

The following samples illustrate ways an outline can be structured and how detailed it can be. Whether using letters, numbers, bullets, or a combination, each part of an outline should be labeled so it is always clear what is being included.

The following sample includes APA-style citations and references.

A full-sentence outline may be required when submitting an outline as a course assignment, as shown here.

Full-Sentence Outline

- A. Thesis:** The obesity epidemic needs a government intervention because the medical costs associated with obesity cost taxpayers money, unhealthy foods need tighter regulations, and public schools need to provide healthier options.
- B. First body paragraph topic sentence:** The medical cost associated with weight-related issues has significantly contributed to individual taxes.
1. **Supporting evidence:** "...the costs of obesity arising from individuals' poor nutritional choices are borne by society as a whole through taxes, lost productivity, and an overburdened healthcare system. In 2008, the medical costs associated with obesity and obesity-related illnesses totaled US \$147 billion in the United States" (Franck et al., 2013, p. 1951).
 2. **Analysis:** This shows a connection between obesity and an increase in medical costs and taxes. This quote supports the claim that weight-related medical issues contribute to increased taxes for all taxpayers by explaining the connection and demonstrating the high dollar costs to show that this is a current problem affecting a government process (taxation) and therefore could be appropriately addressed by government intervention.
- C. Second body paragraph topic sentence:** Another reason that weight should be considered a governmental issue is that the market for unhealthy food in America has overtaken the general food market and the government needs to actively curb the incentives to frequent these establishments.
1. **Supporting evidence:** "[M]eals are increasingly being consumed outside the home, and these meals tend to be higher in fat. A literal fat tax... theoretically would encourage individuals to opt for low-fat or nonfat alternatives" (Franck et al., 2013, p. 1951).
 2. **Analysis:** This quote alludes to many of the main problems with fast food consumption and explains that a tax on these fast food could curb the consumption of junk food. If a fat tax is effective, this shows the need for the government to impose such a thing.
- D. Third body paragraph topic sentence:** Finally, the government is responsible for ensuring that children have access to healthy food and exercise while in school.
1. **Supporting evidence:** A connection between Michelle Obama's "Let's Move!" campaign and a reduction in overall childhood obesity across America has been demonstrated (Tucker, 2013, p. 5).
 2. **Analysis:** This information shows the effectiveness of government-backed programs, with "Let's Move!" as the specific example, which supports the concept of government involvement in reducing childhood obesity and providing a foundation for establishing long-term healthy habits.

Page numbers are not required when citing paraphrased information. However, you may include them if doing so would better direct readers to the information cited.

E. Conclusion

1. **Rephrased thesis:** Obesity is causing taxpayers more money. Unhealthy foods are not regulated and inadequate nutrition and exercise in schools are leading to a rise in obesity. Therefore, the government needs to intervene in order to decrease the rates of obesity.
2. **Significance:** The government's intervention is important so that we can reduce the rates of obesity before they soar to an uncontrollable level.

References

Include a formal references list if required.

Franck, C., Grandi, S., & Eisenberg, M. (2013). Taxing junk food to counter obesity. *American Journal of Public Health, 103*(11), 1949-1953.

<https://doi.org/10.2105/AJPH.2013.301279>

Tucker, C. (2013). Q&A with first lady Michelle Obama: How the Let's Move! campaign is changing the way kids eat, move. *Nation's Health, 43*(9), 5.

<http://thenationshealth.aphapublications.org/content/43/9/5.full>

Basic Outline

A more basic outline can be used as a starting point for yourself in organizing your paper, as shown here.

A. Introduction

- **Thesis:** The obesity epidemic needs a government intervention because the medical costs associated with obesity cost taxpayers money, unhealthy foods need tighter regulations, and public schools need to provide healthier options.

B. First body paragraph

- **Topic/Claim #1:** Medical costs lead to higher taxes for all.
- **Evidence:** Costs of obesity information (Franck et al., 2013, p. 1951)
- **My analysis:**

C. Next body paragraph

- **Topic/Claim #2:** Government can incentivize healthier food choices.
- **Evidence:** Fat-tax information (Franck et al., 2013, p. 1951)
- **My analysis:**

D. Next body paragraph

- **Topic/Claim #3:** Healthy foods and exercise needed in public schools.
- **Evidence:** Effects of "Let's Move" campaign information (Tucker, 2013, p. 5)
- **My analysis:**

E. Conclusion