

The Effects of Obesity, Eating Habits, and Lack of Physical Activity Leading to Heart Disease

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Obesity has become a major problem throughout the United States. By the year 2030, a projection report has estimated that all 50 states could have obesity rates above 44 percent. Throughout the spring semester, I have been working on a project using the mapping program ArcGIS to show the greatest areas for obesity within Cook County, Illinois. The project deliverables will be in the form of a map of Cook County that will determine areas of highest obesity. The map will show fast food restaurants, parks, and income level. Once the map is completed, it will be determined whether highest areas of obesity are due to many fast food areas and lack of parks and recreation facilities and whether income level plays a factor in higher obesity rates.

Information about the Author:

Natalie Jarrett is a senior environmental science major. She became interested in this topic while watching the news and seeing the staggering increase in obesity across America. The importance of this project was to see whether lack of resources and knowledge was the key to the U.S. population's obesity.

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