



The Widening Crisis Of Obesity in Employment

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INTRODUCTION

The notion that obesity is not a problem has been proven countless times. Obesity can lead to a series of health conditions including cardiac arrest, diabetes, and certain cancers. Despite shifts towards advocating for physical education, healthy nutritional options, and health risks of obesity, the rate of obesity is increasing.

RESEARCH QUESTION

What solutions would best help decrease the obesity crisis in the Santa Clara County for blue collar workers?

RESEARCH METHODOLOGIES

1. Inquiry Approach
 - a. Gathering pre existing data from reputable sources
2. Coding
 - a. Sorting through the data to find the most important points in order to compile a solution.
3. Analysis
 - a. Taking all of the data and seeing whether it is compatible for Santa Clara County
4. Presentation
 - a. Create a presentation to teach blue collar workers about ways to prevent obesity.

DATA AND FINDINGS

One easy way for workers with low income to combat obesity is through a grocery spending plan. A grocery spending plan allows workers to write down exactly what they are planning to buy before they go into the grocery store. This eliminates the cravings to buy unhealthy food by creating discipline when going grocery shopping. This solution also allows workers to save money as by thinking through groceries, less food ends up being wasted. A solution like this becomes crucial in Santa Clara County as the cost of living is extremely high meaning any dollar saved is beneficial.

CONCLUSIONS AND ANALYSIS

1. Compatibility of Solutions Towards Santa Clara County

- a. Solutions were found compatible as the cost of living is high in the area allowing for the grocery spending plan to become more of a necessity

2. Waste Reduction

- a. Solution allows for less food waste as the grocery spending plan forces people to have discipline while shopping allowing them to buy only items thought of as necessary

3. Elimination of Cravings

- a. The grocery spending plan takes away craving as it helps people to focus on only the food that they should be buying.



IMPLICATIONS AND NEXT STEPS

The importance of these findings is that obesity is one of the leading causes of death in the United States. Finding a solution that helps decrease the obesity rate even a little would save thousands of lives.

The place where my data disagrees with my background information is by saying that the grocery spending plan should be used now. Due to COVID-19 many normal grocery stores are becoming food deserts. This means that items that normally would be there may no longer be on the shelves.

ACKNOWLEDGEMENTS / REFERENCES

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