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Ms. Tanck

Rhet 105

March 17, 2019

Annotated Bibliography:

“Adult Obesity Causes & Consequences | Overweight & Obesity | CDC.” *Centers for Disease Control and Prevention*, Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion, 29 Aug. 2017, [www.cdc.gov/obesity/adult/causes.html](http://www.cdc.gov/obesity/adult/causes.html).

The article ‘Adult Obesity Causes & Consequences’ was written by the Center for Disease Control and Prevention to address the factors that cause obesity, in hopes of protecting people by giving them knowledge. This is a secondary source as it is describing the multitude of ways that obesity is caused in the United States according to descriptive statistics. This article argues that there are many factors that play into obesity and it describes why they all affect obesity so drastically. The causes described include, a pattern of unhealthy behavior, an environment of laziness, family and genetics, and diseases. It is a credible source because it was founded by the Centers for Disease Control and Prevention which is reputable and unbiased. It also contains a bibliography with many scholarly sources that rely on statistics to back up their arguments. This source will contribute to my research paper by giving me a basis to back up my argument and a lot of background knowledge of general causes of obesity. Furthermore, this source speaks to the other sources by providing a foundation that the rest of the evidence will lay on top of.

Hales, Craig M, et al. “Prevalence of Obesity Among Adults and Youth.” *NCHS Data Brief*, vol. 288, Oct. 2017, pp. 1–8. *EBSCO.*

Craig M Hales and other scholars in the U.S. Department of Health and Human Services contributed to this article in hopes of educating people on how prevalent obesity is within diverse groups of people. This is a secondary source that contains statistics about the obesity levels within different groups of people. The purpose of including this source in my research paper is for the use of statistics to back up my argument. This source speaks to the others by relaying factual data. Statistics help by proving that the difference between obesity levels of certain minority groups and Caucasians is statistically significant. The specific statistics that I will be using from this source are that 25.8% of Hispanic youth aged 2-19, 22% of African American youth, and only 14.1% of Caucasian youth suffer from obesity. This great dispersity proves that the problem with obesity is even more prevalent among minority populations due to their vulnerability.

James, Peter, et al. “Do Minority and Poor Neighborhoods Have Higher Access to Fast Food Restaurants in the United States?” *Health & Place*, 17 June 2014, *EBSCO*, www-sciencedirect-com.proxy2.library.illinois.edu/science/article/pii/S1353829214000690.

Peter James and other scholars discuss their findings about which areas have higher access to fast food restaurants in the United States. This secondary source is a study done by multiple universities, including Harvard and Dartmouth. It explores the idea that poor neighborhoods are more heavily targeted by fast food companies. In this study the driving distance between the top-ten fast food chains and minority neighborhoods were measured. The study was able to conclude that predominantly black neighborhoods had higher access to fast-food. My argument will be enhanced by this study because it goes to show that not only are fast food companies more heavily marketing to low-income populations with their low prices and ads, but they are also building more restaurants closer in proximity to these people. This closeness makes these people even more vulnerable to succumb to a lifestyle of obesity.

Sahoo, Krushnapriya, et al. “Childhood Obesity: Causes and Consequences.” *Journal of Family Medicine and Primary Care*, vol. 4, no. 2, Apr. 2015, pp. 1–7. *EBSCO*.

Doctors and scholars from departments of Human Development and Family Studies, Pediatrics, Hepatology, Human Nutrition, etc. are the authors of the Journal of Family Medicine and Primary Care. This is another secondary source that relies exigent information and lays down purpose of my argument. The purpose of including this source is to give some of the most impactful cultural causes of childhood obesity. These causes described include the socio-economic status of the family, a sedentary lifestyle, snack foods, portion sizes, and psychological factors. One argument the article makes that I will be using in my essay is that underprivileged children who live in unsafe areas are unable to spend as much time exercising outside and are more vulnerable to obesity. These of a few of the reasons why childhood obesity is so exigent. This source speaks to other sources by giving reasons for obesity other than just marketing to vulnerable people.

Signal, L. N., et al. “Children's Everyday Exposure to Food Marketing: An Objective Analysis Using Wearable Cameras.” *International Journal of Behavioral Nutrition and Physical Activity*, 8 Oct. 2017, pp. 1–12. *EBSCO.*

L.N. Signal and other authors relay data on the exposure that children have every day to food marketing. This secondary source is a journal entry by the International Journal of Behavioral Nutrition and Physical Activity that analyzes an innovative research study. The purpose of including this source is to provide evidence from this cross-sectional study that analyzes children’s exposure to food marketing on a daily basis. The conclusion drawn from this study is that children in this study were frequently exposed (27.3 times per day on average) to unhealthy foods that are not recommended that children consume. This statistic is compared to their exposure to nutritious ‘core’ foods which is only 12.3 times per day. This source speaks to the others and will add to my argument by providing evidence on how prevalent the marketing of unhealthy foods is in children’s daily lives. Furthermore, this study adds to the exigency of my topic because it provides evidence that we need urgent action to change what kinds of foods kids are more commonly exposed to.

Ustjanauskas, A. E., et al. “Food and Beverage Advertising on Children's Web Sites.” *Original Research*, 24 May 2013. *EBSCO.*

A.E. Ustjanauskas, a worker for Rudd Center for Food Policy and Obesity at Yale University, along with other scholars discuss the prevalence of food and beverage advertising on children’s websites. This is a journal from the EBSCO database which is a secondary source because it summarizes and conveys the main discoveries from a study. It is a scholarly source that contains a reference page and it was peer-reviewed. This sources argument is that although the majority of food advertisers on children’s websites claim to be selling healthy options, in reality, 84% of these products are high in fat, sugar, or sodium. This false marketing is huge because most people tend to believe what they hear about ‘healthy’ products and not do further research to figure out if certain products are actually as healthy as they claim to be. This point is exigent because a great number of display advertisements for food and beverages were viewed on popular children’s websites from July 2009 to June 2010, to be specific, 3 billion. With so many people viewing these advertisements, it is crucial to make sure they are advertising good things. The purpose of including this source is to provide evidence of the prevalence of advertising to youth and furthermore that false advertising has detrimental effects on childhood obesity.

Paper Proposal:

My research question is ‘What are the main contributors to the rising culture of obesity among vulnerable groups in the United States?’ I have found all different sources that speak different perspectives, all regarding the topic of how obesity is caused. The argument I am trying to convey is that vulnerable people, such as children and minorities, are falsely and overly marketed to. Furthermore, I am trying to prove why that is an exigent topic. The article ‘Adult Obesity Causes and Consequences’ by the Center for Disease Control and Prevention is an overview of all the different ways that obesity is caused to give the audience a background. Also, my article “Prevalence of Obesity Among Adults and Youth”, by Hales and other scholars, utilizes statistics to convey how prevalent obesity is in minority populations. It also gives me leverage to argue why that is a problem. The articles ‘Food and Beverage Marketing on Children’s Websites’ and ‘Children's Everyday Exposure to Food Marketing: An Objective Analysis Using Wearable Cameras’ that I included are concerned with the topic of false marketing to vulnerable populations and over-marketing to youth. Over-marketing to youth is a problem because when children are hooked at such a young age, they will be addicted for life. To further add to my argument, the journal entry by Sahoo and other scholars, ‘Childhood Obesity: Causes and Consequences’ offers other perspectives of why obesity is caused, such as lifestyle, family, genetics, portion sizes, and psychological factors. However, this source still does include a little bit on marketing, and I will use that part of the source to overpower the other smaller reasons why obesity is caused. Finally, the scholarly journal entry, ‘Do Minority and Poor Neighborhoods Have Higher Access to Fast Food Restaurants in the United States’, explores the question of whether minority populations have easier access to fast food. This source speaks to help convey the arguments of some of my previous sources by providing an example of how a financially vulnerable group is marketed to by fast food companies. Overall, my sources come together to explore the most significant causes of obesity.

Some further research I still have to do is figuring out what all of the consequences of childhood obesity. I can explain all of the problems with physical and mental health that are associated with obesity. That will help me prove why my topic is exigent in today’s society because there are so many negative outcomes of obesity. I can include the topics of the vicious circle of a sedentary lifestyle, physical health problems, and emotional and mental health problems. This will further provide for a call to action later in my essay because the audience will know more about obesity in our society. It would also be beneficial for me to find a few more sources that prove how exigent the difference between marketing to vulnerable groups and non-vulnerable groups.

My research question is “What are the main contributors to the rising culture of obesity among vulnerable groups in the United States?” When I first started researching, I was just exploring false marketing to the United States population in general. Later, I decided to narrow it down to just the most vulnerable groups, including children and minorities, because I found out that these are the groups most affected.

The argument I anticipate making is that children and minorities are over-marketed to by fast food companies because of their weaknesses so that the companies can maximize their profits. This is exigent in our society because of the high percentage of obese people in the United States. Furthermore, the growing levels of obesity leads to long-term mental and physical health problems, along with many other problems that I will begin to discover as I do more research. The well-being of the American population is at stake with the rise of obesity in our most vulnerable populations.

**Rubric**

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| --- | --- | --- | --- | --- | --- |
| Criteria | Not Achieved | Attempted or Sometimes Achieved | Achieved Consistently | Excellently Done Throughout |  |
| Sources (at least 3 scholarly, at least 6  total, correctly & consistently  formatted in MLA or APA format) (25%) |  |  |  | 4 | 1 |
| Annotations (describe sources in  sufficient detail, relevance to your  own paper is clear; in conversation  where possible) (25%) |  |  |  | 4 | 1 |
| Proposal presents a snapshot of the  conversation w/ sources named (25%) |  |  |  | 4 | 1 |
| Proposal suggests how your paper  might fit into the conversation,  including tentative thesis statement;  suggests questions for further  research you still need to do (25%) |  |  |  | 4 | 1 |
|  |  |  |  |  | 4 /4 =  100% |