

# **Outline for “Food insecurity in Wilmington, North Carolina”**

1. Letter of Transmittal
2. Title Page
3. Executive Summary
4. Introduction
5. Discussion
  - a. Defining Food insecurity and its Relevance to Wilmington
  - b. Causes of Food insecurity in Wilmington
    - i. Socioeconomic and Geographic Contributors
    - ii. Transportation Barriers and National Findings Relevant to Wilmington
  - c. Consequences of Food insecurity
  - d. Local Initiatives Supporting Food Access
  - e. Looking Forward
6. Conclusion
7. References

# **Outline:** *The Environmental Impact of Everyday Lives in Pulaski*

- I. Letter of Transmittal**
- II. Title Page**
- III. Executive Summary**
- IV. Introduction**
  - A. The Community of Pulaski
  - B. Environmental Awareness in Pulaski
- V. Discussion**
  - A. Community Values Versus Lack of Awareness
  - B. Overview of Recurring Harmful Daily Habits
  - C. Consequences For Local Natural Systems and Sustainability
- VI. Major Causes and Effects**
  - A. Unnecessary Energy Consumption in Pulaski
    - 1. Causes of Unnecessary Energy Consumption
      - a) Household Energy Use Patterns
      - b) Examples of Wasted Energy
    - 2. Effects: Climate Change
      - a) Greenhouse Gas Emissions from Residential Energy Use
      - b) Environmental Consequences of Fossil Fuel Dependence
  - B. Waste Generation in Pulaski
    - 1. Cause of Waste Generation
      - a) Household Sources of Waste
      - b) Food Waste and Disposable Consumption
    - 2. Effects: Land, Water, and Ecosystem Pollution
      - a) Landfill Impacts
      - b) Plastic Pollution and Microplastics
      - c) Habitat Loss and Long-Term Environmental Harm
  - C. Indoor Air Pollution in Pulaski
    - 3. Causes of Indoor Air Pollution
      - a) Definition of Indoor Air Pollution
      - b) Common Household Sources
    - 4. Effects: Carbon Emissions
      - a) Contribution to Outdoor Air Pollution
      - b) Role in Climate Change and Ecosystem Degradation
- VII. Conclusion**
  - A. Summary of Everyday Environmental Impacts
  - B. Individual Behavior and Community Outcomes
- VIII. References**
- IX. Appendices**
  - A. Appendix A: Demographics for the City of Pulaski
  - B. Appendix B: Environmental Awareness Survey Results

# **AI Chatbots and Mental Health Support in Rural Virginia**

A. Letter of Transmittal

B. Title Page

C. Executive Summary

D. Introduction

E. Discussion

a. The Rural Mental Health Access Gap

b. What Are AI Chatbots for Mental Health?

c. Evidence of Effectiveness

d. Limitations and Ethical Concerns

i. Response Accuracy

ii. Data Privacy

iii. Equity and Inclusivity

e. Rural Virginia Context: Infrastructure and Accessibility

f. Expert Perspectives and Future Potential

F. Conclusion

G. Works Cited

H. Appendix: Glossary of Key Terms