

**GEC1015/GEH1049 PUBLIC HEALTH IN ACTION
GUIDELINES FOR GROUP PROJECT – 40% of Grade**
Obesity among adults in Singapore



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Read the article below, with the hyperlink, which foregrounds the public health concern of obesity among adults aged 18 to 74 in Singapore:

<https://www.channelnewsasia.com/commentary/obesity-disease-choice-diet-exercise-medication-lose-weight-4972646>

(Note: You may make reference to the original article in your work but accurate referencing of the article in the APA style is expected.)

Instructions

In this group project, you are given two tasks:

1. (i) Explain why obesity among adults is a public health concern in Singapore and (ii) using any **two** different layers of the Socio-Ecological model (SE model) covered in this course, you are to explain in detail **two** separate reasons (one reason for each layer) that contribute to the increasing prevalence of adult obesity in Singapore (in no more than 1200 words). You may make use of case studies and examples from elsewhere, but you must show clear and logical connections to the Singapore context. Making use of real-life examples, evidence, data and scholarly sources, you should write a short response which demonstrates an understanding of the two factors you have identified (one reason for each layer) in contributing to adult obesity in Singapore.

Do indicate your preference on the Canvas discussion forum (in the stipulated forum page for your group) for the two layers of the SE model your group wish to work with. No two groups (in an assigned cluster of 4 groups) should be working on the same two layers of the SE model. **The deadline for preference indication is 15th September, 6pm.** The earlier you submit your preference on the forum, the higher the chance that your preference will be accepted. Once the two layers of SE model are chosen and posted on Canvas discussion forum, no further changes are allowed after the deadline for preference indication.

Deadline: Week 7, 29 September 2025 (Monday), 6pm

2. Based on the responses posted on the Canvas Discussion page amongst 4 groups (including yours), provide a short response (no more than 800 words) to evaluate and critically consider which one of the reasons (stated by your group and others), is the most significant in contributing to the public health concern of adult obesity in Singapore. You may choose a reason put up by your group or by other groups in the same group cluster. It is not necessary to be working on a reason your group has elaborated on in task 1. Do note that you are

required to provide an explanation on why it is more significant than all the other reasons to contribute to adult obesity in Singapore.

Deadline: Week 13, 14 November 2025 (Friday), 6pm

Assessment Objectives

This group project will assess your ability to:

- describe public health challenges using real-world examples.
- Identify and explain trends and patterns related to contemporary public health challenges
- Apply the Socio-ecological model to explain real-world public health phenomena
- Work effectively and creatively in teams and communicate ideas clearly and convincingly

Structure of Task 1:

Maximum word limit: **1200 words** *including* the headings given below but *excluding* in-text citations and reference list. You do not need to adhere to the stipulated word range for each section stated below, they are just a suggested guide. However, you are required to indicate the word count at the end of every section, excluding in-text citations.

a) Introduction (350-400 words)

Your short introduction should describe why adult obesity is a Public Health concern in Singapore. Provide specific evidence in Singapore to substantiate your explanation. Thereafter, include a short outline of your two reasons which contribute to the Public Health concern of adult obesity in Singapore.

b) Explanation of reasons/factors using the Socio-ecological model

(Two separate paragraphs; one reason/factor each – total of between 650-750 words; you can decide on the length of each paragraph)

Make use of any two layers of the Socio-ecological model to explain the two chosen reasons that have contributed to the Public Health concern of adult obesity in Singapore (one reason for each layer). Be sure to integrate evidence and data from academic sources to support your answer.

c) Conclusion (100-150)

Your conclusion can reiterate the significance of the adult obesity issue in Singapore.

Structure of Task 2:

Maximum word limit: **800 words** *including* the headings given below but *excluding* in-text citations and reference list. You do not need to adhere to the stipulated word range for each section stated below, they are just a suggested guide. However, you are required to indicate the word count at the end of every section, excluding in-text citations.

a) Introduction (50-80 words)

Your short introduction should outline which one reason is the most significant in contributing to the public health concern i.e. adult obesity in Singapore.

b) Evaluation (640-700 words)

Explain why the chosen reason is most significant in contributing to adult obesity in Singapore. **In choosing the most significant reason, do also consider the interplay or effects of the socio-ecological model and describe this in your evaluation.** Do note that this body paragraph should not be a mere reiteration or description of the reason, but rather to compare and contrast, why one reason is more significant than all other reasons mentioned by your group and/or other groups. Be sure to integrate evidence and data from academic sources to support your answer, where necessary. An essay without any reference or citations shall be penalised.

c) Conclusion (50-80 words)

Your conclusion should summarise the significance of the chosen reason in contributing to adult obesity in Singapore.

References

All references should be cited using the **APA referencing style**. You will also need to include a reference list on a separate page, which is the final page of your report. Failure to cite references accurately will result in penalization of marks.

Should there be more than one edition of APA referencing style, follow the latest edition.

The instructions on references apply to both task 1 and task 2.

Formatting and Submission

1. For **Task 1**, please post your response in the Canvas Discussion section **as well as** submit another copy of your work, in word document format, into the Turnitin enabled submission folders for plagiarism check, "Group Project" folder. Assignments submitted into the wrong folder will not be graded. **Failure to post on Canvas Discussion section despite submitting on the Assignment folder will be subjected to penalization.**

For **Task 2**, please submit your assignment, in word document format, into the Turnitin enabled submission folders for plagiarism check, "Group Project" folder.

2. You must include submission title '**Group#**' on all Word documents' filename. This applies to both task 1 and task 2.
3. For **Task 2**, please provide a table (template as below) to summarise reasons listed by each group in the group cluster. **Since there are two reasons listed by each group, each reason**

should be summarised in separate sentence (one sentence per reason) and the corresponding layer in the SE model to which the reason rightfully belongs to shall be indicated clearly in the table accordingly. This table is to be inserted before the essay begins and it will be excluded from the final word count of 800 words. **Reasons listed in point form or short phrases, instead of proper sentences shall be penalised.**

Note that during group project discussion session 2, you are expected to discuss this table with the facilitator(s). You are thus encouraged to complete this table before turning up for group project discussion session 2. All group project discussion sessions are mandatory to attend and attendance will be taken. Refer to the course timetable for the date and time of all group project discussion sessions.

Group	Reason	Layer in the SE model
1	(i)	(i)
	(ii)	(ii)
2	(i)	(i)
	(ii)	(ii)
3	(i)	(i)
	(ii)	(ii)
4	(i)	(i)
	(ii)	(ii)

- For Canvas Discussion, your response must begin by stating your **Group#**. Canvas Discussion post, for Task 1 only, should be posted under the same reply threads for the group clusters you are assigned to. **Post your response in essay format instead of posting an attachment of your submission on Canvas Discussion page.** Your response posted on Canvas Discussion should include your full list of references in addition to the essay.
- You will be able to submit your assignment multiple times in the submission folder and make changes. Please note that after 3 resubmissions, the similarity report will be generated only after 24 hours.

For **Task 1**, please post your response in the Canvas Discussion section only when you have finalised the version you wish to submit based on the similarity index generated by Turnitin. Each group should only provide one response on Canvas Discussion section. Repost will not be graded. Should there be more than one posts submitted on Canvas Discussion section, the first post shall be deemed final.

- Do not include a cover page.** Indicate clearly the group number and names of all members in the header of every page on the word document. This applies to both Task 1 and Task 2.
- You are allowed to include a maximum of four diagrams (charts, figures, maps, tables etc.) in your paper, though it is not a requirement to include these. Wherever a diagram is used, it should be accurately labelled with a caption as well as in-text citations. References for these

diagrams are also required in the reference list. Do not include a diagram of the Socio-Ecological model. **No supplementary figures or appendix are allowed.** Should you include diagrams, the figure and table caption are **not** included in the overall word count allowed for both Task 1 and Task 2.

8. There are no specific requirements on the font type, font size and paragraph spacing, as long as it is deemed neat, organized and professional for an academic assignment. This applies to both Task 1 and Task 2.

Declaration on the use of Generative AI

At the end of your written submission for both Task 1 and Task 2, provide a statement to declare if you have used AI platform for your writing. Declaration on the use of AI does not lead to any penalization of your overall score, unless it is used inappropriately without adding value to information obtained from Generative AI. You are expected to evaluate the information generated, using that as a reference to build on and create your own discussion to be considered your own work.

If you are not using any Generative AI for your work, you will need to clearly declare with the following statement: **"My group declares that we have not used any Generative AI for the work submitted."**

If you are using Generative AI, proper acknowledgement is essential to avoid plagiarism. Please account for:

- the type of AI platform you are using
- what you are using the AI platform for
- how you are using it (i.e. what prompts do you key in to generate the results and what do you do with the results generated thereafter).

Failure to declare the use of AI upon discovered will lead to serious penalty.

Failure to accurately and/or fully declare how AI is being utilised will be a case of academic malpractice too, upon discovered.

Deductions for Late Submission

Deadline for Task 1: Week 7, 29 September (Monday), 6pm

Deadline for Task 2: Week 13, 14 November (Friday), 6pm

NOTE: Final group project marks for individual students will be moderated based on peer review from other group members. The deadline for second peer review is the same as Task 2 – 14 November (Friday), 6pm. Students should ensure that they complete both Task 2 and peer review 2 before the same deadline. No extension of deadline is allowed for peer review 2.

For students who submit late:

< 6 hours late: 10% deduction

6-12 hours late: 20% deduction

>12-24 hours late: 50% deduction

>24 hours late: zero marks for the assignment

Penalties for late submission applies to both Task 1 and Task 2.

Penalties for Plagiarism

- 1-2 sentences poorly cited or not indicating that a direct quotation was used: deduct 1 point from total score
- Up to 15% of material poorly cited or not indicating use of direct quotations: deduct 4 points from total score
- Up to 25% of material poorly cited or not indicating use of direct quotations: deduct 7 points from total score and warning
- >25% to meet with module coordinators and/or Vice Dean (Education) for investigation

Penalties for Plagiarism applies to both Task 1 and Task 2.

ASSESSMENT RUBRICS FOR GROUP PROJECT

	Approaching Expectations	Meeting Expectations	Exceeding Expectations
Depth of explanations	<p>Task 1: Explanations are sometimes superficial or insufficiently connected to the issue. The chosen reasons may not be appropriate or accurately articulated. Overall, the discussion could sound repetitive and descriptive rather than being analytical in nature. Relevant case studies and examples are insufficient.</p> <p>Task 2: Fail to discuss >4 reasons in-depth and appropriately</p>	<p>Task 1: Explanations are comprehensive and reflect an attempt at critical analysis. The chosen reasons are appropriate though there may be some overlaps between them. Overall, the discussion is detailed and well-substantiated, with the use of current and relevant case studies and examples. A sound awareness of the public health perspective and public health concepts is evident.</p> <p>Task 2: Fail to discuss 2-3 reasons in-depth and appropriately</p>	<p>Task 1: Explanations are thorough, with strong evidence of depth of analysis. The chosen reasons are clearly distinguished from one another. Overall, the discussion is compelling, supported by the meaningful use of a wide range of current and relevant case studies and examples. A deep appreciation of the public health perspective and public health concepts is evident.</p> <p>Task 2: Fail to discuss 0-1 reason in-depth and appropriately.</p>
Application of the Socio-Ecological model	<p>The essay makes <i>close</i> reference to, and demonstrates a strong application of, only <u>one</u> layer of the model. The answer reflects only a basic understanding of the SE model and its different layers.</p> <p>There is no or little attempt at situating the chosen factors within their relevant layers, or a lack of justification for the choice of layers.</p>	<p>The essay makes <i>close</i> reference to, and demonstrates a strong application of all layers of the model. The answer reflects a good understanding of the SE model and its different layers.</p> <p>There is a good and detailed attempt at situating the chosen factors within their relevant layers with clear justification.</p>	<p>The essay makes <i>close</i> reference to, and demonstrates a strong application of all chosen layers of the model. The answer reflects an excellent and nuanced understanding of the SE model and its different layers.</p> <p>There is a compelling and consistent attempt at situating the chosen factors within their relevant layers with convincing justification.</p>
Use of evidence and sources	<p>The essay attempts to make use of evidence, though this may be insufficient. Material from either the readings or external references or the lectures are used.</p> <p>Claims are only sometimes or rarely substantiated with relevant references and sources.</p>	<p>The essay makes use of a wide range of evidence that is sufficient to address the question. Material from the lectures, readings, and external sources are used.</p> <p>Claims are often substantiated with relevant references from a range of credible sources.</p>	<p>The essay makes an effective use of a wide range of evidence that is well-integrated into arguments. Material from the lectures, readings, and <u>credible and relevant</u> external sources are used.</p> <p>Claims are always rigorously substantiated with relevant reference from a wide range of credible sources.</p>
Coherence and flow of ideas	<p>The essay demonstrates a lack of clarity at parts, with logical gaps between ideas. There may be some missing connections between the reasons provided and the different rates of vaccination in different countries.</p>	<p>The essay is mostly clear and coherent, despite occasional logical jumps. There are good relational connections between the explanation of the chosen reasons and the different rates of vaccination in different countries,</p>	<p>The essay is coherent and lucid, with almost no logical gaps between ideas. There are strong and compelling connections between the explanation of the chosen reasons and the different rates of vaccination in different countries. <u>There are very few or no assumptions made.</u></p>

Formatting (including references)	The report demonstrates occasional inaccuracies in formatting, and misses out on a number of task requirements.	The report is mostly accurately formatted, and may miss out on a few requirements or expectations of the task.	The report is accurately formatted and meets all the requirements and expectations of the task.