

# Obesity

*action: stand up at work stations*

**O**besity is a significant public health concern affecting more than half a billion people worldwide. Obesity rise is not only limited to developed countries, but to developing nations as well. Studies have reported direct links between obesity and an increase in the risks for coronary heart disease, type 2 diabetes and cancers as well as medical costs to manage the problem.

*Obesity is a complex condition with biological, genetic, behavioral, social, cultural, and environmental influences - describe some of them*  
*To what extent do race-ethnicity, gender, age, income, and other socio-demographic factors play a role in this complex health issue?*  
*Suggest ways in which the 'eat less, move more' mantra (which places the blame solely on the individual) can be shifted to focus on what society can do to promote health and prevent the onset of obesity. Think of what policy makers could be encouraged to do.*

*How can you bring about awareness of the problem of obesity at school or in your local community? Can you think of ways in which you can create opportunities to engage fellow students in leading a healthier life?*

## GLOBAL CHALLENGE

Our global issue is mainly related to the third sustainable development goal, good health and well-being. This is because obesity is a health-related issue, and it is caused by the over-consumption of foods containing fats and sugar. Obesity can also be related to mental health issues, such as depression or anxiety, as people suffering from these illnesses tend to turn to food to procrastinate the issues they are having to live through.

According to our expert, obesity is a worldwide problem as most jobs offered to citizens require for them to sit down on a chair at a desk for 7 to 8 hours a day. This also applies in schools. This lack of movement in someone's everyday life is a major contributor to obesity rates rising. To top it all off, the lunches served at cafeterias in schools and workplaces do not promote a healthy lifestyle

## LOCAL ACTION

Our main idea for a local action was prevented by the COVID-19 outbreak and the prevention from going to school on a daily basis. But now that La Chât is beginning to re-open its campus, our local action can be put into play.

According to our expert, Obesity is mainly caused due to the fact that people work in environments that don't promote a healthy lifestyle. Our idea was that we would each go through our regular school day, but instead of sitting down, we stand up at our work stations.

According to a study, simply standing up at the workstation burns as many calories, if not more than going for a jog or a workout. This idea might be difficult to execute however, as some classes and working environments might not be able to accommodate this style of working. We do think however, that this idea could be effective on the long run.

## EXPERT CONSULTED



Dr. Julie Hall,  
Philippines representative  
at WHO and public health  
physician.

## Obesity facts:

**Obesity is linked to over 60 chronic diseases.**

**1 in 6 children are affected by obesity in the US.**

## THE TEAM



Victor  
Marconnet



Jack Leech



Devon  
Dominguez



Benjamin  
Filler



Luke  
Gnadt