

Teaching Topic
Unhealthy lifestyle : Obesity

Relevant concepts / terms

- Obesity and overweight (please refer to <http://www.who.int/mediacentre/factsheets/fs311/en/>)
- Public health (Web-based Resource Platform for Liberal Studies → Resources → Relevant Concepts → NSS LS)
- Quality of life (Web-based Resource Platform for Liberal Studies → Resources → Relevant Concepts → NSS LS)
- Health (Web-based Resource Platform for Liberal Studies → Resources → Relevant Concepts → NSS LS)
- Health education (Web-based Resource Platform for Liberal Studies → Resources → Relevant Concepts → NSS LS)
- Healthy lifestyle and habits (Web-based Resource Platform for Liberal Studies → Resources → Relevant Concepts → NSS LS)

Suggested questions for enquiry

- Why is obesity a public health problem? What are the possible impacts and challenges of obesity on the society?
- How is the obesity problem being tackled in different countries and which of the measures is/are the most effective? To what extent can these measures be implemented in Hong Kong?
- Evaluate the effectiveness, feasibility and possible challenges of imposing fat tax in Hong Kong.

Suggested examples for enquiry provided by *Resource Package*

(Resource Package P.87)

- Personal dietary habits significantly impact one's physical health. Teachers may consider asking students to discuss the dietary habits of Hong Kong people. The enquiry focuses include the relationship between dietary habits and physical well-being, the fast food culture, and the phenomenon of obesity. On the other hand, discussion may also be held on the proposition that if the government were to legislate such means (e.g. restricting school menus in order to prevent obesity in school children by means of legislation) and increase taxation (e.g. levy tax on all food products with saturated fats) to prevent obesity in citizens, would these steps constitute an intrusion on personal freedom?

Relevant news/ cases/ data/ commentaries/ pictures (Directly relevant or closely relevant topics)

- “Which country has biggest obesity problem?”. (2014, Jan 5). BBC News. Retrieved from <http://www.youtube.com/watch?v=mjR6KRMPQGw>
- Centers for Disease Control and Prevention (2013, Dec 6). “The Health Effects of Overweight and Obesity”. *The USA*. Retrieved from <http://www.cdc.gov/healthyweight/effects/index.html>
- “Obesity Risk Factors”. (2013, Jun 7). *Mayo Clinic*. Retrieved from <http://www.mayoclinic.org/diseases-conditions/obesity/basics/risk-factors/con-20014834>
- Government Information Centre, HKSAR. (2013, Feb 27). “LCQ6: Childhood obesity”. Retrieved from <http://www.info.gov.hk/gia/general/201302/27/P201302270429.htm>
- Department for Health, Centre for Health Protection (2013, Feb 25). “Obesity”. HKSAR. Retrieved from <http://www.chp.gov.hk/en/content/9/25/8802.html>
- “Taiwan's bid to boost fitness and reduce obesity”. (2013, Feb 15). *BBC News*. Retrieved from <https://www.youtube.com/watch?v=M-IGBX8eQmw>
- Stephanie Strom. (2012, Nov 12). “‘Fat Tax’ in Denmark Is Repealed After Criticism”. *The New York Times*. Retrieved from http://www.nytimes.com/2012/11/13/business/global/fat-tax-in-denmark-is-repealed-after-criticism.html?_r=0
- TABLE FOR TWO Hong Kong. (2012, May 23). “Local Buzz: Obesity in Hong Kong”. Retrieved from <http://tablefor2hk.blogspot.hk/2012/05/local-buzz-obesity-in-hong-kong.html>
- Alexandra Sifferlin. (2012, May 16). “Study: A 20% ‘Fat Tax’ Would Improve Public Health.” *Time*. Retrieved from <http://healthland.time.com/2012/05/16/study-a-20-fat-tax-would-improve-public-health/>
- Olivia Katrandjian. (2011, Oct 2) “Denmark Introduces ‘Fat Tax’ on Foods High in Saturated Fat”, *ABC News*. Retrieved from <http://abcnews.go.com/blogs/health/2011/10/02/denmark-introduces-fat-tax-on-foods-high-in-saturated-fat/>
- Christopher Shay. (2011, Jan 10). “Hong Kong’s Expanding Obesity Problem”. *The Wall Street Journal*. Retrieved from <http://blogs.wsj.com/hong-kong/2011/01/10/hong-kongs-expanding-obesity-problem/>

Learning and teaching materials published by the EDB (Directly relevant or closely relevant topics)

- *Issues of Science, Technology and the Environment in Perspective*, p19-33.

Assessment items (Directly relevant or closely relevant topics)

- Fast Food Culture (ED30)
- Obesity and Dieting Habits (EE35)

Relevant or comparable examples for enquiry

- Since Mexico has higher rates of adult obesity than the USA, the President of Mexico has called for a 'change of culture', including incorporating at least an hour of exercise for all Mexicans every day and passing a law imposing significant new taxes on junk food and sugary drinks.
 - Sarah Boseley. (2013 Nov). "Mexico to tackle obesity with taxes on junk food and sugary drinks". *The Guardian*. Retrieved from <http://www.theguardian.com/world/2013/nov/01/mexico-obesity-taxes-junk-food-sugary-drinks-exercise>
 - Eric Martin and Nacha Cattan. (2013, Oct 29). "Mexico Tackles Obesity Epidemic With Tax on Junk Food". *Bloomberg*. Retrieved from <http://www.bloomberg.com/news/2013-10-29/mexico-tackles-obesity-epidemic-with-tax-on-junk-food.html>
- In the USA, the nutritional quality of food served at schools has been hotly debated for years because a third of the American kids are overweight or obese. New government proposals have set limits on calories, fat and sugar in some school foods.
 - "USDA Releases New School Snack Food Guidelines". (2013, Feb 2) *Newsy Science*. <https://www.youtube.com/watch?v=bqfyUxvN74o>
 - Nanci Hellmich. (2013, Feb 1). "Goodbye, high-fat chips: New rules for school snacks". *USA Today*. Retrieved from <http://www.usatoday.com/story/news/nation/2013/02/01/junk-food-schools/1881581/>

Other resources

- Centers for Disease Control and Prevention.(2009 Jul). "Recommended Community Strategies and Measurements to Prevent Obesity in the United States: Implementation and Measurement Guide". Retrieved from http://www.cdc.gov/obesity/downloads/community_strategies_guide.pdf
- Department of Health. (2005 Nov). "Guideline on Management of Overweight & Obesity in Primary care". Retrieved from <http://www.pdqa.gov.hk/english/primarycare/clinical/files/overwtguideline.pdf>
- Popkin, Barry. (2009). *The World is Fat: The Fads, Trends, Policies, and Products That Are Fattening the Human Race*. Penguin Group (USA)

Incorporated, 2009.

- S. Barquera, I. Campos, J.A. Rivera. (2013, Oct 23). "Mexico attempts to tackle obesity: the process, results, push back and future challenges". *Obesity Reviews*. Retrieved from <http://onlinelibrary.wiley.com/doi/10.1111/obr.12096/pdf>
- Vanderbilt Journal of Transnational Law, vol. 42:317. (2009). "Advertising Obesity: Can the U.S. Follow the Lead of the UK in Limiting Television Marketing of Unhealthy Foods to Children?". Retrieved from http://www.vanderbilt.edu/jotl/manage/wp-content/uploads/Darwin-final_x.pdf
- Vasanti S. Malik, Walter C. Willett and Frank B. Hu. (2012). "Global obesity: trends, risk factors and policy implications". Department of Nutrition, Harvard School of Public Health. Retrieved from <http://isites.harvard.edu/fs/docs/icb.topic1124294.files/Global%20obesity%20NatureReviews.pdf>
- Wilkinson, Richard G. & Pickett, Kate.(2009). *The Spirit Level: Why More Equal Societies Almost Always Do Better*. London: Allen Lane. (Hong Kong Public Libraries Call Number: 305 WIL)
- World Health Organization. *Global Strategy on Diet, Physical Activity and Health. Obesity and Overweight*. Retrieved from http://www.who.int/dietphysicalactivity/strategy/eb11344/strategy_english_web.pdf
- World Health Organization. *Obesity: preventing and managing the global epidemic*. Retrieved from http://whqlibdoc.who.int/trs/WHO_TRS_894.pdf