

Perspectives Paper Draft 1

Everybody knows that obesity and diabetes in children and adults is a growing epidemic that nobody seems to know the answer to or how to stop it. Americans today tend to believe that the problem lies in fast food and overeating. I took this question and researched it. I looked up “Don’t Blame the Eater” by David Zinczenko, “What You Eat is Your Business” by Radley Balko, and “Do Fast Food Restaurants Contribute to Obesity?” by the National Bureau of Economic Research.

In “Do Fast Food Restaurants Contribute to Obesity?” the NBER questions whether or not fast food really does contribute to obesity. They conclude that the simple growth of both obesity rates and fast food restaurants is insufficient evidence to support the idea that they are related. The author of the paper contradicts themselves. At the same time that they argue fast food is not to blame, they say that studies suggest that it does affect it. I think that fast food so close does contribute to the obesity rate, but it is not the only contributing factor.

In “Don’t Blame the Eater” by David Zinczenko, he is basically saying that busy teenagers, and kids, and even adults are limited in their food options and often undereducated on the food that they intake. He is pushing the argument that the government should place nutritional facts on the labels at fast food restaurants and make healthier alternatives easier to access, and I agree because a lack of information leads to poor decisions. In today’s busy lifestyle, a lot of Americans cannot find the time or expenses to have a home cooked meal every night. When I am rushing from school to work, I don’t have time to go home and cook a

healthy meal, I only have time to stop for a chicken sandwich at Wendy's. "Most of the teenagers who live on a fast-food diet won't turn their lives around" (Zinczenko pg 1)

In "What You Eat is Your Business", Radley Balko is trying to say that obesity is a public problem when it shouldn't be. He proposes some solutions to the problem like putting the consequences of obesity in the hands of the American consumer and charging overweight and obese people higher premiums for insurance to give a healthy life style more of an incentive. I think that Balko is mistaken because he overlooks the fact that in many cases, obesity is related to previous medical conditions and the situation is out of the control of that person. I have personal experience with this with obese adults in my family. This is not from overeating; these are all from medical conditions and medicines that affect their weight. If you penalize these people because they are overweight, they cannot acquire the needed medical help to treat their problem. These people lay sick and dying because they cannot afford insurance and cannot go to the hospital.