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Obesity & Hunger
Ted Talk
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Ellen Gustafson: Obesity + Hunger = 1 global food issue

Ellen Gustafson's talk on *Ted: Ideas worth spreading*, discussed the issue of both obesity and world hunger, which she described as two very similar problems. The problems are connected because they both relate back to agriculture.

Within the past thirty years, there has been a drastic shift in how food is made. According to Gustafson, "three-fourths of products on supermarket shelves and in most fast food contains soy, corn, or wheat, which are processed foods and fast foods. When the United States farming industry began to produce more refined grains with increased fatty oils, the rest of the world's food system adopted this procedure.

Due to our current diets of fattening grains, one-third of children in America are currently considered overweight or obese, that is triple of what the rate was in 1980. Also, sixty seven percent of American adults are overweight or obese today, which is double that of 1980. How can we not expect this, however, when one in five children under two drink soda because it is cheap?

On the other hand, according to Gustafson on the continent of Africa, "since 1980, per capita production of corn . . . has fallen fourteen percent and the number of malnourished people there has doubled." Ellen believes this is due to the U. S.'s eighty-five percent cut in their agricultural development assistance.

Based off of the information Ellen provides it is apparent that agriculture is one of the main things we need to systemically change so as to improve food issues throughout the world. Unlike her, however, I believe it will take more than thirty years to turn the food system back around and send it in a more healthy and life sustaining direction.

Source

Gustafson, E. (n.d.). Ellen Gustafson: Obesity + Hunger = 1 global food issue | Video on TED.com. *TED: Ideas worth spreading*. Retrieved December 5, 2012, from http://www.ted.com/talks/ellen_gustafson

