ASSIGNMENTS Date: 28th Feb 2019

1. **Identify at least four characteristics of a healthful weight.**
   1. Step 1 Add healthy fats to your diet to protect brain function.
   2. Step 2 Include healthy fat sources to your diet to reduce risk of cardiovascular disease.
   3. Step 3 Eat healthy fats regularly to reduce inflammation.
   4. Step 1 Avoid processed foods with artificial colors, flavors, additives and sugars.
   5. Step 2 Choose fresh, whole foods instead of packaged goods for snacks
2. **Can you increase your basal metabolic rate? Is it wise to try? Defend your answer**.

Knowing the number of calories your body burns each day can help you get a handle on your weight. The basal metabolic rate, or BMR, and mass-specific BMR are two techniques that can help estimate calories burned. While drinking fresh juice may help you meet your daily fruit and veggie quota, it won't do much for your metabolism. And if you're not careful, the extra calories in fresh juice may cause weight gain, not loss. There are certain foods that will increase your metabolism, which can help you lose weight, or keep you from gaining weight. While a diet rich in these foods can give you an edge in weight control, other factors also help to control weight. Yes Is wise to try because Metabolism is the **rate** at which **your** body process the food that **you** put into it. If **you**'re trying to lose weight, increasing **your metabolic rate** may help **you** to lose more weight without 93%

1. **Identify at least four societal factors that may have influenced the rise in obesity rates in the United States since 1963.**

“The obesity rate in children has nearly tripled since 1963. This scary statistic is a major problem for the American population. Not only are the kids becoming unhealthier, they’re growing up to become unhealthy adults” (Blank 3). In this quote, it talks about child obesity and how it tripled over the years. Child obesity is a serious matter in America today and should be taken very seriously. Who should be responsible for child obesity? Many people, including parents and children, are pointing fingers at fast food restaurants, genetics, technology, their parents and even the children themselves All of these accusations, however, are incorrect. Rather than blaming the children for being obese, we should be placing the blame on the obesogenic environment.

Before analyzing child obesity in America, some understanding of obesogenic environment is necessary. Obesogenic environment refers to “an environment that promotes gaining weight and one that is not conducive to weight loss” (Swinburn 1999). In other words, obesogenic environment encourages children to eat unhealthy and discourages them from being physically active. This obesogenic environment is harmful to the health of children in our society and it must be stopped.

Another contributing factor to the obesogenic environment is the lack of physical activity in school. Alison Motluk, stated, “one-third of U.S. secondary-school students fail to get enough physical activity and over a tenth get none at all…” (563). This quote, from Motluck’s essay, is important because without recess children are not getting the exercise necessary to burn calories or lose body fat. When children simply sit at their desk and listen to their teachers all day children are not given time to socialize with their friends outside of the classroom, get exercise, or have a break from their school work. Lack of physical activity in school is a serious matter for children, especially if they are obese. Not only does staying active help children lose weight, but it can also lower their risk for heart disease, elevate their mood, reduces stress, and much more. As food supplies have become more assured, so perceptions have changed. Fatness is no longer regarded as a sign of wealth and prosperity. No longer are the overweight in society envied.

Rather, they are likely to be mocked, reviled and made deeply unhappy by the unthinking

comments and prejudices of their lean companions. Because society at large considers obesity undesirable, and fashion emphasizes slimness, many

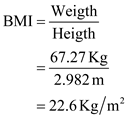
overweight and obese people have problems of a poor self-image and low self-esteem. Obese people are certainly not helped by the all too common prejudice against them, the difficulty of buying clothes that will fit and the fact that they are often regarded as a legitimate butt of crude and cruel humour. This may lead to a sense of isolation and withdrawal from society, and may frequently result in increased food consumption, for comfort, thus resulting in yet more weight gain, a further loss of self-esteem, further withdrawal and more eating for compensation

1. Your friend Misty joins you for lunch and confesses that she is discouraged about her weight. She says that she has been trying “really hard” for 3 months to lose weight but that no matter what she does, she cannot drop below 148 lb. Based on her height, you know Misty is not overweight, and she exercises regularly. What questions would you suggest she think about? How would you advise her?

The body mass index (BMI) of Ms. M can be calculated as follows:

Height of Ms. M = 5’8” = 68 inches = 2.982 m.

Weight of Ms. M = 148 lb = 67.27 Kg.



State the conversion factors.

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Thus, BMI of Misty falls in the normal weight category. Therefore, she is not overweight.

1. **Can you name the different kinds of malnutrition and then describe the signs that might tell you that childhood malnutrition is a problem in your community?**

Acute and chronic undernutrition, vitamin A deficiency, iodine deficiency disorders, and iron deficiency are the major problems in South Sudan. **Undernutrition** (wasted and underweight) contributes to more than 50% of all deaths in children under the age of five. It does this by impacting on children’s strength and making illness more dangerous. An undernourished child struggles to withstand an attack of pneumonia, diarrhoea or other illness — and illness often prevails. Undernutrition is caused by poor feeding and care, aggravated by illness. The children who survive may become locked in a cycle of recurring illness and slow growth, diminishing their physical health, irreversibly damaging their development and their cognitive abilities, and impairing their capacities as adults. If a child suffers from diarrhoea — due to a lack of clean water or adequate sanitation, or because of poor hygiene practices — it will drain nutrients from his or her body.

**Chronic undernutrition** (meaning low height for age, also known as **stunting**) in early childhood also results in diminished mental and physical development, which puts children at a disadvantage for the rest of their lives. They may perform poorly in school, and as adults they may be less productive, earn less and face a higher risk of disease than adults who were not undernourished as children. For girls, chronic undernutrition in early life, either before birth or during early childhood, can later lead to their babies being born with **low birth weight**, which can again lead to undernutrition as these babies grow older. Thus a vicious cycle of undernutrition repeats itself, generation after generation.