

Reflection 9

[Linguistics](#), [English](#)



Reflection on Michelle Obamas and Dhruv Khullars articles The problem of obesity takes an immense place in the life of American society. It is reported that about “ three-quarters of Americans are overweight or obese” (Khullar 128). Thus, immediate solutions are required. Some of such possible ways out were offered by Michelle Obama, the First Lady of the United States, and Dhruv Khullar, M. D., in the articles to which I refer in the current essay. In my opinion, two main ideas raised in both articles, are the necessity to boost peoples awareness regarding the issue and apply joint efforts in rooting it out.

As for the idea of awareness, it concerns not only singular individuals but also business sector. For example, as Michelle Obama explains, on contrary to habitual beliefs that healthy food is of low demand and, therefore, unprofitable for food producers and investors, facts show the opposite (116). Such companies as Walmart, Walgreens and others are proving that healthy and fresh food sales can bring even higher revenue than those of fast or junk one (Obama 116). Gradually, companies start to sell more healthy products, which, as a result, become more affordable to people and the demand grows. Consequently, manufacturers also receive more money. As such, “ healthier food options make good business sense” (Obama 116). On the other hand, the idea of healthy eating and lifestyle should be actively promoted among ordinary people, especially children. The latter should understand its benefits and effects on their general well-being and even future life and success.

The idea of cooperation, or as I decided to call it – “ joint efforts”, is related to original complexity of the obesity problem which has nationwide

dimensions nowadays. Instead of, for instance, investing into curing diseases caused by obesity (diabetes, cardiovascular diseases, risks of heart stroke, etc.), big companies could monetarily support production and spread of healthy food items so it became cheaper and more available for people “ living in low-income areas” (Khullar 126). Thus, step by step “ good” food could replace “ high-fat, high-calorie, low-nutrient” (Khullar 126) menus of shops and restaurants in preference to fresh and useful meals. Additionally, the reduction of junk and fast food advertising would contribute to the promotion of healthy lifestyle.

Hence, in the essay I described the ideas of healthy eating awareness and joint efforts needed to promote it - two most capturing thoughts expressed in Michelle Obamas and Dhruv Khullars articles – directed at resolving not only physical but social problem of obesity.

Works Cited

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