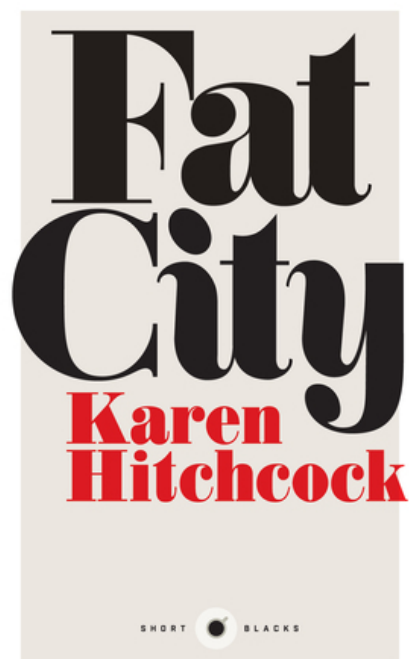




Fat City

Karen Hitchcock

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Fat City Karen Hitchcock

I ask a young 200-kilo patient what he snacks on. "Nothing," he says. I look him in the eye. Nothing? He nods. I ask him about his chronic skin infections, his diabetes. He tears up: "I eat hot chips and fried dim sims and drink three bottles of Coke every afternoon. The truth is I'm addicted to eating. I'm addicted." He punches his thigh.

In *Fat City*, Karen Hitchcock unpicks the idea of obesity as a disease. In a riveting blend of story and analysis, she explores chemistry, psychology and the impulse to excess to explain the West's growing obesity epidemic.

Fat City Details

Date : Published October 2015 by Black Inc.

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Author : Karen Hitchcock

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From Reader Review Fat City for online ebook

Caitlin Grace says

So much of it was fantastic...except the premise. Diets are fake news and fat does not equal unhealthy.

Charlotte Harper says

I love these Short Blacks from Black Inc. Fat City is on a topic that affects all of us in some way. Either we are or have been overweight, or someone we care about is/has been. I came away with some big ideas about personal responsibility and the terrible toll eating/drinking badly places on our bodies. I am all for labels and taxes on foods that cause obesity and would like to know more about the impact of weight increases on our organs, internal and external.

Here are some hard-hitting lines from this quick read.

Today when we look at those who are thin, part of what we see is a triumph of will over gluttony, so the beauty is a moral beauty, it has little to do with health.

...

Fat men and women make less money, marry less often and are less educated than the lean. They are more often depressed.

...

The very fat lived on average six to seven years less than the lean. The moderately fat lived three years less.

...

If you are overweight, you cost 25% more per year to keep healthy than a slim person. If you are obese, you cost 45% more.

Stephie says

Very interesting little read.

Megan Hobart says

2.5 but biased. Blunt. From the medical perspective, her frustration is obvious and I'm sure wide spread in the medical community. I appreciate her mention of the need for a multidisciplinary approach to, what's becoming, a world-wide epidemic. From the mental health perspective I had a visceral reaction and couldn't help but wince at times during her narrative. My reactions are definitely a product of my personal practice where I see, more often, the opposite side, the side of the restrictor, the phobia of weight gain to the point of achieving an emaciated ideal that is never thin enough.

Ellen says

A short read on the consequences of indiscriminate consumption which shocks not by intent, but through truth.

Sharon says

Wavering between three or four stars - went with four, because while this is very brief, it is important and powerfully written. Just hope I remember it next time I want to pig out on junk food.

Jenny Esots says

Karen Hitchcock dares to call it as she sees it. And she sees a lot. As a medical registrar in an obesity clinic she has heard all the obesity- as- disease stories from people who claim to be addicted to food. She states this is a ruse. Medicine cannot shoulder the burden or the responsibility.

What about the responsibility of the individual? And society?

Much other discussion on the merits and horrors of being fat.

That the author blatantly uses the word fat is very telling. There is no sugar coating the facts here, unlike most of the fast food industry.

A very short sharp read. But still manages to be disturbing.

Our future is not looking so bright.

Ruby says

Well, that was short. It's sure to ruffle a few feathers, too. I think I would have liked a list of the studies Karen cited, at the very least... We kind of have to take her word for it that her assertions are based on solid evidence. I agree with her though, it's a pretty uncomfortable truth but we need to face it head on. Inaction is its own kind of action in the face of such a pervasive and complicated social issue. I felt that Karen skimmed the surface of a much deeper subject. After reading her amazing quarterly essay on aged care, I found this piece a little disappointing. She writes beautifully, though.

Karen says

An essay by an Australian doctor that is depressing because there's really no solution. Though she does make a good point about the low smoking rate in Oz and how it ties in to the high tax/no ads/graphic photos on cig packs--it's effective to some degree and maybe that might be a method to explore with junk food there, or here in the US...if lobbyists stay out of it.
