

# Website Exemplar

## Higher Projects

### Unit: P201

**Topic:** Why are levels of  
Obesity in Teenagers  
increasing?

(34)

A form should be completed for each candidate and submitted with the work for moderation.

### Candidate Record Sheet - Level 1 Foundation & 2 Higher Projects

Learner Name _____	Learner number _____
Centre Name _____	Centre Number _____
Unit Name <u>Project</u>	Unit Number <u>1</u>

#### Project checklist

The final Project should include the following items:

- a Project Proposal Form
- a Project activity log or diary
- records of research carried out (which could be included within the project outcome or given separately)
- the Project Outcome
- an evaluation

#### Project Contents

Please list the format of the items submitted as part of the Project, note whether this evidence is shared with other candidates and if so who (A4 Report, portfolio, sketchbook, CD of sound track, DVD of play/film, video, etc)

Project proposal form  
 Project activity log  
 Research records  
 Project Outcome  
 Evaluation

#### Authentication confirmation/consent

<p><b>Candidate:</b> I hereby certify to the best of my knowledge that this work:</p> <ul style="list-style-type: none"> <li>• has been produced <b>without any assistance beyond that recorded and allowed by the scheme of assessment.</b></li> <li>• is not work which has been or will be submitted for another qualification.</li> </ul> <p>I also agree to my coursework being used to support Professional Development, Online Support and Training of both Centre-Assessors and Edexcel Moderators.</p>	<p><b>Signature:</b></p>   
<p><b>Teacher:</b> I confirm that the learner's work was conducted under the conditions laid out by the specification. I have authenticated the learner's work and am satisfied that to the best of my knowledge the work produced is:</p> <ul style="list-style-type: none"> <li>• solely that of the learner</li> <li>• is not work that has been or will be submitted for another qualification.</li> </ul>	<p><b>Signature:</b></p>  <p><b>Print Name in block capitals please:</b></p>

### Teacher - Assessor marks and supporting comments

Comments related to the assessment criteria which support the mark awarded for each Assessment Objective should be entered on the grid below.

Assessment Objective	Teacher-Assessor comments	Teacher-Assessor Mark	Moderator Mark
<b>AO1 Manage</b> (7 marks) Comment:  5 work produced 1 for independent work	Detailed and clear information - Question is clearly stated - Clear and thoughtful reasons were given - Key activities were given in order - Resources required were well described - Detailed and clear activity log was done. Clear attempt to follow the agreed plan.	6	
<b>AO2 Use Resources</b> (9 marks) Comment:  7 for work produced 1 for independent work	A range of sources were used to gather information - Internet, observation, parents and teenagers questionnaires. - Research is consistently relevant to the project - observation was excellently done - Bibliography was prepared. Single format is used with consistency. Clear understanding of the reliability of the information was shown - email was attempted to be used	9	
<b>AO3 Develop and Realise</b> (17 marks) Comment:  15 for work produced 1 for independent work	- Excellent understanding of the topic - Clear answer to the question with supporting arguments and consideration of alternative viewpoints - Very clear for the reader to understand - Information is logically with clear structuring - Information is relevant. There are few errors in the language use	16	
<b>AO4 Review</b> (7 marks) Comment:  6 work produced 1 for working independently	- Well structured, reviewed, clear and developed - Detailed conclusions were drawn with evidence provided - Objectives which were met were identified and those which were not were also identified. Compelling reasons for success and lack of it were given - Realistic ideas were given for the improvements.	7	
<b>Total Mark</b>		(34) 37 / 40	/ 40

**ASSESSMENT IV FEEDBACK PROJECT**

Programme:	SLND	Year:	2011
Unit No. & Title:	Project	Learner Name:	

Grading Criteria (comments) :	Assessor grade	Moderated grade
A01 CLEC1 10y of activities + proposal	5+1 (6)	5+1 (6)
A02 Bibliography not clear.	7+1 (8)	6+1 (7)
A03 CLEC1 answer to the question, English a bit down but not intrusive	5+1 (6)	14+1 (15)
A04 Feedback from others not included	5+1 (7)	5+1 (6)
<b>Total</b>	<b>(37)</b>	<b>(34)</b>

**Learner Feedback:**  
 Is this matched to grading criteria/ give areas for improvement?  
 Yes - feedback + follow criteria

**Assessor Feedback:**  
 On candidate Record Sheet are assessor comments linked to grading criteria?  
 Is candidate work annotated to show where criteria have been met and marks awarded?  
 Milestones to sign

**Action Plan:**  
 Are the marks agreed? Are there areas for the assessor to address in this or future assessment windows?  
 Bibliography - needs to be addressed! Give students a clear format. Keep clear  
 Feedback from others - peer assessment & present  
 feedback on English accuracy

Assessor Sign:		Date:	8/11/10	
IV Sign:		Date:	08/11/10	
Assessor sign to confirm further actions have been addressed			9/11/11	



*Why are levels  
of obesity  
In teenagers  
increasing?  
By*

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## INTRODUCTION

For my project I am going to find out 'why the levels of obesity in teenagers are increasing' I chose to do this topic because I thought it would be an easy one to and, I thought that it would be interesting to research also I thought that I could find out lots of good information.

I thought it would also be a good topic because I agree with the level of teenage obesity increasing, this is because over the past so many years the amount of fast food places around has increased. Everywhere you go there is a Mc Donald's, Burger King or something of the sort, also there is a large amount of take aways around including chip shops Indian and Chinese takeaways.

Also our country is lazy and doesn't take part in enough physical exercise everyone is becoming 'couch potatoes' the other reason is because parents don't encourage their children to be healthy and active.

I would like to find out about the risks causes and preventions of obesity and find out peoples views on it including teenagers parents and health professions.

**A01**

**CHOOSE PLAN AND  
MANAGE A  
PROJECT.**



# Project Activity Log

Learner Name \_\_\_\_\_ Learner number \_\_\_\_\_

Centre Name \_\_\_\_\_ Centre Number \_\_\_\_\_

Unit Name \_\_\_\_\_ Unit number \_\_\_\_\_

Teacher Assessor \_\_\_\_\_

Proposed project title **Why are the levels of obesity in teenagers increasing?**

This form should be used to record the process of your project and be submitted as evidence with the final piece of work.

You may want to discuss:

- what you have done (eg, from one week to the next)
- if you are working in a group, what discussions you have had
- any changes that you have or will need to make to your plans
- what resources you have found or hope to find
- what problems you are encountering and how you are solving them
- what you are going to do next

Date	Comments
10 September 2010	I read the project brief through and looked through what needed to be done and what different topics there was to choose from for me to do. I Researched 5 different topics which seemed the most interesting and easiest to do so that I could decide what one I was going to do. The three topics I chose to research was 'should the time window for abortion be shortened?' 'What do we class as anti social behaviour (comparing adult and teenage view points)?' 'What could cause the increase in teenage pregnancy rates in the north east?' 'can drinking alcohol in moderation improve your health and well being? And 'why are the levels of obesity in teenagers increasing'
15 september 2010	I Continued to research the five topics which I mentioned above and decided that the final one would be, 'why are the levels of obesity in teenagers increasing' this is because I found the most information on it and it seemed like an interesting subject to do and I would be able to find information easily, which would also be useful for me
17 september 2010	I started to write my proposal up by doing my introduction, reasons for choosing my project and primary and secondary research that I was going to use
21 september 2010	I began my primary research- I made two sets of questionnaires for teenagers and parents to fill out with various questions, the aim of the questionnaires was to find out how health families are, I wanted to find out how teenagers got to school what they do in their spare time and if they know about obesity and how bad it was, I asked similar questions to the parents, I wanted to know where they shopped what they bought and if they were strict on what their children ate
22 september 2010	I continued my proposal by finishing off my introduction to the project problems and risks and resolutions, my project activities and project objectives, I finished my questionnaires and began my secondary research, I did this when I wrote out interview questions

24 September 2010	I handed out my questionnaires to 10 parents and 10 teenagers so that they could fill them out, so I could get their views on the subject and learn how much people knew about obesity
29 September 2010	I wrote up my research from the questionnaires and did my questionnaire analysis. I used edexcel to make graphs, pie charts and bar charts to present my information and to show my answers clearly. I finished my proposal and went through and checked if I needed to include anything else
5 October 2010	I sent my e-mail to interview Julie Stott but she was unable to help me and answer the questions as she thought there would be a better person to do it than her, so she sent my emails to one of her colleagues Sally Hayton so that she could help me, but she said that she was unable to do it too as she could not give out personal views
6 October 2010	I continued my secondary research on the internet and I found out what is obesity, and wrote it out in a word document
13 October 2010	I used secondary research to gather information from text books and books from the library and typed it up
20 October 2010	Began to do my project write up (introduction) where I explained my topic and why I chose it and I summarised the information I found out
3 November 2010	Did my observation at McDonalds and recorded my information, my aim was to see why type of people went in to McDonalds and see what they actually bought also went to ASDA and did an observation there and wrote down my research, whilst I was there I visited 3 main aisles and seen what was the busiest.
9 November 2010	Typed up my research which I found out from my observations and did more secondary research and started my rational
14 November 2010	Finished off my research and typed whatever was left up
17 November 2010	Continued my rational
25 November 2010	<b>Finished off my rational and began my discussion</b>
3 December 2010	<b>Checked through my proposal and made sure it was complete and made my front cover</b>
13 December 2010	<b>Finished discussion and made a start on my review and conclusion</b>
19 December 2010	<b>Started to do my presentation and managed to get it finished</b>
3 January 2011	<b>Did my presentation and wrote about it in my write up</b>
7 January 2010	<b>Checked through all of my work and made sure it was complete ready to hand in</b>

## Project Proposal form

Learner Name \_\_\_\_\_ Learner number \_\_\_\_\_

Centre Name \_\_\_\_\_ Centre Number \_\_\_\_\_

Teacher Assessor \_\_\_\_\_ Date \_\_\_\_\_

Unit \_\_\_\_\_

Proposed project title \_\_\_\_\_

### Section One: Title, objective, responsibilities

Title or working title of project (in the form of a question)

Why are levels of obesity in teenagers increasing?

Project objectives (eg, what is the question you want to answer? What do you want to learn how to do? What do you want to find out?):

- find out what causes obesity
- find out how obesity can be prevented
- know what food should be eaten
- understand what obesity can lead to
- find out the average teenage BMI
- find out what the BMI is when you are classed as obese
- Make people aware of obesity
- interview various people

If it is a group project, what will your responsibilities be?

### Section Two: Reasons for choosing this project

Reasons for choosing the project (eg, links to other subjects you are studying, personal interest, future plans, knowledge/skills you want to improve, why the topic is important):

The reason that I chose to do my project on this topic is because it seemed like the most interesting topic on the list & I thought that I would be able to get a lot of information out of it, I think that it will help me for my own benefits. It will be interesting to find out various facts about the subject. I thought that the topic could interest me by finding facts & information that I can remember. It could help me prevent obesity in myself & people around me. Obesity in teenagers is increasing & I am interested in why this is. I think it is important because I will become more aware of risks/changes of obesity. I will learn the causes & prevention. It also will be able to provide information and tips on how to stay healthy & ideal.

Section Three: Activities and timescales	
<p>Activities to be carried out during the project (eg, research, analysis, writing, preparing for the presentation, etc):</p> <ul style="list-style-type: none"> <li>- Interview a shop worker to see why they think obesity is increasing;</li> <li>- Interview a Dietician to see why they do what they do</li> <li>- Interview parents</li> <li>- Interview Teenagers</li> <li>- Get lots of good information /props /pictures</li> <li>- Visit a supermarket</li> <li>- Look through different types of food to talk about</li> <li>- Create a leaflet</li> <li>- Create a poster</li> <li>- Use internet to research</li> </ul>	<p>How long this will take:</p> <p>30 Min interview</p> <p>30 min interview</p> <p>30 Min interview</p> <p>30 Min interview</p> <p>Duration of project</p> <p>1hr - 1hr 30mins</p> <p>2hrs</p> <p>2-3 hours for both of these</p> <p>the duration of the</p> <p><del>the duration of</del> Project</p>

Milestone one: Complete Research

Target date (set by tutor-assessor): end of October

Milestone two: Complete write up

Target date (set by tutor-assessor): 11th Dec 2016

mb2

**Section Four: Resources**

What resources will you need for your research, write up and presentation (eg, libraries, books, journals, equipment):

~~Equipment~~: access to computers, access to internet, maybe a camera  
Library

~~Human~~: Interview staff at ASDA, a dietician, parents & teenagers

Food products

~~Financial~~: Money for the shops

What your areas of research will cover?

- I will find out the causes of obesity by researching it on the internet & interviewing people
- I will find out how obesity can be prevented /internet research & interview a dietician
- I will find out what food should be eaten /internet research & interview a dietician
- I will find out what obesity can lead to /internet /interview a dietician or doctor
- Find out the average teenage BMI on the internet /from a doctor
- Find out all of the BMI categories & weight for it on the internet /from a doctor
- I will make people become aware of obesity by finding facts & doing research
- I will interview various people for research.

<b>Comments and agreement from tutor-assessor</b>	
Is the learner taking this project as part of the Diploma?	Yes/No-
If yes, which Diploma are they taking? <u>SHD</u>	
Comments (optional):	
Is project derived from work which has been/will be submitted for another qualification?	Yes/No
Which qualification (title and unit)? _____	
Comments (optional):	
I confirm that the project is not work which has been or will be submitted for another qualification and is appropriate.	
Agreed:	(name) (date)
<b>Comments and agreement from project proposal checker</b>	
Comments (optional):	
I confirm that the project is appropriate.	
Agreed:	(name) (date)

# Proposal

## Project title

Why are the levels of obesity in teenagers increasing?

In the title, the following words are **key words**:

-**Why**: This is the main word, it is a question word and I need to use this word to find the reasons for obesity increasing.

-**Obesity**: This is what I am researching, obesity is when your BMI comes over 30, you are then considered obese.

-**Teenagers**: This is the age group that our project is based on and going to be about.

-**Increasing**: Increasing means for something to go up or get higher, in this case it is obesity that is increasing.

### Obesity

-What is obesity?

-What causes obesity?

-What are the dangers of becoming obese?

-How can you prevent becoming obese?

### Teenagers

-What do teenagers like to eat?

-What is an average teenager's lifestyle like?

-Who is a teenager?

-Why are teenagers becoming obese?

-What could be causing teenagers to eat more food?

-What can we do to help teenagers?

-Who is causing teenagers to become obese?

### Increasing

-What is causing obesity to increase?

-What can be done to stop obesity increasing?

-who can stop the increase of obesity?

-What happened in the past history and how has it increased now?

## Reasons for choosing my project:

Why are the levels of obesity in teenagers increasing?

The reasons that I chose to do my project on this is because:

The reason that I want to do this topic is because it seemed like the most interesting topic that was on the list and I thought that I would be able to get a lot of information out of it, I think that it will be able to help me. I think that I will be interested in finding out various facts about the subject.

I thought that this topic would become very useful and I will get lots of knowledge from it, I will be able to find out lots of interesting facts that I will be able to remember. It will also help me to prevent obesity in myself and people around me as I will be able to provide facts and information to people around me. Obesity in teenagers in the UK is increasing and I am interested in getting the knowledge as to why this is

I think that this topic is important because it helps me become aware of the dangers and risks of obesity it helps me become more aware of what is around me, I can learn how to prevent it and what the causes are. Also for people who read this, it shows them what obesity is and why they should stay in an ideal weight. I will be able to explain what obesity can lead to.

17/6/2

## Project objectives

By the end of the project I will be able to:

- Find out what causes obesity
- Find out how obesity can be prevented
- Know what food to eat
- Understand what obesity can lead to
- Find out what the average BMI is for teenagers
- Find out what the BMI is for someone overweight and obese
- Make people become more aware of obesity
- Interview various people



## Project activities

In my project these are the following activities that I will be doing

- Interview shop workers to see why they think obesity is increasing
- Interview a dietician to see why obesity is increasing and see what they do for a job and how it is used to help prevent it
- Interview teenagers to see what food takes their eyes and why, and to see what they life about fatty foods
- Interview parents to find out their views on obesity
- Get a good variety of information and pictures.
- Visit a supermarket
- Get a variety of foods to look at and talk about
- I will use the internet to research I will do this throughout the project
- Create a poster
- Create a leaflet

## Project resources

For my project I will need the following resources:

### Physical

- Healthy and unhealthy foods

### Technical

- Access to computers
- Internet access
- A camera?

### Human

- Interview staff
- Interview a dietician
- Interview parents
- Interview teenagers

### Financial

- Money to go to the shops

### Information

- Collect information
- Research
- Leaflets
- Magazines

## Possible problems and risks

### How they will be resolved

- If I was going to use a computer to do some research, the internet may not be working and I won't be able to do it, to resolve this problem there is a couple of ways I could get through the problem, I could get on with some other work that I didn't need to use the computer for, I could ask people for help, I could look in a book from the library to see if I could find the relevant information or I could find another computer to use elsewhere.
- If I had planned to go and interview someone and they were unable to make it, I could either organise another day to do the interview or I could ask to interview another member of staff.
- I may need to use the computer to do some writing to add to my project but the computer was broke, then I could write it down on paper so that I have the information then write it on a computer when it was working again.
- The printer may not be working, which would mean that I would have to save my work on a memory stick so that I am able to take my work with me and print it off when I find a printer that is working
- If I was to loose my memory stick it would mean that I couldn't take my work with me, I would have to send my work to my email address so that I was able to log on to my email via a different computer so I could locate my work.

## Research plan

Research area	Method I will use
I want to find out what causes obesity	I will use primary and secondary research on the internet from books and health professionals
I want to find out the causes of obesity	Secondary research on the internet on various websites
I want to find out the average BMI	Secondary and primary research on the internet and health professions
I want to know what people know about obesity	Primary research handing out questionnaires and interviewing people
I want to interview various people to find out their views	Primary research interviewing people

**A02**

**BE ABLE TO  
RESEARCH  
INFORMATION AND  
APPLY IT TO A  
PROJECT**

## What is obesity? Internet research

Obesity is where you are carrying excess body weight which is more than just a few extra pounds, it is an excess accumulation of body fat which at a certain amount can damage your health and take years of your life.

The fat in your body can be varied it could either be equally around the body, mainly on your stomach (known as apple-shaped) or on your hips and thighs (known as pear-shaped)

Being obese you have a **BMI of over 30**.

BMI (Body mass index)

BMI is where you can measure your body mass with this simple, the shape that it is, how much you weigh and if your body is healthy for your age, weight and height. BMI is the measurement that is used to measure body weight. And allows you to see what group you are in out of underweight, ideal, overweight, obese and very obese, depending on your height weight and age.

If you get your BMI measured, you have to measure your height in metres and then multiply that number by itself to give you your height squared, you then have to weigh yourself using kilograms and then divide your height squared. Once you have the number, you will then look at the chart to see what category you fall under.

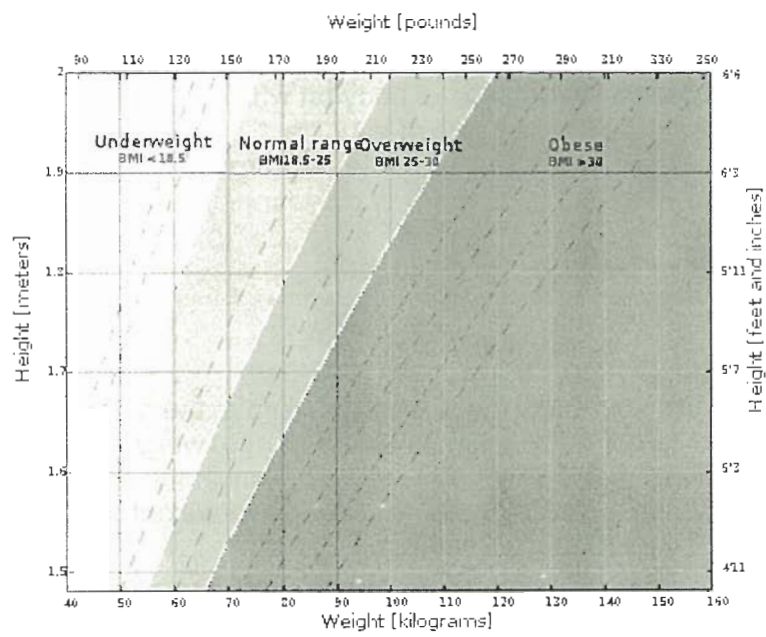
The categories and measurements are as below:

- Underweight: <18.4
- Ideal: 18.5-24.9
- overweight: 25-29.9
- Obese: 30-39.9
- Very obese: 40 or greater

An example of how you would calculate your BMI is an example, person A is 1.6 metres tall and weighs 65kg, to calculate his BMI would look like this:

	Weight (KG)
	Height (M <sup>2</sup> )
1.6X1.6=2.56	
65/2.56=25.39	

You can also use a graph like the one below:



## Facts and statistics

- Around 1 in 4 men in the UK are overweight.
- Around 1 in 3 women in the UK are overweight.
- In the last ten years the amount of men who are obese has increased.
- The Department of Health predicts that if this trend continues, by 2010 around 6.6 million men will be obese compared to 6 million women.
- Obesity and stomach obesity (where the weight is mostly on the tummy) is rapidly increasing especially in younger people.

Country	Years	Growth in % of overweight individuals	Growth in average daily calorie intake	Average total daily calorie intake
UK	1980-2000	26	220	3312
Australia	1980-1999	23.4	87	3092
USA	1973-2000	16.8	716	3814
Netherlands	1981-2001	11.5	281	3281
Spain	1987-2001	11.1	203	3422
New Zealand	1989-1998	9.1	75	3130
France	1990-2000	6.5	79	3597
Japan	1976-2001	5.8	44	2746
Czech Republic	1993-2001	4.6	69	3097

This table shows us that the UK is amongst the highest around the world for growth in obesity and it shows that the growth in percentage from 1980-2000 has grown the most out of the majority of the countries, this suggests that something in the UK has recently caused the rise in obesity, I think that it is a result to laziness and restaurants in the fast food industry rapidly growing.



## Causes and prevention of obesity

It has been proven by facts and statistics that there is an increase in teenage obesity in the past 20 years, these are some reasons why and some ways in how it can be prevented:

The main reason that people are becoming obese is simply because people are in-taking more kilocalories than they should be having, they are either eating very fatty foods which contain lots of kilocalories such as takeaways, kebabs, McDonalds and other fatty foods such as cake etc. or just over indulging in meals and eating more than they should be. To make sure that you don't become obese you must eat a balanced diet, which included foods from the 5 food groups, which are known by the 'eat well plate':

- Fruit and vegetables
- Protein (meat and fish)
- Foods containing sugars and fats (crisps and cakes)
- Milk and dairy
- Bread cereals and potatoes

by eating the right amount of food from each of these groups it will ensure you that you stay healthy, it will also give you more energy and it will ensure that you have a healthier lifestyle in general.

Lack in exercise is a big part of the obesity increase, when we watch on TV at people running marathons looking as if they are on their last legs and about to fall over, no wonder we are put off doing physical exercise. Most exercise is just tiring boring and just not fun at all, but there is lots of exercise machines and fitness videos/DVD's/classes out for anyone of any ability to take part in. the government is trying to increase the amount of exercise we do the average amount of exercise you are meant to do per week is for an adult, 30 minutes of light moderate exercise 5 times a week

There is a well-known fact backed by increasing amounts of evidence:

Mild to moderate physical activity is, for most people, the best way to better health. However, unless you do something you enjoy, or can at least put up with, you won't stick at it. Similarly, if you start off doing too much too soon, you'll get fed up and stop, get injured or even make yourself ill.

Laziness and sitting around doing no exercise- get up and motivate yourself to do exercise as it will reduce your risks of heart attack etc.

## Exercise

There are three different types of exercise, strenuous, moderate or mild and this is the intensity of your workout. To decide what type of exercise you should do, should depend on your current fitness level, e.g. if there was a runner, jogging one mile in nine minutes would count as mild activity. But for the majority of people this exercise would be classed as strenuous if it was not impossible for them to do. Experts recommend that for purposes of general health, mild to moderate levels of physical activity are all that's required.

For us and the majority of people this means brisk walking or the equivalent level of effort would be used in a different activity. But the term 'brisk' changes depending on the person's fitness level. Brisk means a pace which you feel that you are making a good progression rate at but still being able to hold a conversation.

Exercise of moderate intensity will make you a little warm or sweaty, and slightly out of breath, but no more than that.

There are lots of different types of exercise that fit every person, from going to the gym to home fitness DVD's, cycling or any other sport.

MB2

### Recommended activity levels

According to the government, only 37 per cent of men and 24 per cent of women take enough exercise to get any benefit from it. To avoid obesity, heart disease and other life-limiting conditions, the chief medical officer (the government's top doctor) recommends the following:

- Adults should do a minimum of 30 minutes moderate-intensity physical activity, five days a week.
- You don't have to do the whole 30 minutes in one go. Your half-hour could be made up of three ten-minute bursts of activity spread through the day, if you prefer - it's the total that matters.
- The activity can be a 'lifestyle activity' (in other words, walking to the shops or taking the dog out) or structured exercise or sport, or a combination of these. But it does need to be of at least moderate intensity, again measured by it making you slightly breathless or a little warm.
- People who are at specific risk from obesity, or who need to manage their weight because of a medical condition, need 45-60 minutes of exercise at least five times a week. For example, if you have diabetes, it will be much better controlled if you exercise like this.
- For bone health, activities that produce high physical stresses on the bones are necessary.

### Safety first - avoiding illness and injury

Remember you're taking up exercise to improve your health, not to make yourself ill or injured. Bear the following in mind:

- Start slowly. If you haven't done much activity for some time, it's important to build up to the recommended activity level over a few weeks. This might mean starting with a walk of just five minutes.
- If you're not sure how hard you can work because of any health problems you may have, talk to your GP or practice nurse for help and advice. You shouldn't assume because you have, say, a heart condition or a bad back that you can't exercise. In fact, there are many conditions for which certain exercises are positively beneficial. But it may be that you need to rule out certain activities, or build up more gradually than other people – so get medical advice first.
- Pregnant women should also take medical advice about exercising. Exercising during pregnancy can be excellent for posture, and strengthening your abdominal muscles and pelvic floor, but there are also signs that mean you should consult a doctor first, such as bleeding, headaches or nausea, or if you have pregnancy-induced high blood pressure, or have had more than one miscarriage, for example.
- Eat sensibly. Often when we talk about a sensible diet, we mean eating a little less, but once you start exercising there's also the danger of eating too little and having too little energy. We all need a healthy, balanced diet that contains the right vitamins, minerals, carbohydrates and proteins, but if you're exercising you're burning energy so you need to make sure you have enough 'fuel'. Again, if you're unsure about the best diet for you, talk to your GP.
- Don't get dehydrated. During exercise our bodies get hot, and our main way of cooling down is to sweat, which means we lose fluid. On average, we lose one litre of fluid for every hour we exercise. The longer and harder you work, the more you'll lose and there's no way to be exact about how much you should drink. Try to drink 300ml to 500ml of fluid in the 15 minutes before your workout, then about 150ml to 250ml every 15 minutes during exercise. For moderate exercise of about half an hour, water is fine – for longer, more strenuous workouts, specialist sports drinks may be better.
- Warm up and stretch. Again, this is more important the longer and harder your planned exercise is, but it's a good habit to get into if you want to prevent injuries, such as pulled muscles.

The bottom line is that any physical activity, no matter how little, is better than none.

[http://www.bbc.co.uk/health/treatments/healthy\\_living/fitness/daily\\_howmuch.shtm](http://www.bbc.co.uk/health/treatments/healthy_living/fitness/daily_howmuch.shtm)

## Risks of becoming obese

When you are overweight and obese you have lots more health risks than a normal person at an ideal weight, you are more prone to get diseases and health problems. You can have a higher risk of weight-related disease abdominal obesity is one of the main symptoms of cardiovascular disease and insulin resistance syndrome.

In women, central obesity is known by a waist circumference of about 35+ inches, and in men the danger waist measurement is 40+ inches.

### **Increased Health Risk of Premature Death**

About 300,000\*\* American deaths a year are related to obesity. The risk of premature death rises with increasing weight. Even if a person has a small weight gain (10 to 20 pounds for a person of average height) increases the risk of death, mostly in adults ages 30-64 years people who are obese (have a BMI over 30) have a 50 to 100 percent increased risk of premature death from all causes, compared to individuals with a healthy weight

### **Increased Health Risk of Heart Disease**

The risk of heart attack, congestive heart failure, sudden cardiac death, angina or chest pain is increased in people which are overweight or obese. High blood pressure is two times more common in adults who are obese than in those who are at a healthy weight. Obesity is associated with high triglycerides and decreased HDL cholesterol.

### **Increased Health Risk of Stroke**

Atherosclerosis, or narrowing of the arteries, which may lead to starting an arterial blood clot, is an important pre-condition of many strokes. Atherosclerosis is accelerated by high blood pressure, smoking, high cholesterol and lack of exercise. Obesity, especially extreme obesity is frequently associated with a high-fat diet, raised blood pressure and lack of exercise. Thus obesity is now considered an important secondary risk factor for strokes.

### **Increased Health Risk of Type 2 Diabetes**

A weight increase of 11-18 pounds raises a person's risk of developing type 2 diabetes to twice as much as people who have not gained weight. Over 80 percent of people with diabetes are overweight or obese.

### **Increased Health Risk of Cancers**

Obesity is associated with an increased risk for some types of cancer including cancer of the lining of the uterus, colon, gall bladder, prostate, kidney, and post-menopausal breast cancer. Women gaining more than 20 pounds from age 18 to midlife double their risk of post-menopausal breast cancer, compared to women whose weight remains normal.

### **Increased Health Risk of Fatty Liver Disease**

The main cause of non alcoholic fatty liver disease is insulin resistance, a metabolic disorder where cells become insensitive to the effect of insulin. One of the most common risk factors for insulin resistance is obesity, especially central abdominal obesity. The higher the BMI the worse the liver disease.

### **Obesity is a Risk Factor For Chronic Venous Insufficiency**

Although obesity is not a direct cause of chronic venous insufficiency, it is an important risk factor. This is because obesity, especially morbid obesity, leads to raised blood pressure, hampering mobility and use of leg muscles, all of which are contributory factors in the development of chronic venous insufficiency. Obese patients also have an increased health risk of other vascular disorders (eg. lower-limb ischemia), caused by inadequate blood flow to the extremities

### **Increased Health Risk of Gallbladder Disease**

The risk of gallstones is approximately 3 times greater for obese patients than in non-obese people. Indeed, the risk of symptomatic gallstones appears to correlate with a rise in body mass index (BMI).

### **Increased Health Risk of Breathing Problems**

Obstructive sleep apnea (that is, interrupted breathing during sleeping) is more common in obese persons. Obesity is associated with a higher prevalence of asthma and severe bronchitis, as well as obesity hypoventilation syndrome and respiratory insufficiency.

### **Obesity and Deep Vein Thrombosis**

Risk factors for deep vein thrombosis include prior history of the disease, vascular damage, hypertension and predisposition to blood clotting. Although obesity (BMI 30+) has traditionally been recognised as a risk factor for deep vein thrombosis and pulmonary embolism, experts now consider that the evidence supporting this association is inadequate, as much depends on other factors such as history, illness, immobility, and age.

### **Increased Health Risk of Arthritis**

musculoskeletal disorders, including osteoarthritis, are much more prevalent among obese patients, especially patients diagnosed with severe clinical or morbid obesity. Health studies show that obesity is a strong predictor for symptoms of osteoarthritis, especially in the knees. The risk of osteoarthritis increases with every 2-pound gain in weight.

### **Increased Health Risks For Expectant Mother and Baby**

Obesity has a strong detrimental effect on the health of both mother and newborn baby, both during and after pregnancy. Obesity while pregnant is associated with a higher risk of death in both the baby and the mother. It also raises the risk of high blood pressure in the Mom, by 10 times. Obesity during pregnancy is also associated with an increased risk of birth defects, such as spina bifida. Obesity-related health problems occurring after childbirth include higher risk of wound and endometrial infection, endometritis and urinary tract infection.

## Observation analysis.

On a normal Saturday afternoon at a local McDonald's restaurant at the Team Valley retail park I spent 30 minutes sitting and observing what people bought and recorded my results below

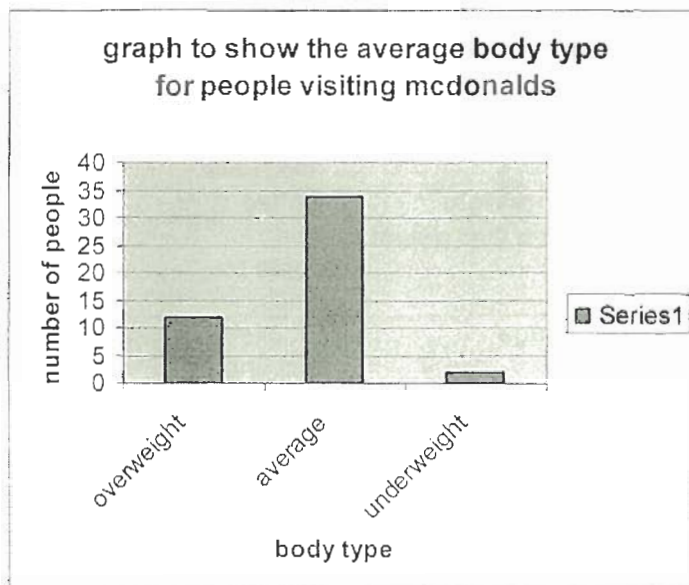
people	description	Items bought
2 females	Average weight	6 chicken nugget meal with coke, Chicken legend meal with fanta
Family of 4	Overweight father and average weight mother and two children	Large big tasty meal and coke, Chicken nugget happy meal and fruit shoot, Hamburger happy meal and strawberry milkshake, Sweet chilli chicken wrap coffee. 2 apple pies
Male	average	Chargrilled chicken salad bottle of water.
Group of 6 teenagers	average	2 chicken nugget happy meals and diet coke. 1 large fries, big mac meal and diet coke large fanta
Mother and 2 children	average	Fish finger happy meal and fruit shoot chicken nugget meal with fruit shoot cheeseburger and chips tea.
2 teenagers female	overweight	Cheeseburger chips and water, vegetarian wrap chips coke
3 teenagers male	1 underweight others average	Milkshake, Cheeseburger, coke, large fries, sprite
Female and male	average	Tea, coffee, 2 donughts
Family of 5	Overweight	2 large big mac meals and coke, mc chicken sandwich meal and sprite, 6 chicken nugget meal and fanta, cheeseburger meal and fanta
female	overweight	6 chicken nugget meal with fanta, apple pie
2 males	average	20 box of chicken nuggets,

10/5/2

		1 fanta, 1 diet coke
2 females	average	2 chicken nugget happy meals with coffee
Male and 2 females	Overweight x1 average x2	Chicken legend meal with coke, Milkshake, large chips, chicken nugget meal with milkshake
Elderly couple	Underweight female overweight male	Coffee, Tea, apple pie, chips,
Family of 4	Average	Chicken nugget happy meal with fruit shootx2, mc chicken sandwich meal with coke, big tasty, coffee,
Family of 4	Average	3 hamburgers, 6 chicken nugget meal with coke, big tasty meal with coke, mc chicken sandwich meal with fanta, large coke

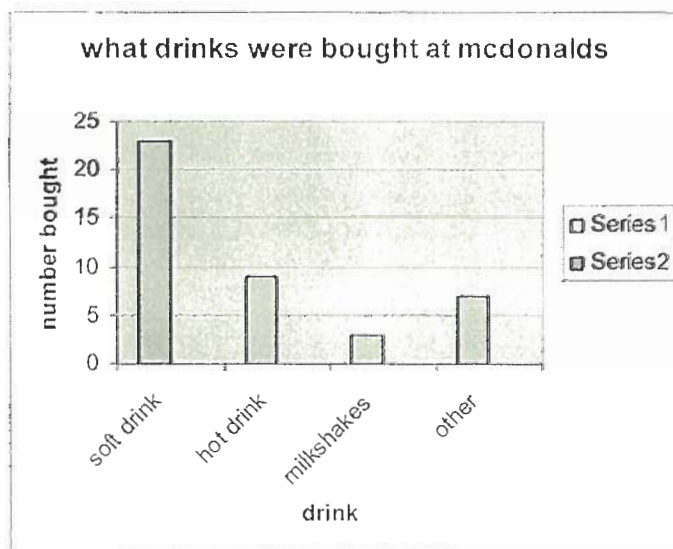


The graph I made below shows the average amount of people who visited the restaurant in a certain amount of time and what their body types are.



It tells us that the most common people to come in to the restaurant at this certain time were people with an average body type, I don't think that this is for any particular reason, it just depends on who goes to this place when I was there, I would say that it was quite busy the time of day that I went and It just depended on who was out at the time I did my observation

The next graph I have shows which drinks people bought when I was doing my observation at mcdonalds during the certain time that I was there.



This graph tells us that soft drinks e.g. coke and fizzy orange were the most common drink to buy, tea and coffees were the next followed by drinks such as water and fruit shoots, but the least common were milkshakes.

Questionnaire for parents with teenagers

1. Name \_\_\_\_\_ Prefer not to say

2. How many children do you have?

---

3. Where do you shop?

---

4. Do you tend to buy more healthy or unhealthy food?

Healthy  Unhealthy  About the same of each

5. Are you strict on what type of food your children eat?

Yes  No

6. Do your children eat lots of unhealthy food takeaways or fast food?

Yes  No  Sometimes

7. How do your children get to school?

Bus  Car  Walk  Train  Other

8. What are your views on teenage obesity?

---

9. Do you agree that the rise in teenage obesity is increasing?

Yes  No  Don't know

10. When buying food do you take note of the fat content?

Yes  No

11. Are you worried about your child's weight?

Yes  No

12. What would you class as obese?

---

13. Are you worried about the risks of obesity?

---

14. What do you try and do to prevent obesity in you and your family e.g. any family activities, running healthy eating?

---

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15. What would you class your family as?

Very Healthy  Healthy  Normal  Unhealthy  Very unhealthy

Questionnaire for teenagers

Name: \_\_\_\_\_ Prefer not to say

1. What is your age?

\_\_\_\_\_

2. How often do you exercise?

Over 3 hours a day  hour a day  2-3 times a week  1-2 times a week  never

3. What do you usually do when you get in from school?

\_\_\_\_\_  
\_\_\_\_\_

4. How often do you spend watching TV and playing video games?

\_\_\_\_\_

5. How do you get to school?

Bus  Car  Walk  Cycle  Train

6. Do you take part in any clubs or have any hobbies? E.g. football

Yes  No

7. If so please state below:

\_\_\_\_\_

8. Do you usually eat 5 a day?

Yes  No  Sometimes

9. What is obesity?

\_\_\_\_\_  
\_\_\_\_\_

10. What would you class as obese?

\_\_\_\_\_

11. How dangerous do you think obesity is?

Very  Quite  Not very  Not at all

12. Do you eat lots of fast food and takeaways?

Yes  No

13. Do you know anyone who suffers from obesity?

Yes  No  Prefer not to say

14. If yes explain their problems and/or conditions

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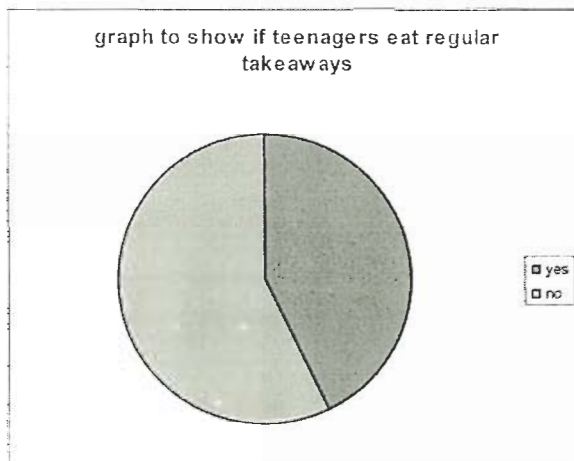
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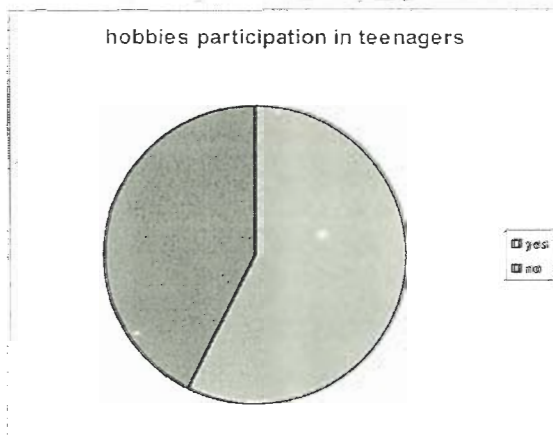
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## Questionnaire analysis

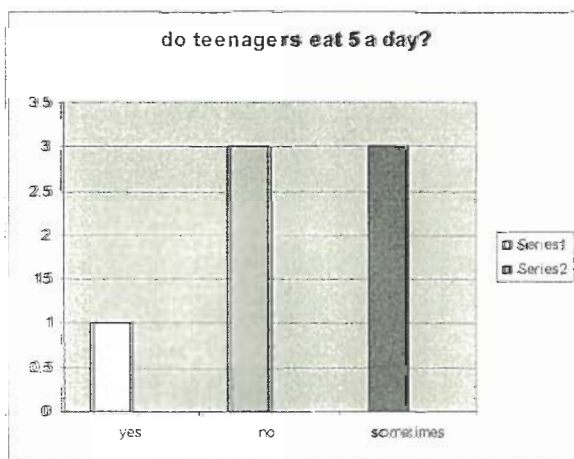
For my primary research I decided to make up questionnaires so that I could ask teenagers and parents questions to find out how healthy they are and to see if I could help them realise what they are like themselves if they don't already know, I wanted to



This graph tells us that the majority of the people I interviewed said that they don't eat regular takeaways but almost half of the people said that they did.



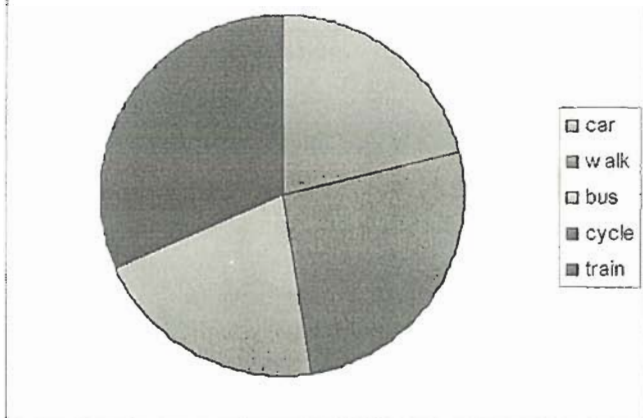
This graph shows that more people participate in hobbies than people who don't, so it proves that exercise and hobbies are more common in the people that filled out the questionnaires



This graph tells us that only one of the people that I handed the questionnaires out to said that they ate 5 a day everyday, whereas 3 people said they sometimes did, and another 3 said that they didn't.

Sophie branighan

how teenagers get to school

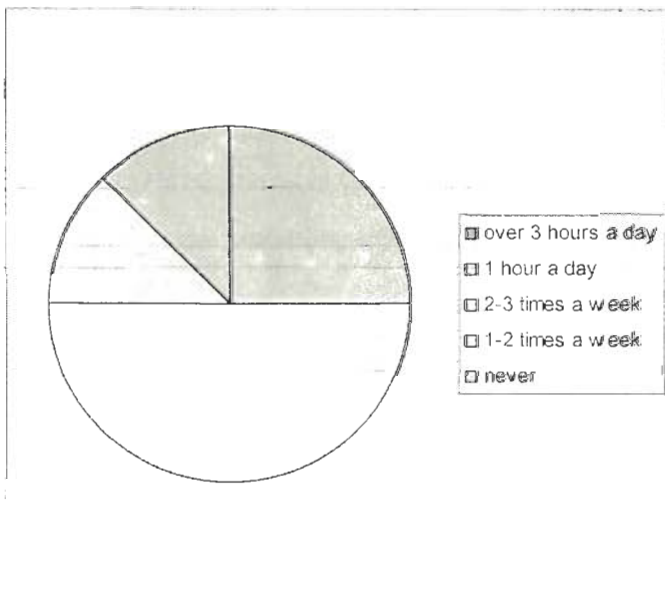


There was a lot of different ways how people got to school, no one got the train, the majority of people cycled to school which I was shocked at as I don't really see many people cycling to school, this was followed by walking the people getting in the car and public transport.

ms2

### Graph to show how much teenagers exercise

This is probably my most important graph as it tells us how much exercise teenagers do on a regular weekly basis, half of the people I handed questionnaires out too said that they did exercise 2-3 times a week, a quarter of people said that they did an hour a day and the rest of the people said that they did exercise either 1-2 times a week or never, no one said that they did over 3 hours of exercise a day.





**A03 &**

**A04**

**BE ABLE TO SELECT AND  
APPLY SKILLS TO  
COMPLETE A PROJECT**

**PROJECT REVIEW AND  
ANALYSE THE PROJECT  
OUTCOMES/OBJECTIVES**

## Project write up

### Reasons for choosing my project:

Why are the levels of obesity in teenagers increasing?

#### Introduction

The reasons that I chose to do my project on this is because:

The reason that I want to do this topic is because it seemed like the most interesting topic that was on the list and I thought that I would be able to get a lot of information out of it, I think that it will be able to help me. I think that I will be interested in finding out various facts about the subject.

I thought that this topic would become very useful and I will get lots of knowledge from it, I will be able to find out lots of interesting facts that I will be able to remember. It will also help me to prevent obesity in myself and people around me as I will be able to provide facts and information to people around me. Obesity in teenagers in the UK is increasing and I am interested in getting the knowledge as to why this is

I think that this topic is important because it helps me become aware of the dangers and risks of obesity it helps me become more aware of what is around me, I can learn how to prevent it and what the causes are. Also for people who read this, it shows them what obesity is and why they should stay in an ideal weight. I will be able to explain what obesity can lead to.

Whilst doing my project I used the following primary and secondary research:

- Observation: where you visit and observe people doing their job to gather information e.g. if you are researching on food labels you must visit a shop and walk round observing people shopping to find out yourself if they check food labels or not.
- Questionnaire: most of you have prepared more than one to find information from specific people.
- Interviews: prepare questions to interview people involved- can be telephone.
- Emails: email managers and people in charge to gather information
- Secondary research: internet newspapers magazines leaflets. You must not copy and paste but interpret in your own words

#### Rational

For my project I did lots of different methods of primary and secondary research.

I made 2 sets of questionnaires to hand out to both parents and teenagers the aim of these questionnaires was to find out how healthy people were, what they ate how active they were and if they knew the risks and dangers of obesity, it was to make sure that they became more aware of the topic on obesity. This

means that parents would know that obesity is increasing in teenagers so they can prevent it from happening to their own children. I handed out 16 questionnaires to people around the same age range of 14-17 and I found out a few things, on average out of all of the people who answered the questionnaire for me only a quarter of them exercised the correct amount of an hour a day which made them the most healthy, half of the people only managed to do an hour 2-3 times in a week two people exercised once a week and the others said that they never take part in exercise and this is a very bad thing for you. I found out that over half of the people who answered the questionnaire said that they didn't have someone in their family who suffered from obesity where as nine of the people said that they did, this is just under half of the percentage which is very high and shows this it is increasing more than from 20 years or so ago. 40% of the people said that they regularly eat takeaways from the local chip shop Indians or Chinese and the other 60% said that they either eat them on occasions or not at all. 12 people said that they have took part in hobbies in the past or they still do hobbies to take part in regularly and the majority of these are physical hobbies such as football and swimming clubs. The other 4 said that they have never taken part in hobbies and don't plan on it. The government is trying to promote eating 5 a day on TV internet and other campaigns so I asked the question, 'do you eat 5 a day?' 6 people said no they don't, another 7 said that some days they do eat 5 a day, and only 3 said that they do eat 5 a day. The majority of the people who I handed the questionnaire to went to Whickham school and the rest were from Newcastle college, all of the people from Newcastle college which was a quarter of the percentage said that they all got the bus there, where as the other people live in Lobley Hill Sunnyside and Whickham so they are all local to the school, 4 people said that they walked to school. 2 said that they cycled and 6 said that they got in the car to come to school.

viv2

Another method of primary research that I used was observation for this I visited 3 different places, a local supermarket ASDA, a fast food restaurant McDonalds, and I also looked through the food that I had in my own house to see what my family bought and how healthy we were.

When I went to ASDA on a Saturday afternoon, I spent a total of an hour there, I decided to visit 3 aisles in which I spent 20 minutes on each, the fruit and vegetables aisle, the sweets chocolate and crisps aisles, and the meat and fish aisle. The area that has the most people passing through it that I noticed was the meat and fish aisles, the majority of people were buying packet, processed meat e.g. ham, corned beef and chicken, the most common meat out of these was ham. Whereas for the meat that needed to be cooked which wasn't as popular at this particular time of day when I was there chicken was the most popular and fish was the least popular, the reason that I think processed meat seemed to be more popular is because this is the cheaper version and does not take any preparation, it is ready to eat. I also think that it is mainly because people are just lazy and don't have the time or energy to stand over a cooker and cook the food

they prefer it to be ready for them to eat, also I did notice that the ready cooked chickens were also a popular choice, which proves that people would prefer to buy ready cooked chickens that the chickens that were un-cooked. The next most popular aisle was the fruit and vegetables, this may be because it is the first area and closest to the door when you walk in the most popular fruits were apples bananas grapes and oranges and the least popular were pineapples kiwis and melons. I think this is because apples bananas grapes and oranges are the most common fruits and if you were to look in peoples houses these are the fruits that you would usually see here, the most common vegetables were carrots potatoes broccoli, cauliflower and turnip, these also happen to be the traditional items that you would see on a Sunday dinner, this may also be the reason that these happened to be the most common items bought on this day as people would have been shopping for the vegetables for their Sunday dinner the following day. To my surprise the least common aisle was the sweets, chocolates and crisps. Most people who bought items from there bought crisps and chocolate bars such as mars bars, crunchies, twix's, dairy milk etc. the information for this was not very reliable as I was only there for 1 hour on one day and this doesn't tell you what people would buy all through the week, some days are different to others, some days might have been more busy and different members of the public could have come in, it just depends on the day and who shops there at that certain time as to what is bought, also there is more food in the morning and people may not have been able to buy certain things as they were sold out etc.

#### Observation:

For my second part of observation, I spent 30 minutes in McDonalds and observed the things that people bought and recorded it in a chart I observed 16 groups of people, families, friends and single people of all different ages and body types, the most common people to come in to the restaurant at this certain time were people with an average body type, I don't think that this is for any particular reason, it just depends on who goes to this place when I was there, I would say that it was quite busy the time of day that I went and it just depended on who was out at the time I did my observation. Also I found out that soft drinks e.g. coke and fizzy orange were the most common drink to buy, tea and coffees were the next followed by drinks such as water and fruit shoots, but the least common were milkshakes. Chicken nuggets and burgers were very common, the least common foods bought were the salads and vegetarian options.

As well as the questionnaires I had tried to interview Julie Stott but she told us that she was unable to answer the questions so she gave us the email address of another colleague to ask the questions too, she was also unable to answer these questions, so I was unsuccessful here  
These are the questions that I asked:

1) What are your views on teenage obesity?

- 2) Are you worried about teenager obesity? And why do you feel this way?
- 3) Why do you think the levels of obesity are increasing in teenagers?
- 4) What do you think should be done about teenage obesity?
- 5) How do you think we should prevent teenage obesity?

My questionnaires could be reliable but I only handed them out to a small amount of people which were all from the same area of around Whickham, Sunnyside, Lobley Hill, this means that there might not be a big change. The area I did could all be the same and shop in the same places and buy the same sort of things. Also the people who were meant to fill them out could have given them to someone else to fill out so it wouldn't have been their own answers that I was writing up in my analysis, also people may not have been fully truthful when they answered them so the information will be false and I wouldn't get accurate results.

When I did my observation, that may not have been fully reliable as I was not there for a long period of time, the metro centre was quite busy as people would have been preparing for Christmas and buying shopping and presents, so the place would have been busier than usual so I managed to get a good range of people as the McDonalds at the time was a busy place, as I was not able to look properly I may not have been able to see on the trays properly and may have recorded the wrong foods down. I would not have been able to get accurate readings.

My internet research was quite reliable because the internet gets updated quite regularly so hopefully the information I had was recently updated so it wasn't old, as the government always changes the rules and laws this information may not have been up to date so this information could be false too.

The books I read were quite old so the statistics and information may not have been truly correct as times change and so do the laws by the government.

## **Discussion**

The question I had to answer in my project was 'Why are the levels of obesity in teenagers increasing?' and my own views on this may be different to others, but the reasons that I think teenagers are getting obese as the years go on is because of their upbringing by their parents, parents need to make sure that they buy the correct foods to give to their children, make sure that they are aware of obesity and the dangers it can do they need to make sure that they educate their children at a young age, as well as schools should, they should educate and promote fitness and healthy eating. Parents should encourage their children to become active and take part in hobbies and activities so that they don't become lazy which could lead to overweight or even obesity. Also I think that the teenagers need to get themselves into gear and make sure that they do regular exercise, the government is trying to do as much as they can by making facilities

and places for children to go, there is lots of sports advisers and people helping you to keep fit so we should take advantage of this and use it. The main culprits of this are the teenagers and the parents if you are taught young then you should keep the same attitude to sports and fitness through out.

Others had the same opinions as me in the questionnaires and my answers were similar to some peoples, also when I did my internet research it had information about the subjects to support my answers e.g. 'people don't take part in enough exercise'

Other people may just think that it just runs through genes and it is a genetic problem, which it could be but even if this is so, you should still make the effort to try and get your weight down as much as possible. People may blame the government and the health sector for not giving out as much help and information that is needed to properly warn and educate people about the risks causes and preventions of obesity etc.

### **Review and conclusion**

During my project, when filling out the proposal I made a list of objectives which I was hoping to meet by the end of my project:

- Find out what causes obesity
- Find out how obesity can be prevented
- Know what food to eat
- Understand what obesity can lead to
- Find out what the average BMI is for teenagers
- Find out what the BMI is for someone overweight and obese
- Make people become more aware of obesity
- Interview various people
- Interview shop workers to see why they think obesity is increasing
- Interview a dietician to see why obesity is increasing and see what they do for a job and how it is used to help prevent it
- Interview teenagers to see what food takes their eyes and why, and to see what they life about fatty foods
- Interview parents to find out their views on obesity
- Get a good variety of information and pictures.
- Visit a supermarket
- Get a variety of foods to look at and talk about
- I will use the internet to research I will do this throughout the project
- Create a poster
- Create a leaflet

### **What I have done**

I managed to find out the causes risks and preventions of obesity I found out what the average BMI is for someone who is in each of the topics for a 16 year old teenager. I managed to make people become more aware of obesity by my

questionnaire and I managed to hand my questionnaires out and get them filled in and handed back so that I was able to analyze them. I managed to interview parents and teenagers in the form of questionnaires, I was able to get a good variety of information and use all of my primary and secondary research methods I said I was going to use. I managed to visit a supermarket as well as McDonalds. I have also managed to present a presentation on my project.

What I have not done

I did not manage to create a leaflet and a poster as I ran out of time I did not manage to look at foods in enough detail, I was unable to complete my interview successfully due to not being able to give out personal views in the profession that the person worked in. I didn't look in enough detail at what food should be eaten properly and I did not manage to get too many pictures in my project bar my front cover.

During the project I did not use too many skills, I knew them all really but I developed them further I did managed to improve my confidence a lot as I had to talk to new people and do a presentation in front of people. I have developed my ICT skills further, I had to tackle problems when things didn't go as planned such as the email as I have mentioned above.

The majority of my project was a success, I had a bit of an issue with time and I was not able to complete everything I needed to in the time space, I would have like to go into more detail with my research and I would have like to make posters and leaflets to hand out to people so that I could have made people more aware of obesity itself and to try and stop people from becoming obese. I had an issue with my home computer which restricted me from doing as much research I liked at home so I had to use my time at school to do it. My interview did not go as I liked it as I was unable to get the answers to the questions, but I made a good attempt at it.

Overall I think that my project went well and people who filled out my questionnaires gave me lots information that enabled me to complete the project I think that I have been able to do quite well as I had to do most of my work at school on the computers where I had to give up lots of my time to complete this. The internet and books were very helpful and allowed me to get lots of the information I needed so that I was able to complete this.

If I was to do this project again, I would plan it out better so that I had my timing right and I didn't set myself too many tasks in not enough time, as it caused stress to try to push myself to get all of the work done, I should have thought what I was doing out better and made sure that I had good timing, I should have made sure that I had a back up plan in case anything went wrong, such as had a back up person to interview as it didn't go out as planned and I would have had more information and It would have been more reliable if I had done this.

I enjoyed doing this project and it mostly went well but I think I should have had better timing and a more planned out approach to doing it.



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- <http://www.benefitsnow.co.uk/health/obsigns.asp>
- In the news obesity and health- the facts behind the headlines by Adam Hibbert.
- Questionnaires filled out by parents
- Questionnaires filled out by teenagers
- Observation in McDonalds
- Observation in ASDA
- Internet research
- Magazine research
- Health leaflets
- <http://www.annecollins.com/obesity/risks-of-obesity.htm>
- [http://www.bbc.co.uk/health/treatments/healthy\\_living/fitness/daily\\_how\\_much.shtml](http://www.bbc.co.uk/health/treatments/healthy_living/fitness/daily_how_much.shtml)