Khamelia Jones

Paragraph 1 :

- Begin explaining the popular health issues in low-income and high income communities.(With emphasis on obesity). Ex:

      The United States of America is known as one of the most unhealthy countries. Other countries often associate us with being fat, overweight and obese. This connection goes back to historical times. In the past, Americans who were "fat" or obese were considered to be wealthy. The more money you had meant the more meals you could purchase. This is what contributed to your increased weight gain. Contrarily, in modern times obesity is frequently associated with poverty. Low-income communities tend to have increased risk of health conditions such as obesity, overweight, high-blood pressure etc. There are many studies whose aim is to find why these disadvantaged groups in our country are faced with more hardships.

- Introduction to topic: Ex:

      Why is there an increased risk of health issues in people from low-income communities than people from high-income communities? **Increased health issues such as obesity, diabetes, high blood pressure etc. in low-income communities is due to the fact that healthy foods are expensive while unhealthy fast-foods are inexpensive and more affordable**. Food insecurity is the disruption of required food intake and eating patterns of individuals or groups due to the lack of money and resources. A study was made to test the relationship between food insecurity and obesity. The text "Food Insecurity Is Associated with Increased Risk of Obesity in California Women" states "Those who were food insecure without hunger were 47% more likely to be obese than the food secure, and those who were food insecure with hunger were 2.8 times as likely to be obese." The text also provides an explanation for these results stating " food insecurity may limit the variety of foods available and result in consumption of high energy, low cost foods. Diets of food insecure or food insufficient women have been shown to include fewer fruits and vegetables and to be deficient in a variety of nutrients compared with those who are food secure or food sufficient." There is a connection of the

term food insecurity with the consumption of inexpensive unhealthy foods. The lack of nutrition in the foods we consume leads to malnutrition and can eventually lead to obesity.

End paragraph with thesis. Price disparities between healthy and unhealthy foods in low-income communities cause an increased risk of health issues such as obesity.

Paragraph 2:
- Statistics of obesity in low-income communities vs. high-income communities. (Maybe?)
-Discuss the economics of obesity with the use of the academic journal
- Use primary source: the study of Relative Caloric Prices (RCP) and the academic journal : The economics of Obesity" as evidence supporting economics as the cause of obesity rise in low-income communities.
Ex.

The highest obesity rates are among low-income individuals. The text "The Economics of Obesity" states " Refined grains, added sugars, and added fats are among the lowest-cost sources of dietary energy. They are inexpensive, good tasting, and convenient. In contrast, the more nutrient dense lean meats, fish, fresh vegetables, and fruit generally cost more." Analyzing the prices of various products show that dietary, nutritional meals are expensive whereas an unhealthy diet with added fats are inexpensive and better tasting (preference). This makes the unhealthy diet more convenient for low-income consumers. For example,a A study was conducted by Harold H Alderman and Derek D Headey to compare RCP's (Relative Caloric Prices) different foods across 176 countries. One of the charts made from the results found that in low income communities dark-leafy vegetables, vitamin A-rich fruits & vegetables , fortified infant cereals, and other fruit are categorized as very expensive. Some of these healthy foods (i.e. fortified infant cereal, vitamin A-rich fruits & vegetables, other fruits and nuts) were more expensive in low-income regions than high-income regions. This unfair price disparity contributes to the lack of nutrition among low-income consumers in our country.

Paragraph 3 :

-Include Tara Parker-Pope in A High Price for Healthy Food, analyzes a survey to find the average amount spent on healthy and unhealthy food.

Ex.   Evidence shows that price disparities between healthy and unhealthy foods heavily influences the diet choices of low-income consumers. According to Tara Parker-Pope's " A High Price for Healthy Food", analyzes a survey to find the average amount spent on healthy and unhealthy food. " A 2,000-calorie diet would cost just $3.52 a day if it consisted of junk food, compared with $36.32 a day for a diet of low-energy dense foods." Tara also introduces another aspect to the prices of the foods as time progresses stating "The survey also showed that low-calorie foods were more likely to increase in price, surging 19.5 percent over the two-year study period. High-calorie foods remained a relative bargain, dropping in price by 1.8 percent." As time proceeds, the prices of healthy foods are more likely to rise and the prices of unhealthy foods are more likely to lower. This will make it increasingly difficult to maintain a healthy diet and make it more convenient to continue the consumption of unhealthy foods.

Paragraph 4:

-Introduce Mcdonalds as a common fast food place and chipotle as a healthier restaurant.
-Introduce and explain the source that describes the amount of McDonalds and Chipotle restaurants in Dallas, Texas (Introduce the source by explaining the poverty rate in Dallas, Texas)
- Reconnect these reasons to how the price disparities may be the root of the problem

Ex.
        Another societal factor that contributes to low-income consumers purchasing more unhealthy foods is the quantity of restaurants in specific locations. In order to test this claim that there are greater amounts of unhealthy fast-food restaurants than healthy restaurants in low-income neighborhoods, we must examine a location with a continuously increasing poverty

rate. According to the Mayor's Dallas, Texas poverty update, "since 2000, the number of people in poverty in the City of Dallas has increased approximately 39.1%." The text also states "more than half of Dallas households make less than $50,000 per year." By using this low-income location, we can now study the quantity of different restaurants within this area. One of the most popular fast-food places in the US is McDonald's. A restaurant that offers us healthier menu options is Chipotle. The chipotle locations website reveals that in Dallas, Texas, there are 20 chipotle restaurants. While the scrapehero website shows 66 McDonalds fast-food restaurants in Dallas, Texas. With the greater amount of McDonald's restaurants than Chipotle restaurants in Dallas, Texas shows how unhealthy foods are overrepresented while healthy foods are underrepresented.

Paragraph 5:

- Introduce and explain the source that showcases the deals and advertising of coupons from both McDonalds and Chipotle
-Introduce and explain the source that discusses the average amount spent at McDonalds vs. Chipotle.

Ex.

        Price disparities between healthy and unhealthy foods in low-income communities cause an increased risk of health issues such as obesity. The cost of foods is one of the determining factors for which restaurant low-income consumers will purchase their meal. What is the difference in price between the 2 restaurants? Ashley Lutz in "How much it costs to eat at every major fast food chain" analyzes the results of a survey by Citi Research. The survey found on average, a customer at McDonalds spends $4.72 each visit and a customer at Chipotle spends $11 each visit. This large price disparity makes it less likely for a person in a low-income community to purchase a meal from Chipotle as frequently as they would from McDonald's. The potential cause of McDonald's low prices could be due to the deals that they offer. For example, On the McDonald's website they're advertising their "Buy 1 get 1 for a $1" "free sandwich with

the app" and "$1 Large fries" deals . Chipotle offers a rewards program. The rewards program works off of points. You will get 10 points for each $1 you spend and each time you reach 1250 points you'll receive 1 free entree. Comparing the deals will serve the purpose of reinforcing how and why purchasing unhealthy meals is more convenient for people of low-income neighborhoods. McDonalds not only gives more options to choose from but the deals are made so you are able to use it everyday.

(Unsure if I should combine the 4th and 5th paragraph???)

Paragraph 6 :
- Introduce and explain Structural Violence.
- Interpret how Farmer describes the term.
- Connect how Structural Violence connects to the topic

Paragraph 7:
- Reinforce topic
- Restate reasons supporting topic
- Provide new methods that can be made in efforts to lower obesity rates in low-income communities.