

Cause and Effect Essay Obesity Outline

Have a look at the below given outline templates for your cause and effect obesity essay.

Many effects stem from one cause.

In this type of essay, you are outlining all the effects stemming from a single cause. It is critical as you approach a cause and effect essay that you make the relationships between the effects and cause clear, as in the preceding example. If you address many causes at the same time as many effects, it will be unclear to the reader how they are connected to each other.

Example:

Cause: Childhood obesity

Effects: A number of immediate and long-term health and psychosocial effects

Outline:

- I. Introductory Paragraph
 - A. Thesis statement: Today's parents have an obligation to help their children maintain a healthy weight because childhood obesity presents a number of negative health and psychosocial effects, both immediately and in the future.
- II. Body Paragraphs (Effects)
 - A. Immediate Effects
 - i. Health Effects
 1. Obesity can result in the development of cardiovascular diseases, such as high cholesterol and high blood pressure.
 2. Obesity can put children in danger of pre-diabetes, a condition linked to increased potential for development of diabetes.
 3. Obesity is linked to sleep apnea, a condition that contributes to insomnia, fatigue, and mental illness.
 4. Obesity is known to negatively impact bones and joints.
 5. Obesity contributes to a child's inability to participate in vital physical activities.
 - ii. Psychosocial Effects
 1. Obesity has the potential to bring on increased feelings of sadness, low self-esteem, and depression.
 2. Obesity (and its related effects of hypertension and sleep apnea) can lead to anxiety.
 3. Obesity may negatively influence the forming of essential peer groups and create a difficulty forming friendships.
 4. Obesity may give rise to feelings of isolation due to the inability to participate in vital physical activities with schoolmates or peers.

5. Obese children are more likely to be bullied by their schoolmates or peers.
 - B. Long-term Effects
 - i. Health Effects
 1. Obesity is associated with higher rates of heart disease later in life.
 2. Obese children are at an increased risk of developing type 2 diabetes as adults.
 3. Obesity increases the likelihood of adult stroke.
 4. Obesity is linked to the adult development of osteoarthritis.
 5. Children who are obese are at greater risk for continued obesity as adults.
 - ii. Psychosocial Effects
 1. Obesity increases the risk of long-term depression.
 2. Obesity increases the risk for long-term anxiety.
 3. Obese individuals experience increased loneliness due to difficulty in forming and sustaining long-term relationships.
 4. Obese individuals are more likely to experience social isolation.
 5. Obesity often invites criticism and judgment from peers, coworkers, family members, and communities at large.
- III. Concluding Paragraph
 - A. Childhood obesity contributes to a number of dangerous, damaging, and potentially unavoidable short- and long-term physical, psychological, and social effects. Parents have the opportunity to encourage and foster healthful eating and exercise habits in their children so as to avoid the devastating consequences of childhood obesity.

Many causes lead to one effect.

In this type of essay, you are outlining all the causes leading to a single effect. Again, avoid including more than one effect or it will be unclear which cause led to which effect.

For example:

Effect: childhood obesity

Causes: cost and availability of healthy foods, changes in the education system (increased seat time and decreased recess/gym), changes in family structure, and perception of decreased safety

Outline:

- I. Introductory Paragraph
 - A. Thesis statement: While many are quick to blame fast food and television for juvenile obesity, the actual causes are more varied and complex.
- II. Body Paragraphs (Causes)

- A. Providing nutritious meals for children is difficult due to the unavailability of healthy foods.
 - i. Many American families survive on minimum wage, making purchasing healthful foods financially difficult.
 - ii. Many poor urban areas lack grocery stores.
 - iii. Many poor urban areas are overrun with inexpensive and unhealthy fast-food restaurants.
 - B. Changes in education are associated with increased rates of childhood obesity.
 - i. Many schools, particularly in poor urban areas, can no longer afford to offer "special" courses, including physical education and after-school sports activities.
 - ii. Schools have decreased recess time and increased seat time in order to extend study time for state tests.
 - iii. School food is often unbalanced and unhealthy.
 - C. Changes in the family structure have contributed to a more sedentary lifestyle for children.
 - i. More families are comprised of single parents and/or dual working parents, leading to an increased number of "latch key" kids who are unable to play outside after school.
 - ii. More families are comprised of parents who must work more than one job in order to support their children, leading to children's participation in sedentary afterschool programs or being left in the care of individuals who are unable to oversee outdoor playtime.
 - D. Society's perception of decreased safety has led to a decrease in children's outdoor playtime.
 - i. There is an increased number of Amber alerts (reports of child abductions).
 - ii. Twenty-four-hour news coverage with headline stories of child abduction, inciting greater fear among parents and families.
 - iii. While incidents of child abduction have actually decreased, parents are still unwilling to let children play outside.
- III. Concluding Paragraph
- A. While society's view of childhood obesity remains biased, there are in actuality a variety of causes contributing to the phenomenon that must be examined more closely.