



Technobesity

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A Real World View of Applied Math and Statistics

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ABSTRACT

This study was performed to explore connections between the development of technology and the change in obesity rates in the United States. The prevalence of technology has steadily increased over the course of the past 60 years. Three significant aspects of modern technology include the television, the computer, and video games. These developments have caused a decrease in physical activity in the United States and in turn an increase in sedentary time. Prior to the recent technological revolution, more American leisure time was spent outdoors with more physically demanding activities. Nowadays, both adolescents and adults spend much of their free time watching screens. It was found that there is a clear relationship between the increase in obesity and the technological devices that were analyzed. Several tests were constructed, including linear regression hypothesis tests and proportion confidence intervals. The linear regression hypothesis tests were used to examine positive correlation between time vs. percent of obese Americans, percent of obese Americans vs. number of TV households in the United States, percent of households with computers in the United States vs. time. The proportion confidence interval investigated the proportion of Americans that do not do the recommended amount of physical activity. These tests confirm the beliefs that a rise of technology is affecting the obesity rates in the United States.