

Obesity Across America: Who's To Blame?

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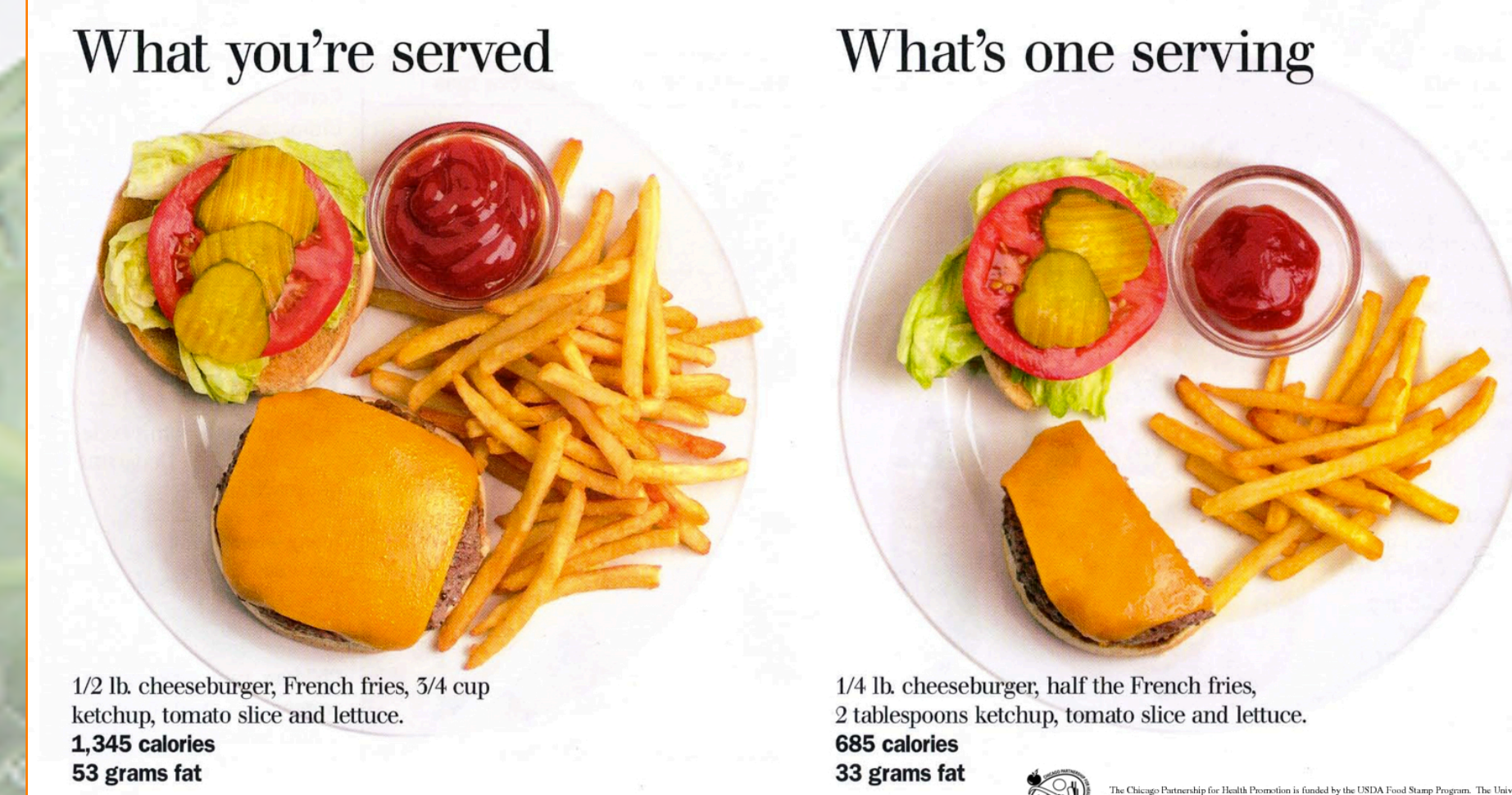
Melissa Naylor/Social Psychology

What is the Problem?

In today's society, being overweight is an increasing issue with no end in sight. Marks (2004) stated, "nearly two-thirds of adult Americans are overweight or obese" (p. 1). Western culture is currently following a trend towards a faster paced lifestyle and increasing convenience in everyday life. Concurrently, the increasing demand for food that is also fast and satisfying is leading to a negative trend in nutritional content overall.

Healthy Foods are more expensive than junk food. Food Industries are also packaging chips/snacks into smaller bags.

Portion Distortion



<http://www.c4w.com.au/dieting-vs-healthy-eating-by-dr-troy-miles/comment-page-1/>

Countries strive to feed their citizens any meal and the United States eats meals double the size of one portion. U.S. citizens are eating cheaper meals more often, rather than more beneficial meals fewer times a day.

More fast food is eaten for dinner rather than home cooked meals which has more nutritional value compare to McDonalds

Advertisements for fast food restaurants are using healthy & happy people to sell their products.

Why is America Obese?

Schools are trying to reduce or eliminate student's recess as a form of discipline.

This problem is targeted at children more than adults. The way it is taught in society today, it is okay to be overweight and stationary. Schools are even trying to eliminate recess or their time spent outside as a form of punishment (Blad, 2015, p. 1).

Solutions:

- Increasing the level of difficulty and the amount of time students spend in PE class each day to ensure that children/teens are getting the proper amount of physical activity. In the 1960's, John F Kennedy gave a speech about how important physical fitness was to American citizens. Kennedy proposed a trial at a school called La Sierra High where a vigorous PE program used a method that could be traced all the way back to the Greeks to move the body well without any injury ("Restoring JFK's," 2015).
- Commercials such as the anti-cigarette commercials you see on TV would really open the eyes of people and hopefully make them more conscious of what their putting in their body. According to Myers and Twenge (2017) by evoking negative emotions, messages can be more effective.
- Having more home cooked family meals that provide the essential nutrients for the human body.

Like this?	Try this!
Big Mac 500 calories / 260 grams total fat	Premium Grilled Chicken Sandwich 350 calories / 80 grams total fat
Medium French Fries 380 calories / 19 grams total fat	Fruit 'n' Yogurt Parfait 150 calories / 2 grams total fat
Whopper with cheese 760 calories / 47 grams total fat	BK Big Fish Sandwich 540 calories / 31 grams total fat
Oreo Sundae 440 calories / 12 grams total fat	Chocolate Fudge Sundae 280 calories / 7 grams total fat
Baja Salad 540 calories / 32 grams total fat	Apple Pecan Chicken Salad 350 calories / 11 grams total fat
Baconator single 660 calories / 40 grams total fat	Jr. Bacon Cheeseburger 400 calories / 24 grams total fat
XXL Grilled Stuft Beef Burrito 880 calories / 42 grams total fat	Beef Burrito Supreme 420 calories / 16 grams total fat
Volcano Nachos 980 calories / 60 grams total fat	Nachos Supreme 440 calories / 25 grams total fat
6" Big Philly Cheesesteak 500 calories / 17 grams total fat	6" Steak and Cheese 380 calories / 10 grams total fat
6" Chicken Parmesan 510 calories / 17 grams total fat	6" Smokehouse Chicken 380 calories / 6 grams total fat
Potato Wedges 290 calories / 15 grams total fat	Mashed Potatoes and Gravy 120 calories / 4 grams total fat
Popcorn Chicken Value Box 680 calories / 41 grams total fat	Grilled Drumstick Value Box 380 calories / 19 grams total fat
Angus Three Cheese and Bacon 640 calories / 33 grams total fat	Deluxe Bacon Cheddar 420 calories / 17 grams total fat
Jr. Chicken Sandwich 320 calories / 15 grams total fat	Jr. Ham and Cheddar 210 calories / 6 grams total fat

<http://www.fox47news.com>