

Junk Food Essay

There is an obesity epidemic kids are facing today where school and healthcare workers are contemplating whether or not schools should ban junk food from the menus. Junk food should be prohibited in schools because it causes dangerous health issues, obesity and diabetes rates will rise extremely high, and will cause economic problems.

Obesity is one of the leading causes of death and health issues all around America. Which according to the the Norton Center Infographic, “ 70% of obese children have at least one risk factor for heart disease and 39% have two or more factors.” And the primary reason for all this is junk food. Taking away these foods can lower these chances, if they don't this can lead to many death because of the effects of junk food on the human body. Although some people argue that junk food is not the primary reason for obesity, they will blame P.E teachers for the obesity in order to avoid having to stop eating. Teacher and mentors lacking physical physical sports and activities can also contribute to this situation. This epidemic can be stopped by banning or lowering the amount of junk food given out to students.

In addition health issues, schools should not sell junk food because obesity and diabetes rates increase dramatically. If water cost more than soda, people are more likely to buy soda. Like people buying soda over water because its price. Junk food is less expenses then healthy food so people choose the cheaper item. In source D is states,” As long as a bottle of water costs more than a soda and market to lower income kids, obesity, and diabetes rates will go up.” If any sort of junk food is cheaper than healthy food, kids are most likely to buy the junk food because it is cheaper. Before 1995 fast food proportion sizes were normal. But after 1995 fast food portions increased. In source C ; Norton Center Infographic it states.”Fast food portion sizes

have increased by 200%-500% since 1995. For the past 62 years, fast food portions were increased between 200 and 500%, which led to increased obesity and death rates.

Health problems have always caused financial issues, now it has caused extreme economical problems. Due to the increase in obesity , evidence has shown,” by 2018 the US will spend 344,000,000,000 on obesity related health care cost ,”(Norton Center infographic). This healthcare cost is more than the cost of 4,047,058,820 tickets to Disney World. Another issue with the cost of healthcare is how many kids are being treated. As stated on (Norton Center Infographic) ,” Children treated for obesity are 300% more expensive for our health care system than kids of a healthy weight”. Meaning if schools stopped serving junk food and not including it as a part of lunch the cost of health care will lower and children in the US will face less problems

In conclusion, schools in the U.S. should cut down or completely take away junk food due to the fact that it causes dangerous health issues, it raises obesity and diabetes rates, and causes economical strifes. In our modern day and age this is significant because millions of people die from obesity everyday. Cutting out the source of obesity will have a huge impact on society such as increasing the lifespan of humans. By cutting out the main cause it lowers the chance of diabetes and heart problems.