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***Project Proposal***

For a long period of time in history, fat was considered as a sign of health and affluence. Plumpness symbolized social status; it showed that one did not have to be engaged in hardlabour. In fact, it meant that he or she could afford plentiful quantities of food. For most people, however, having big bellies was something they could almost never achieve. They had to constantly hunt and harvest in order to make ends meet. This ensured that the most of the working class stayed slim. In short, rich people were fat and poor people were thin.

The opposite seems to be true in today's society. Ample research suggests that individuals from low-income families are far more likely to be overweight than those from higher income. This is quite perplexing, and intriguing at the same time, since it makes no sense logically; based on our historical experience, shouldn't the rich be fatter than the poor?

As soon as we found this "reversed trend", we decided to analyze it throughly. We thought that there could be other factors aside from levels of income; it turned out that gender and geographical regions also played a crucial role in determining the BMI (Body Mass Index), a measure of body fat based upon height and weight. We have discovered that income, regions, gender are important contributors, but problems still remain. The question of "Why poor people tend to consume fat-rich food" should be answered with appropriate data. It could be simply due to the lack of full-service grocery stores and farmers' markets where residents have access to a variety of fruits, vegetables, whole grains, and low-fat dairy products. Or, perhaps healthy organic food is more expensive compared to added sugars, refined grains and fats. Also, low-income communities may have greater availability of fast food restaurants, which usually offer unhealthy fat-rich food at cheaper prices.

Numerical data related to the aforementioned hypothetical assumptions will have to be throughly researched in order to find and assure any relationship between BMI and income level, neighborhoods, gender.