

**WRITING STYLES IN ENGLISH**  
**ERI241**  
**CAUSE AND EFFECT OUTLINE PRACTICE**

*Based on the Reading provided ([Link](#)), organize the pieces of information provided below to form an outline about this essay. (There are some extra excerpts). Drag the Pieces of information to the table below.*

- Obesity may lead to high blood pressure.
- Obesity negatively impacts an individual's quality of life in significant ways psychologically, socially, and physically. The psychological and social effects are not as visible, and thus not understood as well, though certainly still present. The physical effects have been extensively researched because they are easier to quantify and diagnose.
- Some of the most obvious physical health effects of obesity include high blood pressure, type 2 diabetes, and bone diseases.
- obesity brings with it an increased risk for a variety of health problems. Obesity makes the heart work harder, decreases the effectiveness of the body's insulin, and adds extra strain to the bones and joints.
- obesity can contribute to a variety of bone and joint diseases.
- Type 2 diabetes is another health concern that may be caused by obesity.

**Thesis Statement**

**Effect 1**

**Effect 2**

**Effect 3**

**Conclusion**