

# Cause and Effect Essay Structure Explained Using an Example Topic: Causes and Effects of Diabetes

## I. Introduction

A. **Hook:** Start with an attention-grabbing statement, such as a surprising statistic, an anecdote, or a rhetorical question.

**Example:** Did you know that over 40% of adults in the United States are considered obese?

B. **Background:** Provide some context and background information on the topic you will be discussing, such as the definition of obesity and its health consequences.

C. **Thesis statement:** Clearly state the cause-and-effect relationship you will be exploring in your essay.

**Example:** The rise in obesity rates can be attributed to the availability of cheap, unhealthy food and a sedentary lifestyle, and it leads to numerous health problems including diabetes, heart disease, and certain types of cancer.

## II. Causes

A. **Topic sentence:** Start with a clear and concise topic sentence that identifies the first cause you will be discussing.

**Example:** The availability of cheap, unhealthy food is a major cause of obesity.

B. **Supporting evidence:** Provide evidence to support your topic sentence, such as examples, statistics, or expert opinions.

**Example:** According to a study by the Centers for Disease Control and Prevention (CDC), fast food consumption is positively associated with obesity.

C. **Explanation:** Explain how the evidence supports your topic sentence and contributes to your overall argument. Example: The high caloric content and low nutritional value of fast food make it a convenient but unhealthy option for those on a budget or with limited time. D.

**Transition:** Use transitional phrases or sentences to smoothly transition to the next cause or to the effects. Example: Another contributing factor to the rise in obesity rates is a sedentary lifestyle.

## III. Effects

A. **Topic sentence:** Start with a clear and concise topic sentence that identifies the first effect you will be discussing.

**Example:** Obesity leads to an increased risk of diabetes.

**B. Supporting evidence:** Provide evidence to support your topic sentence, such as examples, statistics, or expert opinions.

**Example:** The American Diabetes Association reports that obesity is a major risk factor for developing type 2 diabetes.

**C. Explanation:** Explain how the evidence supports your topic sentence and contributes to your overall argument.

**Example:** Excess body fat can impair insulin sensitivity and glucose metabolism, leading to insulin resistance and eventually type 2 diabetes. **D. Transition:** Use transitional phrases or sentences to smoothly transition to the next effect or to the conclusion.

## IV. Conclusion

**A. Restate thesis:** Restate your thesis statement in a new way to remind the reader of the cause-and-effect relationship you have explored in the essay.

**Example:** In conclusion, the rise in obesity rates can be attributed to the availability of cheap, unhealthy food and a sedentary lifestyle, and it leads to numerous health problems including diabetes, heart disease, and certain types of cancer.

**B. Summary of main points:** Summarize the main points of your essay and how they contribute to your overall argument.

**Example:** By examining the causes of obesity and its effects on health, we can better understand the importance of promoting healthy eating and physical activity.

**C. Final thoughts:** End with a final thought or recommendation for further research on the topic.

**Example:** Further research should be done to identify effective interventions that can address the root causes of obesity and reduce its impact on public health.

## V. References

List sources using a citation style such as APA or MLA as recommended by your college or academic institution.