

Informational, Level K, Risks Due to Obesity, Proficient for End of 8th Grade and Beginning of 9th Grade

This student is an English Language Learner with 4 years in an English-speaking school. She had support from peers for revision and editing and feedback from her teacher. This is the final argument.

Risks Due to Obesity

Obesity is responsible for approximately 400,000 deaths a year (Libal 7). For decades the rates of obesity have been increasing every year due to lack of physical exercise and eating excessively or unhealthily. Furthermore, people are not aware of health problems that are caused by obesity. About 35% of adults are obese and 31 % of children and adolescents are overweight. (“Overweight and Obesity in the U.S”). Obesity is currently a big issue in America; being overweight can affect a person’s emotional, physical, and mental health, and more people need to be educated about this.

Obesity is a growing epidemic around the world; it is defined mostly by having a large amount of body fat and heaviness. This causes many physical conditions such as Type 2 diabetes, high blood pressure, sleep apnea, high cholesterol and asthma, as well as numerous types of diseases like gallbladder illness, strokes, and cardiovascular disease (Libal 16). Studies show about 2.8 million adults die every year from diabetes (45%), heart diseases (23%), and 7% to 40% to dissimilar types of cancers caused by obesity. However, obesity depends on sex, height, age, fitness level and genetics. Having body fat at more than 20% of the person’s maximum weight makes one at risk of been obese.

Furthermore, fast food is the major food that contributes to obesity because it is convenient, cheap, and quick; moreover, it is hard to resist eating it. Yet, despite the fact that it is

economical and really scrumptious, it is extremely unhealthy; it is jam-packed with calories, and overflowing with grease, high levels of sodium, sugar, oil, and flour. All these ingredients are terrible for one's health. The fast food industry is not the only one to blame ("How Fast Food are Causing Obesity in America"). Public schools are serving junk food and drinks high in sugars to students excessively. More examples of what is being served at schools are chips, sodas, pizza, cake, and packaged items in vending machines. Many schools have also eliminated or reduced recess and physical education that is unhealthy for kids (Libal 65).

Changes in family lifestyle have also contributed to obesity. For example, two parents working in a household have affected eating habits for families throughout the country. This can cause many parents to not pay attention to their children due to the fact that they are always working, get home late, do not spend time with them and may like to always get fast food as the primary food choice. The parents may not be aware of what really junk food is this causes children to suffer from health conditions and later on be obese. Kids in America are increasing the rates of obesity, now one out of three children are considered fat ("Overweight and Obesity").

Physical health plays a big role in obesity. The definition of physical health is having an overall good physical shape and being healthy. People who exercise feel better about themselves. When people are overweight, it is even harder for them to get fit. Obesity affects people by not having the energy necessary to exercise and not consuming nutritious foods like fruits, vegetables, and grains. Also, not being healthy can affect your knees, hips, and back due to all the mass and extra pressure on the tissue ("Obesity and Heart Diseases"). This is very significant because many Americans at the present are already fat, and even though they have the

opportunity to be fit, they do not act. Being healthy is important now because one out of five adults.

Between men, women and children in our society more children are likely to be obese (“Adult Obesity Facts”). This statistic is significant because already more than half of the children are obese by the ages of 6 or during teenage years. One out of five children ages 6 to 17 are overweight (“Americans Exporting Obesity Must Take Responsibility”). White, Black, Hispanic have the highest rates for obesity, about 50% compared to all the other races of which have about 34% to 40% overweight (“Adult Obesity Facts”). This is relevant because, many people of Hispanic, White, and African Americans races, prefer to consume more junk food due to the fact that they have more accessibility, and it is faster to get than to eat at home. Other races would rather cook healthy at home for the week and during weekends go out and eat.

Emotional health and obesity are important because one can suffer from depression and discrimination. Depression is very dangerous and unhealthy. This is a medical illness that causes sadness and loss of interest. It affects the way one thinks, behaves, and feels. Discrimination refers to unequal, and unfair treatment by others just because they are overweight. Also, obesity affects people’s emotions by being ignored, avoided, and excluded by others.

Poor psychological health is a well-known and common condition. Obesity contributes to this because it can cause mental problems when people do not have friends and feel discriminated, lonely, guilty and bullied, all of which can lead to suicide. Low self-esteem causes people to be alone, not talk to anyone, and think of themselves as bad due to being fat. Another factor of poor self-esteem is being uncomfortable, not wanting to go anywhere, and feeling bad about their shape and looks. They develop guilt because they feel that it is their fault; nobody

likes them because they are overweight and look unlike others. All of these psychological issues can be reduced by exercising, having positive thoughts about themselves, having friends, and most importantly, being treated right like everybody else.

The health condition of Type 2 diabetes is a lifelong disease due to having too much sugar in the system and not being active. High blood pressure is the measurement of force that the heart pumps blood through all the arteries in the body. Apnea is a sleep condition which affects a person's breathing when they sleep. This lasts about 10 to 20 seconds about a hundred times at night. This persistent sleep condition results in daytime sleepiness, poor concentration and higher risk of accidents. High cholesterol is one of the main causes of heart disease. Obesity can also lead to breathing problems and complicate conditions such as asthma (Libal 16).

Obesity is a major national and worldwide problem that needs immediate attention. It is not a joke. "Obesity now contributes to the death of more than 360,000 Americans a year. The incidence of childhood obesity is now at epidemic levels. Alarm Bells are going off all over the place. But our government has done virtually nothing" (Tom Harkin). This situation needs to be fixed. People and children need to be aware of the consequences of what obesity can do. In addition, they need to make better decisions on choosing what is good to eat and what is not healthy. "Obesity itself has become a life long disease, not a cosmetic issue, not a moral judgment" (Robert H. Eckel, M.D). Obesity is a big risk factor it is very dangerous for our own health.

The government needs to take actions and regulate the rates of obesity. Overweight can be reduced by choosing healthier or organic food choices and doing physical activities like playing sports, working out at the gym, making a really strict diet and doing a lot of

cardiovascular exercises. The First Lady Michelle Obama has introduced My Plate to help fast foods industry regulate what children should be eating. Instead of including fries in a meal, she has suggested apples and instead of soda, milk. The media needs to catch people's attention and educate people about what foods they should really consume and reduce fast foods. Community organizations, parents, schools, and the government need to come together to work to overcome this problem.

Clearly obesity is now one of the biggest causes of physical, emotional, and psychological health in the United States. It causes low self-esteem, discrimination, depression, makes one feel guilty, tired and agitated, also uncomfortable. Until the government, schools, and parents treat obesity like other problems have been treated like smoking or using alcohol, obesity will continue to have many negative effects on society.

Work Cited

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Libal, Autumn. *Social Discrimination and Body Size: Too Big to Fit?* Philadelphia, PA:

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Sample Scoring

Informational, Level K, Risks Due to Obesity

Ideas/Content:

1. Has a coherent, compelling argument/claim that obesity is a major problem in America causing many health issues, and people need to become better educated about the issue. Provides reasons for the argument
2. Supports claim with cited sources and provides helpful examples and details, though there are some statements that should have a cited reference and some in text citations are not consistent in style. Not all in-text citations appear in the reference list.
3. Uses a concluding paragraph that flows from the claim.
4. Does not effectively include a counterclaim. (Melissa, no need for a connection to this one)

Structure/Organization:

1. Structures the argument with an introduction to the claim, organizes the reasons and evidence logically and provides a concluding paragraph, adding some passion to the writing.

Voice/Point of View:

1. Maintains a formal style, but some of the author's personality comes through. The author uses transitions "Furthermore," and "Clearly" and phrases such as "it is defined," "Studies show," "despite the fact that," "More examples of," "The definition of," and others to convey a formal style.

Word Choice/Description:

1. Uses adjectives and adverbs that add cohesiveness to the ideas and emphasis to particular details.
2. Is beginning to define terms for the reader.

Sentence Fluency/Structure:

1. Writes in active voice in the indicative mood adding more directness to the piece and keeping the reader reading. The author uses linking verbs to add authority to the statements.
2. Combines sentences, but could work on concise and coherent writing.

Please Note: When scoring a paper, begin with the middle column, the Proficient level for the month and grade level. As you look at the bullets for Ideas and Content (for example), if the paper seems to fit the description in the Continuum, then decide if it is Proficient at 1 (minimally developed), 2 (adequately developed) or 3 (thoroughly developed). If you find yourself debating over two levels, choose the lower level.

Read the bullets holistically. It is impossible for any instrument to match bullet by bullet for each paper a student might write. If the Proficient column is more advanced, move to the left to the Basic or even Below Basic levels for Ideas and Content. If the Proficient level isn't adequate, then move to the right to the Advanced or Advanced+ levels.

We have only scored 4-5 features as a demonstration. You will likely choose to score different features on different papers according the genre, purpose for writing, or the draft (1st, continuing or final).

We purposely did not score Conventions for 2 reasons: 1. It is our goal to help all teachers focus on the first 5 features in early drafts to encourage revision of content; 2. You may want to have students look for conventions in the paper.

