Casual analysis essay. Essay Outline For Casual Analysis Topic: Compared to other people around the world, most people can see that Americans are larger, particularly in body weight. What are some of the causes of obesity in Americans? Body paragraph reason 1 Poor Diet: The typical American diet, which is high in saturated and trans fats, added sugars, and refined grains, contributes to obesity. Counterpoint: Resorting to appropriate diets and healthy behaviors is crucial to limiting the occurrence of diabetes. Body paragraph reason 2 Sedentary Lifestyle: A sedentary lifestyle, including long hours spent sitting at work and home, lack of physical activity, and decreased participation in sports, increase the risk of obesity. Counterpoint: Embracing physical exercise, such as gymnastics, is indispensable to limiting obesity. Body paragraph reason 3 Genetics: Certain genes may make individuals more prone to gaining weight and developing obesity. Counterpoint: Explore lifestyles that limit the nourishing of genetic axioms that instigate obesity Body paragraph reason 4 Environmental Factors: The built environment, such as lack of access to healthy food options and safe places for physical activity, can contribute to obesity. Counterpoint: Adopt strategies averting and mitigating the influence of environmental factors to appropriate health. Body paragraph reason 5 Socioeconomic Status: Low-income individuals and those with less education are more likely to be obese due to factors such as limited access to healthy foods and fewer opportunities for physical activity. Counterpoint: Mitigating health inequalities such as poverty by the government will be vital to limiting the influence of socioeconomic status to the nourishment of obesity in the society.