

Eric Schlosser, Fast Food Nation

1.1 A recent study was conducted by researchers at the Centers for Disease Control.

1.2 They found that the rate of American obesity was increasing.

1.3 It was increasing in every state.

1.4 It was increasing regardless of sex, age, race, or education.

2.1 A study was done in 1991.

2.2 They found that only four states had obesity rates of fifteen percent or higher.

2.3 By 2017, at least thirty-seven states have obesity rates higher than fifteen percent.

3.1 CDC scientists observed this:

3.2 “Rarely do chronic conditions such as obesity spread with the speed of a communicable disease epidemic.”

3.3 Obesity has spread with the speed of a disease epidemic

4.1 The current rise in obesity has a number of complex causes.

4.2 Genetics is not one of the complex causes.

5.1 The American gene pool has not changed radically.

5.2 It has not changed radically in the past few decades.

6.1 What has changed is the nation's way of eating.

6.2 What has changed is the nation's way of living.

6.3 What has changed is the nation's way of eating.

7.1 Let's put this in simple terms.

7.2 When people eat more, they get fat.

7.3 When people move less, they get fat.

8.1 In the United States, people have become increasingly sedentary.

8.2 People drive to work.

8.3 They perform little manual labor.

8.4 They are driving to do errands.

8.5 They are watching television.

8.6 They are playing video games.

8.7 They are using a computer instead of exercising.

9.1 The growth of the fast food industry has made an abundance of high fat meals.

9.2 They have made an abundance of inexpensive meals.

9.3 They are widely available.

9.4 They are easy

9.5 They are unhealthy.