Inquiry Question: What are the hidden costs behind the rising issue of obesity in America?


In Berreby’s essay he brings up multiple studies that back up his central claim of humans naturally wanting to be a part of something bigger than just themselves so they will join different clubs, organizations, fraternities, sororities, etc. He also claims that when humans join certain groups, they start to build a disliking towards the group that opposes them. So he brought up examples of rival college students having a great hatred towards the rival school because of school spirit. Berreby’s essay relates to Sabo’s essay because of the desire that Sabo felt towards becoming a part of something bigger than himself. Sabo said that football would be his key to girls and friends which backs up the connection.


In “Who Pays for Obesity?” astounding numbers such as obesity prevalence in 1962 being 13.4 percent and in 2006 spiking to 35.1 percent are used to support the authors’ claim. The authors’ central point throughout the essay is based off the title, “Who Pays for Obesity?” meaning what does the increasing obesity in our country lead to in other sectors of the economy. The authors put most of the effect onto the health insurance industry, saying that prices in the private and public sector will rise due to this rising issue. A far-fetched claim that the authors say is that health insurance actually leads to people becoming fat because health insurance masks the problem so they won’t work towards getting rid of the problem. This article can counter “Pigskin, Patriarchy, and Pain” because Sabo saw himself as this overweight kid that didn’t fit the stereotype of a tough male so he started to play football to change his image.


The image is representing how easy and efficient the fast-food industry has become in America. This is shown through the customer receiving his whole meal and drink within his own car with only having to reach out of his car window. The camera focus put on the exchange of food is a visual tool that can be used. The photograph can give an introduction to Bhattacharya’s article because it can serve as a cause to the rising obesity problem.

Sabo’s argument starts off describing how his football career is effecting him now with the intense surgery that he has to endure. He then goes on to explain the reasoning of why he started playing football in the first place. This connects to when he talks about the pain principle and how you need to endure pain to succeed in this sport. Finally, he mentions how football is a patriarchy where you put all your trust, mind, and body into what your coach says no matter the consequence. This relates to Berreby’s essay because Sabo showed hatred to his enemy, the other team, by feeling a sense of success at the sight of opponent blood or an opponent’s injury.


This report is an in-depth analysis of the obesity levels among adults in each state. In 2001 the US government issued a plan to try to get states to lower their obesity levels to 15%. Sadly, in 2007 no state had met the objective in place. The highest numbers in the US were ages 50-59 with an obesity percentage at 31.1 and Mississippi at 34.4. Also, only 2 states (DoC and Colorado) reported less than 20% obesity. This shows how much of an issue obesity is and has become across the US as a whole. This report can relate to Berreby’s essay because when a report like this comes out, people that aren’t obese in the states that have extreme obesity numbers may form into tribes and have negative views to people with obesity.

The Beauty Myth essay talks about how modern women are trapped in this endless cycle of trying to achieve this beauty that is unreachable. Women have moved on from wanting money, power and legal recognition to wanting physical beauty. Society puts this image onto women of society to become this “perfect women” that is impossible to ever become. This can counter both articles on obesity because even though Wolf claims that all women have this hidden desire to reach an unreachable beauty, the rising obesity numbers would counter this claim.