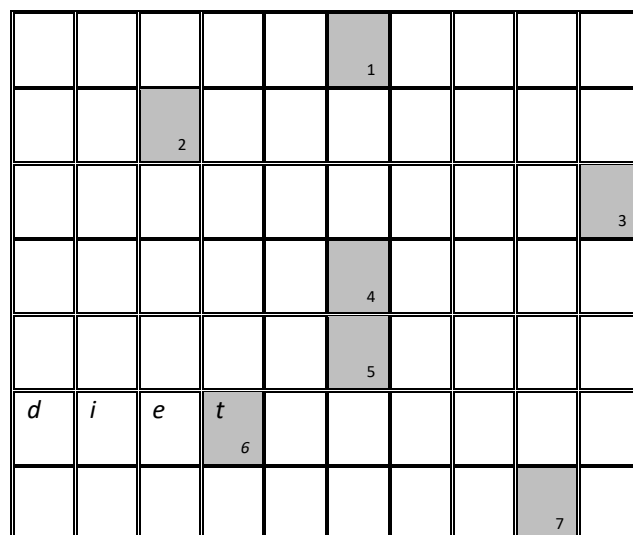


Measures against global weight gain

EXERCISE 1a Write the words from the box into the grid next to the definitions (you will not need all words). The letters in the gray fields form a solution word: ____1____2____3____4____5 t 6____7

diet – cancer – urban – stress – sedentary – calorie – low-income – developing – processed – diabetes

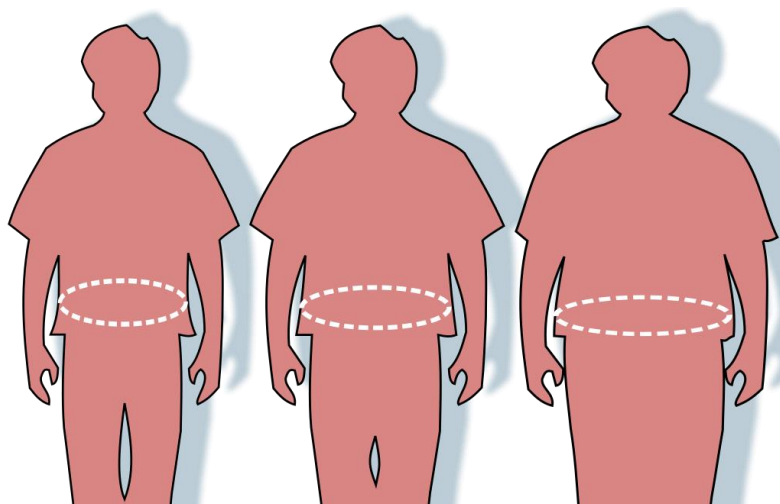
- A country that is still in the process of industrialization is a ... country.
- Adjective: relating to or characteristic of cities
- Somebody who earns little money is a ... person.
- Food that has been changed during preparation (e.g. by cooking, canning, adding preservatives ...) is ...
- A unit that measures the energy value of foods
- The food that a person habitually eats OR eats for a specific purpose (such as losing weight or building muscle)
- Somebody with a ... lifestyle gets very little exercise.



1b Read the World Health Organization's definition of the solution word above. What is the difference between overweight and the solution word?

"Overweight and ... are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI)¹ over 25 is considered overweight, and over 30 is"²

1c What do the words from the box have to do with the solution word? Explain how the concepts are related. Write five sentences. The phrases from the box can help you.



Useful phrases: cause and effect

... can lead to / result in / contribute to ... ▪
can be a cause / side-effect / consequence ...
of ... ▪ ... may have an effect / influence /
impact on ... ▪ ... is linked / related to
...

Image By Renée Gordon (FDA), Victovoi - Own work, Public Domain,
<https://commons.wikimedia.org/w/index.php?curid=9857499>

¹ A person's body mass index is their weight divided by the square of their body height.

² <https://www.who.int/health-topics/obesity>

EXERCISE 2a Listen to a radio report on obesity worldwide. You can find the audio at <https://www.voanews.com/episode/voa-healthy-living-20180313-media-biz-2050586>. Take notes on the reasons for the problem and the solutions that are mentioned in the report.



2b Now listen to the recording again and tick the correct answers. **Sometimes, two or three answers are correct!**

- | | |
|---|---|
| <p>a) According to the World Health Organisation,</p> <ul style="list-style-type: none"><input type="checkbox"/> there are now three times as many obese people as there were in 1975.<input type="checkbox"/> the problem of obesity also affects poorer countries.<input type="checkbox"/> obesity is a bigger problem in low-income families. | <p>b) Which event(s) caused Kathleen to gain weight?</p> <ul style="list-style-type: none"><input type="checkbox"/> The deaths of family members.<input type="checkbox"/> She was bullied in school.<input type="checkbox"/> She didn't get on well with her mother. |
| <p>c) The problem of obesity is worst</p> <ul style="list-style-type: none"><input type="checkbox"/> in and around cities.<input type="checkbox"/> in small towns.<input type="checkbox"/> in remote areas. | <p>d) In low- and middle-income countries, people tend to gain weight as they</p> <ul style="list-style-type: none"><input type="checkbox"/> are less physically active.<input type="checkbox"/> make more money.<input type="checkbox"/> consume more non-traditional foods. |
| <p>e) According to Solomon, people put on weight when they move away from their families because</p> <ul style="list-style-type: none"><input type="checkbox"/> they never learned how to cook.<input type="checkbox"/> they lose social contacts that help them cope with stress.<input type="checkbox"/> they no longer eat traditional food. | <p>f) When you're trying to lose weight, the biggest problem is</p> <ul style="list-style-type: none"><input type="checkbox"/> starting a diet in the first place.<input type="checkbox"/> not giving up in the first few weeks.<input type="checkbox"/> not gaining weight again after the end of the diet. |
| <p>g) Solomon's clients have to write down what they eat</p> <ul style="list-style-type: none"><input type="checkbox"/> so they can keep track of their calorie intake.<input type="checkbox"/> so they think about what they eat before they eat.<input type="checkbox"/> because it helps them plan their meals in the future. | <p>h) Kathleen says that Solomon's method</p> <ul style="list-style-type: none"><input type="checkbox"/> has also helped her in other areas of life.<input type="checkbox"/> has helped her maintain her weight for nearly three years.<input type="checkbox"/> is very easy to follow. |

2c Together with your neighbour, discuss the report's findings; state whether you agree or disagree with the analysis of the situation and the proposed solutions.

EXERCISE 3a Now read the following critical comments on the report. The four sentences below are missing from the comments. Match the sentences (a-d) and the gaps in the comments (① - ④).

- a) Of course consumers could just read the nutrition facts label and then decide if they want to buy a product or not.
- b) They add refined sugar to their products wherever they can because it's a cheap and highly addictive ingredient.
- c) There are so many misconceptions about healthy nutrition.
- d) Many people, particularly poor people, just do not have access to affordable, healthy food – in urban as well as in rural areas.

[1] "The report makes it sound like it's all just a matter of being disciplined. Write down what you eat – like it's that easy! ① Millions of Americans live in so-called food deserts - places where there are no supermarkets that offer fresh food within a one-mile radius. If you don't have a car, you'll end up eating fast food just because it's so much easier and cheaper."

[2] "My issue with 'just writing down what you're going to eat' is that many people have no idea what and how much to eat. ② People think that juice is healthy because it has fruit in it, but they don't realize how much sugar it contains! I could imagine that this lack of education is a big problem in developing countries as well, as the obesity epidemic is just starting there."

[3] "The report briefly mentions the role of fast food and soft drink companies, but there is much more to be said about the food industry as a whole (and not just fast food chains) here. ③ But you shouldn't forget that some food companies deliberately misinform customers – for example when they advertise a high-sugar product as 'low-fat'."

[4] "I agree that food companies are largely to blame for the rampant obesity we see these days. ④ So for them it means saving money and getting their customers hooked; for the customers, it means a higher risk of obesity, heart disease, tooth decay and diabetes. These days, even some kinds of bread have added sugar in them!"

3b Find expressions with a similar meaning or synonyms of the following words in the four comments:

[1] not too expensive ▪ in / relating to the countryside

[2] deficit ▪ false belief ▪ disease that afflicts a large number of people

[3] intentionally ▪ deceive ▪ consumer

[4] responsible ▪ part / element (of a recipe) ▪ causing a habit/dependency ▪ caries ▪ uncontrolled

EXERCISE 4 Review the causes for obesity that were given in the report and in the comments and collect more possible reasons.

EXERCISE 5a Work in groups. Imagine you're working in a city's department of public health. The local government has decided that they have to do something about the growing number of obese adults and children. Considering the contributing factors from **EXERCISE 4**, come up with at least five ideas how to combat the problem.

Addressing different factors	Making suggestions
<ul style="list-style-type: none"> To address the issue of [stress], we could ... If we want to tackle ..., we first need to reach out to ... Regarding / Concerning [the availability of healthy food], I think ... When it comes to ..., we should ... 	<ul style="list-style-type: none"> I think it would be better/best to would be a good way to make sure that ... I suggest we start by [VERB + ing] ... I've got another idea: Why don't we ... / How about [VERB + ing] ... I'm thinking out loud here, but what if we just ...
Useful verbs	
<ul style="list-style-type: none"> to provide sb. with sth. to promote [a healthy lifestyle] to reach out to ... / to get in touch with ... / to get ... on board to educate sb. on sth. 	<ul style="list-style-type: none"> to inform/teach sb. about sth. to offer [free ... classes] to ban / tax certain products to hire people to [do X]

5b Now imagine that you won't be able to realize all your ideas due to financial restrictions. In your group, decide on the top 3 measures which you'd like to implement in any case. Questions to consider:

- Which measures would be the easiest / hardest to implement? Where could the measures meet with resistance?
- Who could help or would have to get involved (food producers, parents, schools, local business ...)?
- What might be positive side-effects you could also achieve with a measure?

After your discussion, present your results (i.e. the measures you selected and why you decided on them) to the class.

Advantages	Obstacles
<ul style="list-style-type: none"> In my eyes, ... is a more efficient / practical solution here because ... What I really like about this approach is that ... This measure has the added benefit / positive side effect that ... I'd prefer ... over ... because ... To me, ... has a higher priority than ... because ... 	<ul style="list-style-type: none"> I think the biggest problem with this approach is that ... I doubt that ... would be well-received by... You need to keep in mind that ... might be very expensive / time-consuming. Another downside of ... could be that could be difficult to realize / implement in practice because ...
Coming to a solution together	
<ul style="list-style-type: none"> So, Hannah, what's your take on ...? So do we all agree that we should try and implement ... first? 	<ul style="list-style-type: none"> Who else is in favour of ... first? I can/can't go along with that. Don't you think that ... is more important / efficient / practical than ...?

Answer key**EXERCISE 1a**

- a) developing
- b) urban
- c) low-income
- d) processed
- e) calorie
- f) diet
- g) sedentary

1b "Obesity" is an extreme form of overweight.

1c Obesity can be a cause of many illnesses, such as diabetes and cancer. A sedentary lifestyle in an urban environment and consuming too many processed foods can lead to obesity. Aside from overeating (= taking in more calories than you need), stress and money-issues (being a low-income person) may also be contributing factors.

EXERCISE 2a Reasons: emotional problems, fast food and soft drink companies, a more sedentary, urban lifestyle, separation from families / lack of social contact / inability to deal with stress

Solutions: diets, reflecting on what you eat

2b

- | | |
|--|---|
| <p>a) According to the World Health Organisation,
 x there are now three times as many obese people as there were in 1975.
 x the problem of obesity also affects poorer countries.
 <input type="checkbox"/> obesity is a bigger problem in low-income families.</p> | <p>b) Which event(s) caused Kathleen to gain weight?
 x The deaths of family members.
 <input type="checkbox"/> She was bullied in school.
 <input type="checkbox"/> She didn't get on well with her mother.</p> |
| <p>c) The problem of obesity is worst
 x in and around cities.
 <input type="checkbox"/> in small towns.
 <input type="checkbox"/> in remote areas.</p> | <p>d) In low- and middle-income countries, people tend to gain weight as they
 x are less physically active.
 x make more money.
 x consume more non-traditional foods.</p> |
| <p>e) According to Solomon, people put on weight when they move away from their families because
 <input type="checkbox"/> they never learned how to cook.
 x they lose social contacts that help them cope with stress.
 <input type="checkbox"/> they no longer eat traditional food.</p> | <p>f) When you're trying to lose weight, the biggest problem is
 <input type="checkbox"/> starting a diet in the first place.
 <input type="checkbox"/> not giving up in the first few weeks.
 x not gaining weight again after the end of the diet.</p> |
| <p>g) Solomon's clients have to write down what they eat
 <input type="checkbox"/> so they can keep track of their calorie intake.
 x so they think about what they eat before they eat.
 <input type="checkbox"/> because it helps them plan their meals in the future.</p> | <p>h) Kathleen says that Solomon's method
 x has also helped her in other areas of life.
 <input type="checkbox"/> has helped her maintain her weight for nearly three years.
 <input type="checkbox"/> is very easy to follow.</p> |

2c Individual answer

EXERCISE 3a

- a) Of course consumers could just read the nutrition facts label and then decide if they want to buy a product or not. **3**
- b) They add refined sugar to their products wherever they can because it's a cheap and highly addictive ingredient. **4**
- c) There are so many misconceptions about healthy nutrition. **2**
- d) Many people, particularly poor people, just do not have access to affordable, healthy food – in urban as well as in rural areas. **1**

3b not too expensive: **affordable**

in / relating to the countryside: **rural**

deficit: **lack**; false belief: **misconception**; disease that afflicts a large number of people: **epidemic**; intentionally:

deliberately; deceive: **misinform**; consumer: **customer**

responsible: **to blame**; part / element (of a recipe): **ingredient**; causing a habit/dependency: **addictive**; caries: **tooth decay**; uncontrolled; **rampant**

EXERCISES 4

- For report see ex. 2a;
- For comments: Food deserts, lack of education, misleading advertising, added sugar
- Additional factors: people drive too much because there are no bicycle lanes; people work several jobs and have no time to work out and cook healthy food;

EXERCISE 5 Examples:

- Organising farmers' markets in "food deserts" to give people access to fresh food
- Build bicycle lanes to encourage cycling rather than driving
- Build sports facilities that are free to use for everybody
- Offer free sports and cooking courses in community centres or schools
- Ban sugary drinks and foods from schools
- Health classes or additional PE classes in schools
- Free healthy school lunches for pupils
- Tax unhealthy foods to make them more expensive
- Warning labels on unhealthy foods ("Food traffic light system")
- Advertising (posters, TV ads, brochures ...) a healthy lifestyle
- Reach out to doctors and hospitals and develop strategies to help obese patients together

EXERCISE 6 Examples:

- Building bicycle lanes is good because it has several positive side effects: Not only does it promote exercise, it also reduces air pollution and traffic jams. However, it is quite expensive and hard to realize in some places (for example in very narrow streets). One could complement this measure by also providing cheap rental bikes for the citizens.
- Offering free cooking courses is good because it addresses two issues at once: lack of information about healthy nutrition and loneliness, as it gives people the opportunity to get out and make friends who are in the same situation. This can also help alleviate stress and create new support systems. In addition, it is a relative cheap and easy measure. However, one would have to advertise the courses to make sure people actually come and attend them.

- Warning labels on foods are useful because they help customers make informed decisions and might be an incentive for food companies to produce healthier food. However, the system is not perfect and can also mislead in some cases. Also, there might be resistance from food companies.

Transcript

The problem of obesity worldwide has tripled since 1975. According to the World Health Organization, a growing number of people are being diagnosed as overweight or obese in low- and middle-income countries. VOA's Elizabeth Lee looks at the reasons and the solution that starts with the mind.

Los Angeles resident Kathleen Mulcahy has been fighting with her weight for 55 years. "My parents had a baby, a son, and he died at birth, and so, that was sort of, I was seven, and I think that was the time I started gaining weight. My mother died when I was twelve very suddenly, and then my weight just escalated."

She is not alone. A growing number of people are overweight or obese, particularly in urban areas worldwide, including developing countries.

"Fast food, transnational corporations, soft drink companies going into these developing countries are having a very huge influence on the overweight and obesity epidemic because they're adding calories and processed foods, salt and sugar into the diet that these people had not normally been eating."

People's lifestyles are also changing in developing countries. "As people urbanize and make more money and have more sedentary lives, they're also putting on weight and following the pattern of the United States."

Psychotherapist Dinah Solomon says there is also another reason why people are gaining weight globally. "You know, people are moving away from their family of origin. They don't have a support system that's going to help them also manage and have relationships as options for dealing with stress. So people are turning to food."

While fat diets may help with quick weight loss, keeping off the weight is more of a challenge. "At sustaining that weight loss, the studies overwhelmingly show that plant-based diets are good long-term."

Instead of focusing what they eat, Solomon helps people maintain weight loss by working with the mind to change a person's eating behaviour. She helps her clients like Mulcahy by having them write down what they eat before they eat. It's worked for Mulcahy who has sustained her current weight for almost three years. "You get such a sense of accomplishment, a sense of power and efficacy that you can apply it to everywhere."

Maintaining a healthy weight not only helps with self-image, but it will also fend off health problems such as heart-disease, diabetes and even some forms of cancer. Elizabeth Lee, VOA News, Los Angeles.

Vocabulary

accomplishment	Leistung
added	hinzugefügt
addictive	suchterzeugend
behavior (AE) / behaviour (BE)	Verhalten
calorie	Kalorie
cancer	Krebs
consumer	Verbraucher, Konsument
developing country	Entwicklungsland
deliberately	absichtlich
diabetes	Diabetes
to diagnose sb. with sth.	bei jm. etwas diagnostizieren
diet	1. Diät, 2. Ernährungsweise
efficacy	Leistungsfähigkeit, Effizienz
to escalate	eskalieren, außer Kontrolle geraten
to fend off	abwehren
globally	global
heart disease	Herzkrankheit
to implement	ausführen, umsetzen
ingredient	Zutat, Inhaltsstoff
long-term	Langzeit-
to maintain	aufrechterhalten, erhalten
measure	Mitte, Maßnahme
misconception	Irrglaube
to misinform	falsch informieren
nutrition	Ernährung
nutrition facts label	Etikett mit Nährwertangaben
obesity / obese	adipös, fettleibig
overweight	übergewichtig
overwhelmingly	überwältigend, mit großer Mehrheit
pattern	Muster
preservative	Konservierungsstoff
processed	verarbeitet
rampant	unkontrolliert, grassierend
refined	raffiniert
resident	Bewohner
tooth decay	Zahnfäule, Karies
transnational	länderübergreifend
urban	städtisch
to urbanize	verstädtern, urbanisieren
sedentary	sitzend
side-effect	Nebeneffekt
support system	Unterstützungssystem
to sustain	(aufrecht)erhalten