# American Filmmaker Morgan Spurlock, Known for 'Super Size Me,' Dies at 53



Morgan Spurlock, the American filmmaker best known for his 2004 documentary "Super Size Me," passed away on May 23, 2024, at age 53 due to complications from cancer. Born on November 7, 1970, in Parkersburg, West Virginia, Spurlock gained global recognition with his unique experiment of eating only McDonald's meals three times a day for 30 consecutive days.

In "Super Size Me," Spurlock explored the impact of fast food consumption on his health. Documenting significant weight gain, increased cholesterol levels, heart palpitations, and emotional struggles, the film highlighted potential dangers of fast food diets. His documentary grossed $22 million on a $65,000 budget, significantly contributing to the international discussion on obesity and fast food consumption.

Following the film's release in May 2004, McDonald's introduced healthier menu options and phased out its "super size" portions, though the company insisted these changes were coincidental. Spurlock believed his body never fully recovered from the experiment, emphasizing long-lasting health impacts.

Spurlock's earlier life included various stints in the film industry, including a role as a personal assistant on major film productions. He graduated from New York University's Tisch School of the Arts in 1993 after being rejected multiple times by the University of Southern California's film school.

Despite the success of "Super Size Me," Spurlock's later career was marred by controversies. In 2017, he posted a confession admitting to a history of sexual misconduct, alcoholism, and infidelity, leading to his resignation from his production company, Warrior Poets. His confessional post also cast doubt on the integrity of his famous dietary experiment.

Spurlock directed and produced nearly 70 films and series, including a sequel to "Super Size Me" in 2017. He is survived by his children, Laken and Kallen, his parents, and his brothers, Craig and Barry.