

WACK!

LYRICS BY MGD

America's Health is a Problem

Clip from an interview of Dr. David Katz

"The single leading cause of premature death before the pandemic, during the pandemic and after the pandemic is poor diet quality"

- David Katz

It's just WACK! WACK! WACK!

This whole thing is just WACK! WACK!

This whole situation is ridiculously

WACK health from this WACK food with this WACK mood

WACK cuz we don't move

It's WACK! it's just so WACK! It's just...

[Hook]

WACK! (wack) WACK! (wack) WACK!

This whole thing is just WACK! (wack) WACK!

This whole situation is ridiculously

WACK health from this WACK food with this WACK mood

WACK cuz we don't move

It's WACK! it's just so WACK! So WACK!

[Verse 1]

This is WACK!

I saw you take that chips and soda off the rack

Put it right back

Cuz obesity will sneak up on you and attack

In the 1980s, crack and black pushed an entire
community back

That was WACK!

But in 2020, same story, Jack

Except its high fructose corn syrup that's
basically sugar crack

With minority communities running rampant
with the Big Mac

Or a box with jumping Jack

Or a King who makes it your way like he's got ya back

Listen to this!

Then turn around, stab you in the back

BMI so high, can't see the back

Arteries are clogged with that nasty plaque

Get ready for a heart attack

Can't even believe that

Then they put the blame on them because they can't
make it around the track

And not on the multiple resources that they lack

We're talking about social determinants of health to be
exact

Cuz lack of access to care is a common for brown and
black

And health disparities are quite setback

We already know that

This is so...

[Hook x 2]

[Verse 2]

NO!

I'm not taking what I said back

CDC got all the statistics piled so high we got stacks on
stack

Now their falling off the rack

And every single year, they will increase until we act

Cuz this is so...WACK!

No, I'm not smoking crack

Or throwing that liquor back

Cuz I don't do that

All I speak is real facts

In 1977, McGovern tried to get us off this track

But all the food industries (the dairy, the meat, the salt
and the sugar).....the rat pack

Came out the woodwork and they all clapped back

Decided that they were not having that

Like BIG tobacco when it got smacked

With evidence that cigs were cancer's favorite snack

Disregarded the facts

Didn't listen to Simmelweiss when he said, "Ya hands
dirty. You should wash that"

Seems like it's about profit and your life don't mean jack

Unless I got the whole thing wardsback (Ahaaa!)

My hand can't get to faces fast enough to smack

I'm-I'm-I'm-I'm so over the effectiveness we lack

With hospitals selling every type of snack

Kids TV advertising crap

Foods that glow in the dark, create dental plaque

Can you even grow mold on that?

Red Dye 40 listed on the back of the pack

Nah, I wouldn't eat that

[Hook x 2]

