





#### **Jabriel Muttalib**



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### Child Obesity

child obesity I am overweight and I can't get up to change I'm just a baby im crying in pain I am overweight and I can't get up to change

When mom makes my breakfast I think about the meal i'll eat after

All the other kids are fast in the children's running race While I'm struggling to breath and whipping



tears of my face

In the morning I leave my pants unbuttoned Because my belly is being choked and im no murderer.

> Children are at a greater risk of developing obesity than ever before. A recent studyTrusted Source found that lack of exercise, fast food, and number of hours spent watching television are all factors contributing to the epidemic.

Doc tells me i have something called diabetes Me and mom ignore her and just keep eating

When parents lead the way and create a supportive environment for a child they are far more likely to be successful.

# PG.4 Creative submission



#### explanation

I chose to do a collage because I had too many statements that I couldn't say in one picture. I chose childhood obesity because I was somewhat close to becoming affected by it as a child. the Mcdonald's sign with the huge X across it, is trying to tell the viewer that this is unhealthy for a child.

Inside my collage i tried to bring up the importance of consistency, If you are consistent with bad food at a very young age you might suffer the results of being obese in the future but if you are staying consistent in eating healthy foods at a young age its more likely that you will contain good health as you grow older.

### Research based infor

#### ELLEN BASS

Bass was elected a Chancellor of the Academy of American Poets in 2017. She is the recipient of fellowships from the John Simon Guggenheim Memorial Foundation, the California Arts Council and the National Endowment for the Arts, as well as the Lambda Literary Award for Poetry, the Pablo Neruda Prize for Poetry, and two Pushcart Prizes. She teaches in the lowresidency MFA program at Pacific University and lives in Santa Cruz, California.

Ellen Bass was born in Philadelphia in 1947 and grew up in New Jersey. She received a BA from Goucher College and an MA in creative writing from Boston University,

where she studied with Anne Sexton. She later said that Anne Sexton "encouraged me to write more, to expand, to go deeper and wider. She breathed life back into the process. Without her, I might have given up."

"There's a part of every living thing that wants to become itself: the tadpole into the frog, the chrysalis into the butterfly, a damaged human being into a whole one.That is spirituality."



#### Artist statment

In the cover of my zine i used triangles and lines to surround the picture in the middel of my cover, I chose triangles as arrows to point out that my scoaical issue is going to be about Child Obeseity.

Jericho Brown was the insperation for my poem and I used one of his poetic techniques in his poem "Duplex" to incorperate in my poem.

For my creative submission I created a collage that invites my thoughts on child obesity into my zine . In my collage I pointed out that constantly eating unhealthy foods can danger a childs adult hood" which is a scientfic fact stated in my work cited.

# Work sitied page

Bass, Ellen. "About Ellen Bass." Academy of American Poets, Poets.org, https://poets.org/poet/ellen-bass. Accessed 20 October 2022.



#### Ellen Bass

Ellen Bass is the author of Like a Beggar (Copper Canyon Press, 2014). She currently serves on the Board of Chancellors of the Academy of American Poets.

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