

2. Avoid eating too much meat and high sugar or high calorie food or drinks including :
 - deep fried food e.g. French fries, potato chips, fried chicken
 - high fat meat e.g. luncheon meat, fatty meat, preserved meat, animal skin
 - snacks e.g. instant noodles, cup noodles, sausages, chicken wings
 - sugary food or drinks e.g. candies, chocolate, cakes, dessert, ice-cream, soft drinks, juice cartons, bubble milk tea
3. Choose low calorie snacks e.g. fruits, cherry tomatoes, skimmed milk, boiled corn, chestnuts
4. Cooking tips
 - marinate ingredients with less sugar, oil and sauces
 - steam, stew, simmer or boil instead of frying or deep-frying the ingredients
 - remove animal skin and fatty meat before cooking
 - avoid cooking large pieces of meat e.g. whole drumsticks, chicken wings, pork chop and steak; eat sliced, shredded or diced meat instead to reduce the amount of meat intake
5. Eating habits
 - evenly distribute breakfast, lunch and dinner every day, don't skip breakfast
 - avoid late night supper
 - have regular meal at regular times; chew food thoroughly
 - avoid watching television, reading or playing games at meal time
 - avoid adding condiments e.g. tomato ketchup, salad dressings
 - avoid eating animal skin and fatty meat



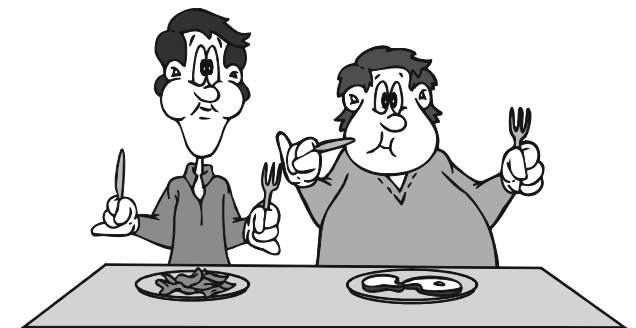
6. Make lifestyle changes
 - avoid lingering in candy stores or the junk food area of supermarkets
 - avoid buying junk food
 - avoid frequently dine out in restaurants or fast food shops
 - when eating out, choose low fat food e.g. noodles in soup, rice with roast chicken (with skin removed), boiled potatoes
 - develop good hobbies such as reading and drawing to avoid eating snacks when being idle
7. Increase the burning of calories
 - do appropriate amount of exercise regularly to reduce the accumulation of fat and control the body weight effectively
 - take part in extra-curricular activities or leisure classes
 - assist in the housework

Remember :

1. Prevention is better than cure. The risk of developing chronic diseases can be reduced by weight control.
2. Place emphasis on long-term weight control and maintenance of good health instead of short-term weight loss. This can be achieved by developing good eating habits and a healthy lifestyle.



Obesity and Health



Definition of obesity

Overweight (including obesity) is defined as the weight exceeding 120% of the median weight-for-height. (Please refer to the table below)

Body Mass Index is used for male students with height >175cm and female students with height >165cm. BMI ≥ 23 indicates overweight.

Male

Height(cm)	Weight-for-Height	
	Median (kg)	Median x 120% (kg)
91	12.9	15.5
101	15.4	18.4
111	18.3	21.9
121	22.1	26.5
131	26.9	32.3
141	33.1	39.7
151	40.4	48.5
161	48.5	58.2
171	56.7	68.0

Female

Height(cm)	Weight-for-Height	
	Median (kg)	Median x 120% (kg)
91	12.9	15.5
101	15.2	18.2
111	17.8	21.4
121	21.4	25.7
131	26.5	31.7
141	33.3	39.9
151	41.6	49.9
161	50.3	60.4
165	53.5	64.2

Source: Hong Kong Growth Survey 1993

Causes of obesity

- Excessive energy (calorie) intake
 - binge eating
 - frequent intake of high sugar or high fat food
 - frequent dine out and choose high calorie food
 - bulimia or other eating disorders led by emotional problems

- Decreased energy expenditure, lack of exercise
 - sedentary lifestyle e.g. watching TV, playing TV games/ computer games
 - too much homework, use of leisure time for study
 - parents do not encourage children to do physical activities or cannot spare time to arrange physical activities for their children
- Others e.g. hereditary factors, effects of illnesses or drugs



Impact of obesity

- Physical aspect**
 - may increase the workload of different organs of the body leading to various illnesses and a shortened lifespan. There is an increased risk of diseases like hypertension, heart disease, stroke, diabetes, back pain, sleep apnea, gall stone, hernia, osteoarthritis
- Social aspect**
 - may be clumsy and slow, cause exercise intolerance
 - have no enthusiasm for school events or sports activities
 - may be teased or isolated by classmates and friends
- Psychological aspect**
 - may lack confidence in one's appearance, resulting in a poor self-image



Prevention of student obesity

- Students – be determined to stop binge eating and control the desire for food
- Parents – know more about food; understand that being fat does not necessarily mean good health or blessing
 - adopt healthy eating habits to be a good example to children

- School – tuck shop should avoid selling high calorie food and drinks e.g. chicken wings, soft drinks
 - supply healthy lunch boxes with less meat and oily food

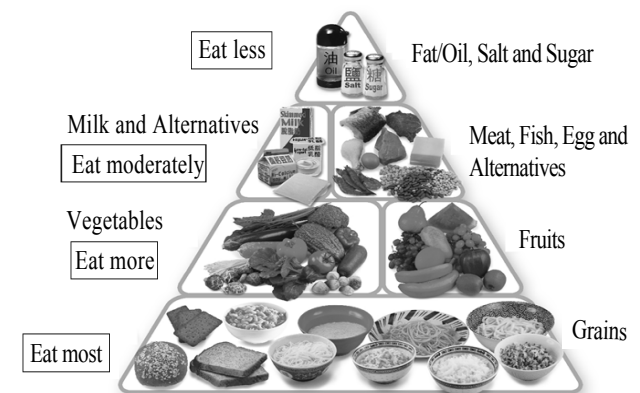
Essential factors in weight control

- Overweight students and their parents have to acknowledge that it is essential to lose weight and set out a weight control plan together
- Adopt a healthy lifestyle and good eating habits in the family. Parents and other family members should strongly encourage children to use their determination and confidence to develop good eating habits and increase exercise level. Do not spoil them and meet all their demands
- Measure students' weight and height regularly in order to increase one's confidence during weight control
- Teach student how to express their emotions appropriately

Weight control tips

- Encourage students to follow the Healthy Eating Food Pyramid to eat various kinds of food in the right proportion. Develop a healthy eating habit and avoid picky eating.

Healthy Eating Food Pyramid



Reference: Centre for Health Protection, Department of Health