2D group 2 maths project report

***Health and Disease***

***How is the problem obesity among teenagers?***

**Introduction**

Do you know what is obesity? Obesity is a condition where a person has accumulated so much body fat that there might be a negative effect on their health. According to a survey conducted by the Department of health in 2014, about 25% of students in HK have obesity. In other words, out of 4 teenagers, there is one teenager who is obese. Therefore, we conducted a study on this issue.

**Objective**

Our target is to find out if our students understand what is obesity, and what do they think of this problem. We also want to know what are the main factors and impacts of obesity. Most importantly we want to find the best solution to solve this matter.

**Data collection method**

We used questionnaires and research to find information (attachment of questionnaire in the back).

**Results**

(See attachment)

**Data analysis**

(For graphs, see attachment)

According to the questionnaires we distributed, we found that 93% of our schoolmates know what is obesity. 84.5% of our schoolmates know that the meaning of obesity is BMI over 30, which means 84.5% of our schoolmates understand what is obesity. 79% think obesity among students in HK is general, when according to the information we found, around 21% of HK students have obesity. 64% of our students think that the main reason of obesity is bad eating habits (eating high fat and high calories food), while 30% chose not enough work out. 64% chose higher chance of having diseases as the most serious problem caused by obesity, and 62% think the best way to solve this problem is doing sports.

**Conclusion**

According to the information from the Student Health Service Centres of the Department of Health, the obesity problem in HK is quite general (about 21%). However, the percentage of teenagers having obesity has been increasing over the years. Mainly due to bad eating habits of teenagers, which most of our students agree is the main reason of obesity. Many teenagers might eat junk food with high fat and high sugar rather than vegetables. Their sedentary lifestyle like not doing sports is also an important reason of this matter.

Obesity can cause many serious problems. The most common problem would be having a higher chance of getting diseases, like diabetes and sleep apnoea. Most students agree that it is the most serious problem caused by obesity too.

What is the best solution to this problem? According to the information from different health organisations, the most efficient way would be going on diet, like having behaviour therapy and drug therapy, but the process must be conducted by a qualified doctor to prevent the process from going wrong. However, many students think that doing sports is also a good way to solve this issue.

To conclude, it is important to look after our health and prevent ourselves from being obese, so we can live longer and happily with our family and friends.

**Reflection**

After this project, we have learnt reasons and impacts of obesity, and ways to prevent or solve this problem. We have also learnt the importance of staying healthy and living a healthy life.

Other than these, we have also learnt how to collect information and analyse data, and how to present data using tables and graphs. We never thought that it was so hard to collect information for our project. Since the information from the web may not be real and some students did not cooperate with us, it was hard for us to collect the information. Luckily, we had enough information to do our project in the end. It was a great experience for us and we enjoyed it although it was difficult.

Group members:

Kimberly Chan (5)

Kary Leung (19)

Cynthia Ng (29)

Hayley Tin (31)

Phoebe Wong (34)