Hsu Thet Htar Ni Ni

Professor A. Norwood

English 306

6th April 2018

TO: Amber Norwood

FROM: Hsu Thet Htar Ni Ni

DATE: 6th April 2018

SUBJECT: Obesity in America

**Proposal:** As a student who is majoring in Health Admin, I am writing this letter to ask for permission to address a public health issue. I would like to write about one of the current issues in the health field: Obesity.

**Background:** The article is from bigthink.com a daily micro dose of genius that focuses on critical issues across the globe. The key objective of the article in addressing obesity is to investigate whether fat acceptance dominant in the society means that people are giving up on obesity. The world health organization (WHO) acknowledges obesity as an excessive accumulation of the fat in the body that in turn may impair the normal body health. They further go ahead to give specific standards that define an obese person. Using the body mass index (BMI) which is an index of weight for height applied in obese classification, calculated by diving the weight in kilograms of a person by the squire of height in meters view an overweight adult as that of BMI greater than 25, past 30, the person is termed as obese. For children under 5 years of age, BMI of 2 as overweight and BMI of 3 and above as obese (Ogden et al., 2012). Obesity is a public health issue in America since the number of obese both children and adult is on the rise. Larned (2017) highlights that currently, 39.6% of adults in America are obese. The ration does not spare children whose percentage stands at 18.5%. The bad news is that the trend is escalating as the times go meaning that the figures will drastically increase in five years’ time.

**Qualifications:** Since I am a Health Admin Major Student, I feel like choosing a topic related to my major would give me more resources to refer to. I have written similar reports for my other HSCI classes, too. Therefore, I have already got acceptable number of sources for this topic. On the other hand, I am also interested in this topic. Obesity is not a personal matter, but a social matter. I am fairly familiar with the topic and eager to learn more about it. In my previous class, I was assigned to write a summary about any current issues that are happening in the world. I can firmly say that I am qualified to write about this issue because of the background information that I already obtained. I also believe that the passion that I have for the topic will give a well-written report.

**Timeline**: I will start my draft for short proposal on March 16th. Some of my classmates are uploading their drafts on Canvas by March 31st. So, I could edit my paper and get some references and structure ideas from them too. It also gives me a chance to submit for editing. I will use the second week of Aprilto begin my research. I have the whole day of Monday and Tuesday and the weekends to do research. When I believe I have enough information for my paper, I will start composing my paper. From the third week of April onwards, I will use the days to write my paper, to revise my work by checking for grammar, mistakes, and polishing the errors. By May 10th or 12th, I will upload my final draft into canvas.

**Conclusion:** My suggestion to addressing obesity in American society involves two major steps. First, recognizing that it is a public health concern that needs immediate intervention from the government. Recognizing and sanitizing people on obesity as a health concern might help in changing the lifestyle and behavior that leads to the medical complication. The second step is taking an individual effort to check ones’ lifestyle. This intervention would require everyone in the society having been made aware of obesity to take an initiative of taking care of their weight life.

**Secondary Sources:**

Six sources have been chosen and properly cited for work cited page:

Adult Obesity in the United States. (2017, August). Retrieved March 08, 2018, from https://stateofobesity.org/adult-obesity/

Beres, D. (2018, March 07). Weight loss: More Americans are giving up on life-saving exercise. Retrieved March 08, 2018, from <http://bigthink.com/21st-century-spirituality/does-fat-> acceptance-mean-were-giving-up

Healthy Schools. (2018, January 29). Retrieved March 08, 2018, from https://www.cdc.gov/healthyschools/obesity/facts.htm

Larned, V. (2017, October 13). Obesity among all US adults reaches all-time high. Retrieved March 08, 2018, from <https://edition.cnn.com/2017/10/13/health/adult-obesity-increase-> study/index.html

Ogden, C. L., Carroll, M. D., Kit, B. K., & Flegal, K. M. (2012). Prevalence of obesity and trends in body mass index among US children and adolescents, 1999-2010. Jama, 307(5), 483-490. Retrieved from <https://jamanetwork.com/journals/jama/fullarticle/1104932?version=meter%20at%20null> &module=meter- Links&pgtype=article&contentId=&mediaId=&referrer=&priority=true&action=click&c ontentCollection=meter-links-click