loss two to three years after surgery (p.1381). Nonetheless, there are limits of conducting this surgery and negative outcomes for taking it. Inge et al. (2004) state that an adolescent is not a good candidate for surgery if there are conditions, such as the adolescent has had a substance abuse problem in the past year, or if the patient and his or her parents do not understand the procedure and its outcome. Consequently, the measure that improving the lifestyle, such as heaving healthy diet and exercising, of children and teenagers is potential the best solution, since it does not have side-effects and limits. There are some newly healthy diets have been made. Zwiauer (2000) states that although severely obese children and adolescents have failed with traditional weight loss methods, the use of very low calorie diets (VLCD) or protein saving fast diets (PSMF) has been effective in their weight loss (p.62). Moreover, Jackson et al. (2019) claim that aerobic exercise is effective in reducing body fat in adolescents, which can also eliminate the effects of complications (p.73). Therefore, by improving the living habits of teenagers as well as that of children, the rate of teenage obesity can be reduced safely and effectively in current or in future.

**Need for Additional Sources:** At this point, I think that I have a sufficient number of sources to develop my thesis.

**Possible Thesis:**  Some people believe that using medicine is the most effective solution to address teenage obesity, while some others insist that conducting bariatric surgery can be more effective; however, improving children and teenagers’ living habit is potentially the best solution.

**Organization:**  My paper will be problem-solution. The organization would be a thesis paragraph, followed by a background section of the obesity and its negative influence, followed by the three solutions mentioned in the thesis with comparison about how good or bad they are. I will end it with a conclusion which will summarize all the main points stated previously in my research. **Definitions and Background:** My background paragraph will give the negative influence caused by teenage obesity. It will describe various negative outcomes can be caused on teenagers themselves. In addition, I will explain that this disease can also cause economic loss to the society to emphasize the importance of addressing the rate of teenage obesity.