

FAT NATION



A HISTORY OF **O B E S I T Y** IN AMERICA

Jonathan Engel

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Fat Nation: A History of Obesity in America



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The dietary plan and weight-loss industry will probably be worth \$66 billion – What adjustments need to be made in order to scale back the incidence of obesity in America, and, indeed, all over the world?! Given the outcome, though, for individuals who are obese, Engel encourages us to handle the problems and offers suggestions to help remedy the problem. But how did we get here? Is this a fight we can't win? That's, our bodies will always be programmed to be obese, but until recently never had the opportunity to do so. billion! Here, Jonathan Engel reviews the sources of the problem and will be offering the technology behind our modern propensity toward obesity. He offers a plan for helping address the issue, but admits that it is, indeed, an uphill battle. He offers visitors solid grounding in the known technology underlying obesity (genetic set points, complicated endocrine feedback loops, neurochemical messaging) but makes the novel argument that obesity is a result of the conversation of our genes with our environment. *Fat Country* is a social history of obesity in the USA because the second World War. In confronting this familiar topic from a historical perspective, Jonathan Engel tries to show that obesity is a symptom of complex changes that have transpired over the past half century to our food, our living behaviors, our life patterns, our built environments, and our interpersonal interactions. Nevertheless, given the magnitude of the costs in years of lifestyle and vigor lost, it is a battle worth fighting. Can we win? Today, with cheap calories ubiquitous (particularly by means of sucrose), unwalkable physical areas, deteriorating rituals and norms surrounding eating, and the withering of cooking skills, nearly every American daily confronts the task of not gaining weight. The approximated annual health care costs of obesity-related illness are 190 billion or nearly 21% of annual medical spending in the USA.



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