



UNIVERSITY OF MALAYA

ASSIGNMENT 1: BUILDING A WEBSITE

[WIB2005 / WMES2111] OPEN SOURCE PROGRAMMING: APPLICATIONS AND TECHNOLOGY

Group Members	Student ID
1.Siti Humaira Binti Masdi	IIT170006
2. Intan Shafiqah Binti Sazali	WIG170008
3. Sasmiitra Naidu A/P G.Thinahran	WIG170035
4. Kayalvili A/P Anpananthan	WIG170011
5. Nur Izzati Binti Abdul Nasir Kamal	IIT170005

Table of Contents

1.0 Introduction	3
2.0 Objectives	3
3.0 Methods used	4
3.1 Identifying the issue	4
3.2 Data gathering	4
3.3 Building of the website	4
4.0 Work allocation	4
5.0 Preview of the website	5
5.1 Screenshot of the website	5-8
5.2 Coding for the website	8-22
6.0 Conclusion	23
7.0 References	23

1.0 Introduction

Malaysia is Asia's fattest country with approximately half of the population overweight or obese. Based on the World Health Organization (WHO) classification, the prevalence of overweight and obesity among adults (18 years and above) were 30.0% and 17.7% respectively in 2015 (National Health & Morbidity Survey [NHMS] 2015) compared to 16.6% and 4.4% respectively in 1996 (NHMS 1996). The prevalence of overweight and obesity had increased 80.7% and 302% respectively in just under two decades. The prevalence in children below 18 years was not encouraging, with 11.9% obese (NHMS 2015). (Lum, 2018).

According to Cambridge Dictionary, obesity is the fact of being extremely fat, in a way that is dangerous for health. Obesity is a medical condition that occurs when a person carries excess weight or body fat that might affect their health. A doctor will usually suggest that a person has obesity if they have a high body mass index. (Brazier, 2018)

Body mass index (BMI) is a tool that doctors use to assess if a person is at an appropriate weight for their age, sex, and height. The measurement combines height and weight. A BMI between 25 and 29.9 indicates that a person is carrying excess weight. A BMI of 30 or over suggests that a person may have obesity. (Brazier, 2018)

Other factors, such as the ratio of waist-to-hip size (WHR), waist-to-height ratio (WtHR), and the amount and distribution of fat on the body also play a role in determining how healthy a person's weight and body shape are. If a person does have obesity and excess weight, this can increase their risk of developing a number of health conditions, including metabolic syndrome, arthritis, and some types of cancer. (Brazier, 2018)

Metabolic syndrome involves a collection of issues, such as high blood pressure, type 2 diabetes, and cardiovascular disease. Maintaining a healthy weight or losing through diet and exercise is one way to prevent or reduce obesity. In some cases, a person may need surgery. (Brazier, 2018)

2.0 Objectives

We aim to create awareness amongst Malaysians and to increase public knowledge about the causes, symptoms, complications and prevention of obesity.

3.0 Methods used

3.1 Identifying the issue

According to The Star, obesity is a big problem in Malaysia. Malaysian Society for the Study of Obesity president Prof Dr Mohd Ismail Noor said the situation had become more urgent because there were more overweight children now. This is the reason we decided to create awareness by doing some simple research about obesity.

3.2 Data gathering

We collected data and related information from online news and articles for the content of our website.

3.3 Building of the website

We used html for the content of the website and online tutorials as reference to create our website.

4.0 Work allocation

For this specific assignment, we have allocated work and role for every members of the group. The work allocations are as stated below.

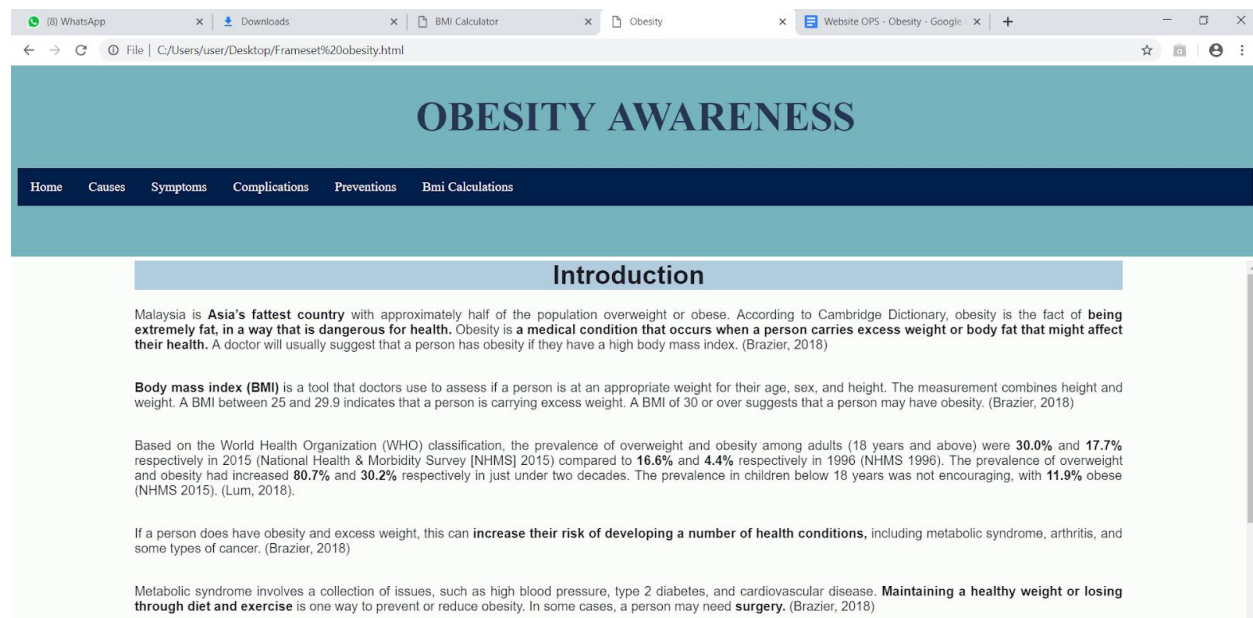
Member Name	Roles and work allocated
1) Intan	-Writing a part of the report -Building the page of 'Prevention and curing' for the website
2) Kayalvili	-Writing a part of the report -Building the page of 'BMI Calculations' for the website
3) Humaira	-Writing a part of the report -Building the page of 'Symptoms & Complications' for the website. -Compile all the website pages into one website
4) Izzati	-Writing a part of the report

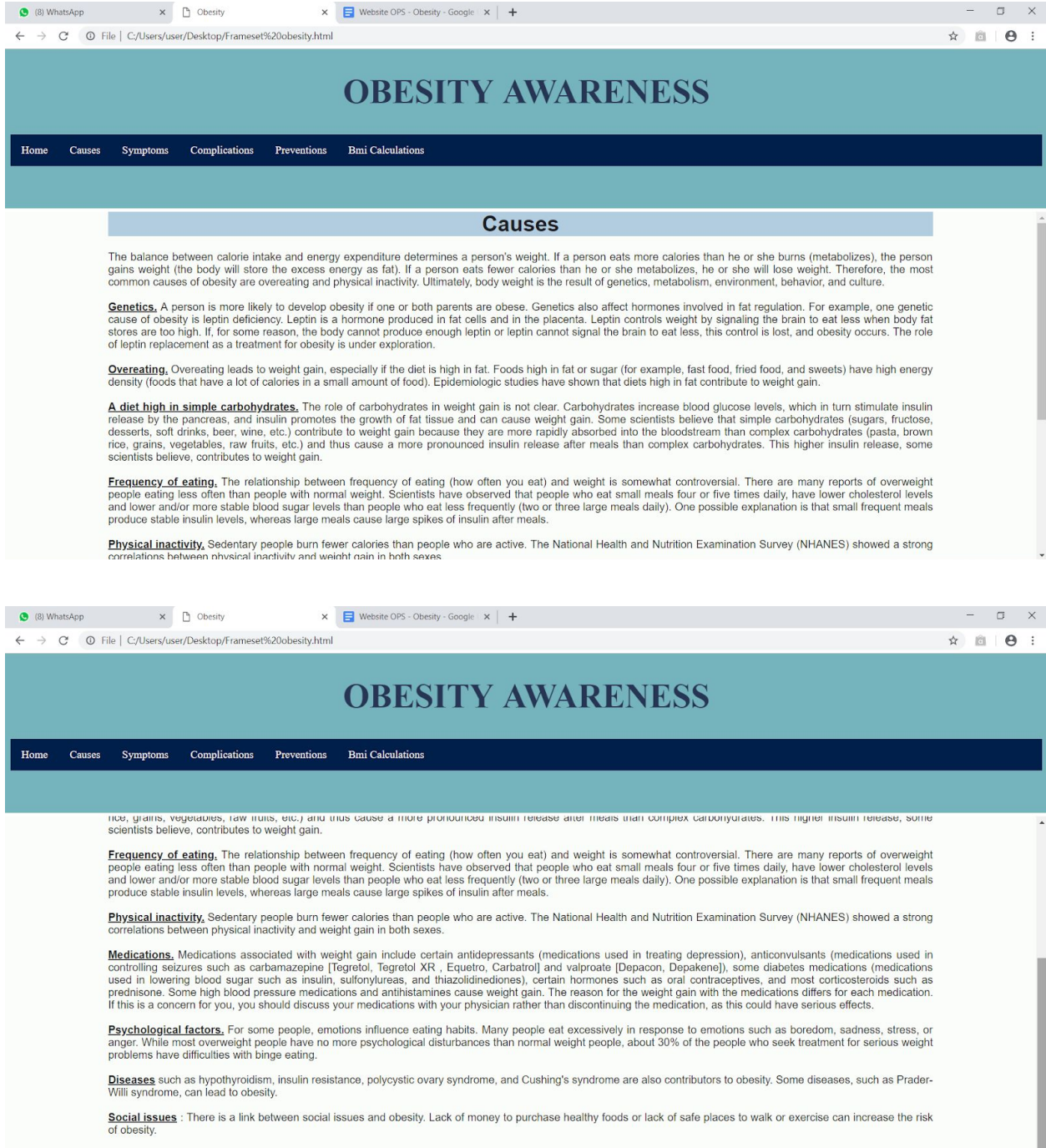
	-Building the page of 'Home' for the website
5) Sasmiitra	-Writing a part of the report -Building the page of 'Causes' for the website

From the table above, it can be concluded that all the members participated in building the website and writing the report.

5.0 Preview of the website

5.1 Screenshot of the website





OBESITY AWARENESS

Home Causes Symptoms Complications Preventions Bmi Calculations

Symptoms

There are many symptoms and factors that that could risk you of becoming obesity

- **Diet**

Not controlling the amount of consuming high calorie foods such as fast foods, sweets, and vending machine snack can cause obesity. Not controlling your intake also can cause you obesity.

- **Lack of exercise**

Those who do not exercise are more likely to gain weight because they dont burn as many calories as the take. Living in unhealthy life such as spending too much time on watching television or playing video games also contribute to the problem

- **Family factors**

If the family have a history of getting obesity, the children may be likely to put on more weight. Besides genetically, the problem may be occur because of the unhealthy lifestyle by the parents that it may lead to gaining weight and get obese.

- **Social and Economic Issue**

Stress can increase the risk of obesity. Some people overeat to cope with problems or to deal with emotions such as stress. There is also come cases that the people have limited resources of healthy food in supermarket or those who live in low income neighborhoods might do not have enough expenses to buy healthy food.

file:///C:/Users/user/Desktop/symptoms.html

OBESITY AWARENESS

Home Causes Symptoms Complications **Preventions** Bmi Calculations

Preventions

Good eating habits and physical activity can help prevent obesity. Tips for adults to prevent obesity include:

- Keep a food diary. Write down what you eat, where you eat, and how you feel before and after you eat.
- Eat 5 to 9 servings of fruits and vegetables a day. A vegetable serving is 1 cup of raw vegetables or 1/2 cup of cooked vegetables or vegetable juice. A fruit serving is 1 piece of small to medium fresh fruit, 1/2 cup of canned or fresh fruit or fruit juice, or 1/4 cup of dried fruit.
- Choose whole-grain foods. These include brown rice and whole-wheat bread. Don't eat foods made with refined white sugar, flour, high-fructose corn syrup, or saturated fat.
- Weigh and measure food. This is so you can learn healthy portion sizes. For example, a 3-ounce serving of meat is the size of a deck of cards. Don't order supersized menu items.
- Learn to read food nutrition labels and use them. Keep the number of portions you are really eating in mind.
- Balance your food "checkbook." If you eat more calories than you burn, you will gain weight. Weigh yourself each week.
- Don't eat foods that are high in "energy density." This means foods that have a lot of calories in small amounts. For example, a cheeseburger with fries can have as much as 1,000 calories and 30 or more grams of fat. Order a grilled chicken sandwich or a plain hamburger and a small salad with low-fat dressing instead. You can avoid hundreds of calories and lower your fat intake. For dessert, have a serving of fruit, yogurt, a small piece of angel food cake, or a piece of dark chocolate.
- Reduce portion sizes. Using a smaller plate can help you do this.
- Aim for 60 to 90 minutes or more of moderate to intense physical activity 3 to 4 days each week. Examples of moderate intensity exercise are walking a 15-minute mile, or weeding and hoeing a garden. Running or playing singles tennis are examples of more intense activities.
- Look for ways to get 10 or 15 minutes of some type of activity during the day. Walk around the block. Walk up and down a few flights of stairs.

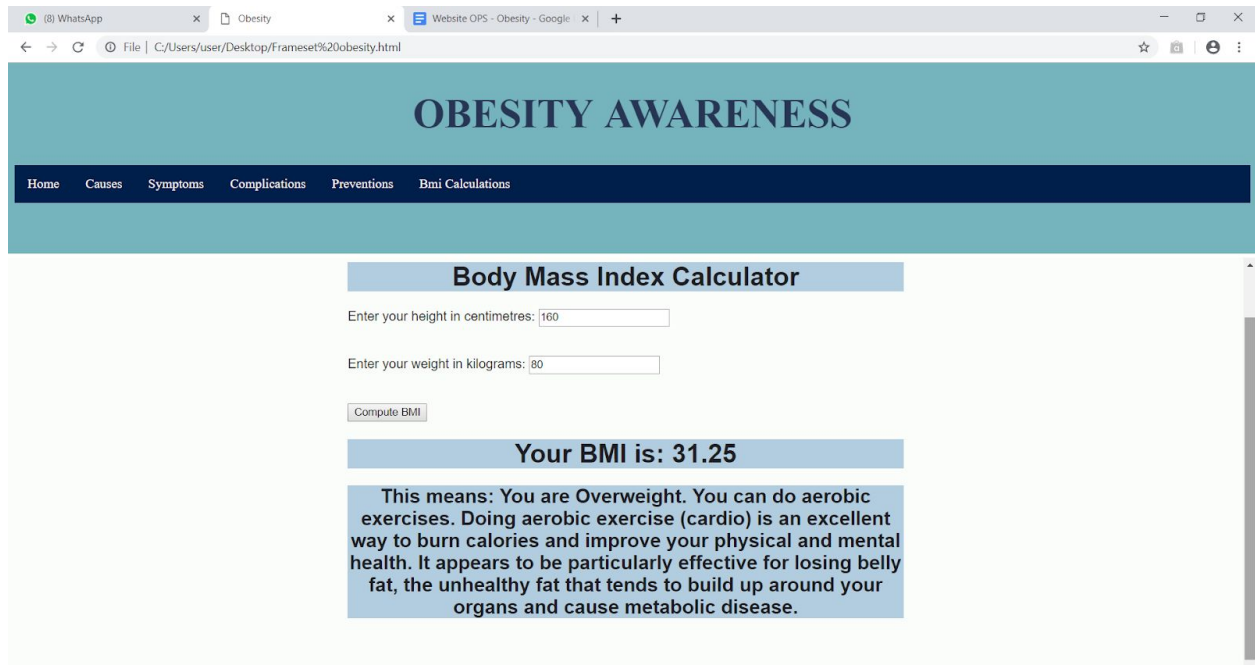
There's a lot of thing that one can do to prevent from getting obese so, walk a little more, eat a little less — and do what you need to do to maintain a healthy BMI.

file:///C:/Users/user/Desktop/prevention2.html

Can we cure obesity?

Apparently, scientifically speaking, there is no such thing as CURING obesity. Obesity is the type of illness that could cause other illness such as heart problems and many other things. Obesity can happen to a point that a person can no longer go back to a healthy life style.

Therefore, it is important for us who have a risk of beung obese to take careful steps and do all the activities above to prevent obesity from happening. Take a good prevention step to stay healthy. Better sooner than later, better late than never."



5.2 Coding for the website

Frameset

```
<html>
<head>
    <title>Obesity</title>

</head>

<frameset rows="32%,70%">
    <frame name="fixed" src="menu.html" frameborder="0" border="0" framespacing="0">
    <frame name="dynamic" src="intro.html" frameborder="0" border="0" framespacing="0">
    <frame name="dynamic1" src="symptoms.html" frameborder="0" border="0"
framespacing="0">
    <frame name="dynamic" src="complication.html" frameborder="0" border="0"
framespacing="0">
    <frame name="dynamic2" src="prevention2.html" frameborder="0" border="0"
framespacing="0">
    <frame name="dynamic" src="bmi.html" frameborder="0" border="0" framespacing="0">

</frameset>
```


</html>

Menu

<html>

<head>

<style>

ul {

list-style-type: none;

margin: 0;

padding: 0;

overflow: hidden;

background-color: #011f4b;

}

li {

float: left;

}

li a {

display: block;

color: white;

text-align: center;

padding: 14px 16px;

text-decoration: none;

```
}
```

```
li a:hover {  
background-color: #1111;  
}
```

```
body {background-color: #76b4bd ;}  
h1 {color: #283655;}
```

```
li a:hover:not(.active) {  
background-color: #005b96 ;  
}
```

```
.active {  
background-color: #005b96 ;  
}
```

```
</style>
```

```
</head>
```

```
<body>
```

```
<h1 align="center"; title="Obesity awareness"; style="font-size:50px;" >OBESITY  
AWARENESS</h1>
```

```
<ul >
```

```
<li><a href="intro.html" target="dynamic">Home</a></li>
```

```
<li><a href="causes.html" target="dynamic">Causes</a></li>
```

```
<li><a href="symptoms.html" target="dynamic">Symptoms</a></li>
```

```
<li><a href="complication.html" target="dynamic">Complications</a></li>
```

```
<li><a href="prevention2.html" target="dynamic">Preventions</a></li>
```

```
<li><a href="bmi.html" target="dynamic">Bmi Calculations</a></li>
```

```
</ul>
```

```
</body>
```

```
</html>
```

Symptoms

```
<html>
```

```
<head>
```

```
<title>Symptoms and Complications</title>
```

```
<style>
```

```
body{
    font-family: arial, sans-serif;
    border-collapse: collapse;
    width: 80%;
    text-align: justify;
    background-color: #fbfdfb;
    color: #1e1f26;
    margin: 0 auto;
    padding: 0;
}
```

```
hr{
    border: 1px solid #1e1f26;
}
```

```
</style>
```

```
</head>
```

```
<body>
```

```
<h1 style="text-align:center; background-color: #b3cde0;title="Symptoms of
obesity";">Symptoms</h1>
```

<p>There are many symptoms and factors that that could risk you of becoming obesity</p>

Diet

<p>Not controlling the amount of consuming high calorie foods such as fast foods, sweets, and vending machine snack can cause obesity. Not controlling your intake also can cause you obesity. </p>

Lack of exercise

<p>Those who do not exercise are more likely to gain weight because they dont burn as many calories as the take. Living in unhealthy life such as spending too much time on watching television or playing video games also contribute to the problem</p>

Family factors

<p> If the family have a history of getting obesity, the children may be likely to put on more weight. Besides genetically, the problem may be occur because of the unhealthy lifestyle by the parents that it may lead to gaining weight and get obese. </p>

Social and Economic Issue

<p>Stress can increase the risk of obesity. Some people overeat to cope with problems or to deal with emotions such as stress. There is also come cases that the people have limited resources of healthy food in supermarket or those who live in low income beighborhoods

might do not have enought expenses to buy healthy food. </p>

<p></p>

<hr>

</body>

</html>

Preventions

```
<html>
<head>
<title>Preventions steps and curing obesity</title>
<style>

    body{
        font-family: arial, sans-serif;
        border-collapse: collapse;
        width: 80%;
        text-align: justify;
        background-color: #fbfdfb;
        color: #1e1f26;
        margin: 0 auto;
        padding: 0;

        }

    hr{    border: 1px solid #1e1f26;
        }

</style>

</head>

<body style = "font-family: arial, sans-serif; border-collapse: collapse; background-color: #fbfdfb;
color: #1e1f26;

">

<h1 style="text-align:center; background-color: #b3cde0;">Preventions</h1>

<p style="font-size:30px; text-align:center;">Good eating habits and physical activity can help
prevent obesity. Tips for adults to prevent obesity include:</p>
<ul>
```

Keep a food diary. Write down what you eat, where you eat, and how you feel before and after you eat.

Eat 5 to 9 servings of fruits and vegetables a day. A vegetable serving is 1 cup of raw vegetables or 1/2 cup of cooked vegetables or vegetable juice. A fruit serving is 1 piece of small to medium fresh fruit, 1/2 cup of canned or fresh fruit or fruit juice, or 1/4 cup of dried fruit.

Choose whole-grain foods. These include brown rice and whole-wheat bread. Don't eat foods made with refined white sugar, flour, high-fructose corn syrup, or saturated fat.

Weigh and measure food. This is so you can learn healthy portion sizes. For example, a 3-ounce serving of meat is the size of a deck of cards. Don't order supersized menu items.

Learn to read food nutrition labels and use them. Keep the number of portions you are really eating in mind.

Balance your food "checkbook." If you eat more calories than you burn, you will gain weight. Weigh yourself each week.

Don't eat foods that are high in "energy density." This means foods that have a lot of calories in small amounts. For example, a cheeseburger with fries can have as much as 1,000 calories and 30 or more grams of fat. Order a grilled chicken sandwich or a plain hamburger and a small salad with low-fat dressing instead. You can avoid hundreds of calories and lower your fat intake. For dessert, have a serving of fruit, yogurt, a small piece of angel food cake, or a piece of dark chocolate.

Reduce portion sizes. Using a smaller plate can help you do this.

Aim for 60 to 90 minutes or more of moderate to intense physical activity 3 to 4 days each week. Examples of moderate intensity exercise are walking a 15-minute mile, or weeding and hoeing a garden. Running or playing singles tennis are examples of more intense activities.

Look for ways to get 10 or 15 minutes of some type of activity during the day. Walk around the block. Walk up and down a few flights of stairs.

<p> </p>

<p>There's a lot of thing that one can do to prevent from getting obese so, walk a little more, eat a little less — and do what you need to do to maintain a healthy BMI.</p>

<hr>

<h1 style="text-align:center; background-color: #b3cde0;">Can we cure obesity?</h1>

<p> Apparently, scientifically speaking, there is no such thing as CURING obesity. Obesity is the type of illness that could cause other illness such as heart problems and many other things. Obesity can happen to a point that a person can no longer go back to a healthy life style. </p>

<p>Therefore, it is important for us who have a risk of beung obese to take careful steps and do all the activities above to prevent obesity from happening. Take a good prevention step to stay healthy. Better sooner than later, better late than never."</p>

</body>

</html>

Causes

```
<html>
<head>
<title>Causes</title>
<style>

    body{
        font-family: arial, sans-serif;
        border-collapse: collapse;
        width: 80%;
        text-align: justify;
        background-color: #fbfdfb;
        color: #1e1f26;
        margin: 0 auto;
        padding: 0;

        }

    hr{    border: 1px solid #1e1f26;
        }

</style>

</head>

<body>

<h1 style="text-align:center; background-color: #b3cde0;title="Causes";">Causes</h1>
```

```
<p>The balance between calorie intake and energy
    expenditure determines a person's weight. If a person eats more calories than he or she
burns
    (metabolizes), the person gains weight (the body will store the excess energy as fat).
    If a person eats fewer calories than he or she metabolizes, he or she will lose weight.
    Therefore, the most common causes of obesity are overeating and physical inactivity.
Ultimately,
    body weight is the result of genetics, metabolism, environment, behavior, and culture.
<br />
<br />
```

<u>Genetics.</u> A person is more likely to develop obesity if one or both parents are obese.

Genetics also affect hormones involved in fat regulation. For example, one genetic cause of obesity is leptin deficiency. Leptin is a hormone produced in fat cells and in the placenta.

Leptin controls weight by signaling the brain to eat less when body fat stores are too high.

If, for some reason, the body cannot produce enough leptin or leptin cannot signal the brain

to eat less, this control is lost, and obesity occurs. The role of leptin replacement as a treatment for obesity is under exploration.

<u>Overeating.</u> Overeating leads to weight gain, especially if the diet is high in fat. Foods high

in fat or sugar (for example, fast food, fried food, and sweets) have high energy density (foods that have a lot of calories in a small amount of food). Epidemiologic studies have shown that diets high in fat contribute to weight gain.

<u>A diet high in simple carbohydrates.</u> The role of carbohydrates in weight gain is not clear.

Carbohydrates increase blood glucose levels, which in turn stimulate insulin release by the

pancreas, and insulin promotes the growth of fat tissue and can cause weight gain.

Some

scientists believe that simple carbohydrates (sugars, fructose, desserts, soft drinks, beer,

wine, etc.) contribute to weight gain because they are more rapidly absorbed into the bloodstream than complex carbohydrates (pasta, brown rice, grains, vegetables, raw fruits, etc.)

and thus cause a more pronounced insulin release after meals than complex carbohydrates.

This higher insulin release, some scientists believe, contributes to weight gain.

<u>Frequency of eating.</u> The relationship between frequency of eating (how often you eat) and weight

is somewhat controversial. There are many reports of overweight people eating less often than

people with normal weight. Scientists have observed that people who eat small meals four or

five times daily, have lower cholesterol levels and lower and/or more stable blood sugar levels

than people who eat less frequently (two or three large meals daily). One possible explanation

is that small frequent meals produce stable insulin levels, whereas large meals cause large spikes of insulin after meals.

<u> Physical inactivity.</u> Sedentary people burn fewer calories than people who are active. The National

Health and Nutrition Examination Survey (NHANES) showed a strong correlations between physical

inactivity and weight gain in both sexes.

<u> Medications.</u> Medications associated with weight gain include certain antidepressants (medications used in treating depression), anticonvulsants (medications used in controlling seizures such

as carbamazepine [Tegretol, Tegretol XR , Equetro, Carbatrol] and valproate [Depacon, Depakene]),

some diabetes medications (medications used in lowering blood sugar such as insulin, sulfonylureas,

and thiazolidinediones), certain hormones such as oral contraceptives, and most corticosteroids

such as prednisone. Some high blood pressure medications and antihistamines cause weight gain.

The reason for the weight gain with the medications differs for each medication. If this is a

concern for you, you should discuss your medications with your physician rather than discontinuing

the medication, as this could have serious effects.

<u> Psychological factors.</u> For some people, emotions influence eating habits. Many people eat excessively

in response to emotions such as boredom, sadness, stress, or anger. While most overweight people have

no more psychological disturbances than normal weight people, about 30% of the people who seek treatment

for serious weight problems have difficulties with binge eating.

<u> Diseases</u> such as hypothyroidism, insulin resistance, polycystic ovary syndrome, and Cushing's syndrome

are also contributors to obesity. Some diseases, such as Prader-Willi syndrome, can lead to obesity.

<u> Social issues</u> : There is a link between social issues and obesity. Lack of money to purchase healthy

foods or lack of safe places to walk or exercise can increase the risk of obesity.

</br>

<hr>

</body>

</html>

Complication

<html>

<head>

<title>Preventions steps and curing obesity</title>

<style>

```
body{
    font-family: arial, sans-serif;
    border-collapse: collapse;
    width: 80%;
    text-align: justify;
    background-color: #fbfdfb;
    color: #1e1f26;
    margin: 0 auto;
    padding: 0;
}
```

```
hr{
    border: 1px solid #1e1f26;
}
```

</style>

</head>

<body>

<h1 style="text-align:center; background-color: #b3cde0;title="Complications of obesity";">Complications </h1>

<p>There are many complications that one will face when they get obese :</p>

<p>Physical Complications</p>

Type 2 diabetes. This chronic condition affects the way your child's body uses sugar (glucose).

Obesity and a sedentary lifestyle increase the risk of type 2 diabetes.

Metabolic syndrome. This cluster of conditions can put your child at risk of heart disease, diabetes or other health problems.

Conditions include high blood pressure, high blood sugar, high triglycerides, low HDL ("good") cholesterol and excess abdominal fat.

High cholesterol and high blood pressure. A poor diet can cause your child to develop one or both of these conditions.

These factors can contribute to the buildup of plaques in the arteries, which can cause arteries to narrow and harden, possibly leading to a heart attack or stroke later in life.

Asthma. Children who are overweight or obese might be more likely to have asthma.

Sleep disorders. Obstructive sleep apnea is a potentially serious disorder in which a child's breathing repeatedly stops and starts during sleep.

Nonalcoholic fatty liver disease (NAFLD). This disorder, which usually causes no symptoms, causes fatty deposits to build up in the liver.

NAFLD can lead to scarring and liver damage.

Bone fractures. Obese children are more likely to break bones than are children of normal weight.

<p>Social and Emotional Complications</p>

BMI Calculator

<html>

<head>

<title>BMI Calculator</title>

<style>

body{

font-family: arial, sans-serif;

border-collapse: collapse;

width: 45%;

```

        text-align:justify;
        background-color: #fbfdfb;
        color: #1e1f26;
        margin: 5% auto;
        padding: 0;

    }

hr{
    border: 1px solid #1e1f26;
}

h1,h2{ text-align:center;
        background-color: #b3cde0;
    }

```

```
</style>
```

```
<script type="text/javascript">
```

```

function computeBMI() {
    // user inputs
    var height = Number(document.getElementById("height").value);
    var heightunits = document.getElementById("heightunits").value;
    var weight = Number(document.getElementById("weight").value);
    var weightunits = document.getElementById("weightunits").value;

    //Perform calculation

    //    var BMI = weight /Math.pow(height, 2)*10000;
    var BMI = weight / Math.pow(height/100, 2);

    //Display result of calculation
    document.getElementById("output").innerText = Math.round(BMI * 100) / 100;

    var output = Math.round(BMI * 100) / 100
    if (output < 18.5)
        document.getElementById("comment").innerText = "You are Underweight. You
should eat more frequently.When you're underweight, you may feel full faster. Eat five to six
smaller meals during the day rather than two or three large meals.";
    else if (output >= 18.5 && output <= 25)

```

```

        document.getElementById("comment").innerText = "You are Normal. Keep it up.
You are healthy.";
        else if (output > 25)
            document.getElementById("comment").innerText = "You are Overweight. You can
do aerobic exercises. Doing aerobic exercise (cardio) is an excellent way to burn calories and
improve your physical and mental health. It appears to be particularly effective for losing belly
fat, the unhealthy fat that tends to build up around your organs and cause metabolic disease.";
            // document.getElementById("answer").value = output;
        }
</script>
</head>
<body>

```

```
<h1>Body Mass Index Calculator</h1>
```

```

<p>Enter your height in centimetres: <input type="text" id="height"/>
  <option type="text" id="heightunits">
</option>
</p>
<p>Enter your weight in kilograms: <input type="text" id="weight"/>
  <option type="text" id="weightunits">
</option>
</p>
<input type="submit" value="Compute BMI" onclick="computeBMI();">
<h1>Your BMI is: <span id="output">?</span></h1>

```

```
<h2>This means: <span id="comment"> ?</span> </h2>
```

```
</body>
```

```
</html>
```


6.0 Conclusion

As we know that the obesity has affected many people in a big population. It is a serious matter of health problems as it brings many complications to the obese people. So, the website that we have build is one of the effort to bring awareness to the people about the dangerous of the disease. We include the causes, symptoms, complications, preventions and our BMI calculations, is it normal or not.

All the members in the group have actively participated in building the website and writing the report. Everyone has completed their tasks in a given time and contribute hugely in the process.

7.0 References

- <https://www.dailymail.co.uk/health/article-2287875/It-CAN-late-Obese-people-lose-weight-later-life-hearts-irreparably-damaged.html>
- https://www.hopkinsmedicine.org/healthlibrary/conditions/mens_health/preventing_obesity_85.P07863
- <https://www.w3schools.com/html/default.asp>
- https://www.medicinenet.com/obesity_weight_loss/article.htm
- <https://www.tutorialspoint.com/html/index.htm>
- <https://dictionary.cambridge.org/dictionary/english/obesity>
- <https://www.medicalnewstoday.com/articles/323551.php>
- <https://www.star2.com/health/2018/08/14/fat-state-of-affairs/>
- <https://www.asiaone.com/health/obesity-big-problem-now-malaysia>
- <https://www.mayoclinic.org/diseases-conditions/obesity/symptoms-causes/syc-20375742>
- <https://www.healthdirect.gov.au/obesity-symptoms>
- <https://www.medicalnewstoday.com/articles/320460.php>
- <https://www.mayoclinic.org/diseases-conditions/childhood-obesity/symptoms-causes/syc-20354827>