Reflection Paper on Weight of the Nation

The Weight of the Nation﻿﻿﻿﻿﻿﻿﻿ emphasized the importance of this obesity epidemic. The statistics from CDC for 2017-2018 stated that adult obesity was 42.4% and children and adolescents 18.5%. Hoffman's﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿﻿ statistic of 70% American obesity only leads to the discussion of the rise of diabetes in the country for children and adults. The connection to the "food industry" and "fast food" leading to the obesity epidemic was an excellent discussion. Concise and to the point.  The connection of the sugary drinks and obesity as well as tooth decay in young children is overwhelming. The lack of exercise and the increase influence of the fast food industry to advertise to children has also added to the obesity epidemic as you mentioned.

The culture of fast food and food in general has a major influence on the obesity epidemic in children and adults. If you look at the CDC obesity map of the United States, you will see specific regions of the country that are overwhelmingly obese. This most often is the cooking of the culture of that region. The cost and availability of food is another issue that contributes that you sited. The dollar meal deal, the all you can eat, the fresh fruit and vegetables available. The food deserts many of these issues are based money and profits.

The National Institute of Health embraced “The Weight of the Nation”. premiered in May 2012. The four-part series — Consequences, Choices, Children in Crisis, and Challenges — highlighted several NIH research advances and addressed the factors contributing to the country’s obesity problem.