



ENGL 100

Problem Solution Essay



Problem Solution Essay

Problem-solution essays are actually a sub-type of another type of essay, which has the following four components:

- Introduction: Situation
- First Body Paragraph: Cause(s) & effect(s) of problem
- Second & Third Body Paragraphs: Solutions
- Conclusion: Evaluation



Introduction

- Hook: Catch reader's attention.
- Background information: Give reader information so that reader knows why the problem is important and how the problem affects the reader.
- Thesis sentence: States solution that should be taken.

Introduction

Hook

Importance of problem

Thesis

Consumption of processed and convenience foods and dependence on the car have led to a 300 percent increase in obesity and reduction in the fitness level of the adult population. In some countries, especially industrialized ones, the number of obese people can amount to one third of the population. This is significant as obesity and poor fitness lead to a decrease in life expectancy. Therefore, it is important for individuals and governments to work together to improve their citizens' diet and fitness.

Body: Problem

Problem

1. Topic sentence states cause(s) and effect(s).
2. Develop paragraph with major and minor supports.

Obesity and poor fitness lead to a decreased life expectancy. Overweight people are more likely to have serious illnesses such as diabetes and heart disease, which can result in premature death. In fact, each year, obesity is related to 100,000 premature deaths. It is well known that regular exercise can result in a reduced risk of heart disease and stroke, which means that those with poor fitness levels are at an increased risk of suffering from those problems.

Body: Solution 1

Solution 1

1. Topic sentence states solution.
2. Develop the paragraph with major and minor supports.

Changes by individuals to their diet and their physical activity can increase life expectancy. There is a reliance today on the consumption of processed foods, which have a high fat and sugar content. By preparing their own foods, and consuming more fruit and vegetables, people could ensure that their diets are healthier and more balanced, which could lead to a reduction in obesity levels. In order to improve fitness levels, people could choose to walk or cycle to work or to the shops rather than taking the car. They could also choose to walk up stairs instead of taking the lift. These simple changes could lead to a significant improvement in fitness levels.

Body: Solution 2

Solution 2

1. Topic sentence states solution.
2. Develop the paragraph with major and minor supports.

Governments could also implement initiatives to improve their citizens' eating and exercise habits. This could be done through education, for example by adding classes to the curriculum about healthy diet and lifestyles. Governments could also do more to encourage their citizens to walk or cycle instead of taking the car, for instance by building more cycle lanes or increasing vehicle taxes. While some might argue that increased taxes are a negative way to solve the problem, it is no different from the high taxes imposed on cigarettes to reduce cigarette consumption.

Conclusion

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| 1. Restates problem | → <i>In short, obesity and poor fitness are a significant</i> |
| 2. Paraphrases thesis sentence | <i>problem in modern life, leading to lower life expectancy.</i> |
| 3. Analyzes the solutions and proposes which is best solution to problem. | → <i>Individuals and governments can work together to tackle this problem and so improve diet and fitness.</i> |
| 4. Ends with restatement of why problem is important. | → <i>Of the solutions suggested, those made by individuals themselves are likely to have more impact, though it is clear that a concerted effort with the government is essential for success.</i>
→ <i>With obesity levels in industrialized and industrializing countries continuing to rise, it is essential that individuals and the government take action now to deal with this problem.</i> |

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- <http://www.eapfoundation.com/writing/essays/problemsolution/>
 - <https://stateofobesity.org/obesity-rates-trends-overview/>