

# IMPROVING OUR NUTRITIONAL EDUCATION

## ASSIGNMENT-1

### Team members

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# ISSUES

Nowadays, overweight has become the new norm for many countries, and not just the richer ones either. Surprisingly, however, on the opposite side of the spectrum: anorexia is on the rise. Nutritional disorders can be devastating not only to a person's physical health but also to their mental well-being. These disorders can be attributed to many causes, but one root trumps all others: nutritional illiteracy. Many countries have nonchalant and uncaring philosophies about nutrition despite the severity of the issue.



According to the World Health Organization at least 2.8 million people die each year as a result of being overweight or obese; in 2016, more than 1.9 billion adults were overweight and at least were 650 million obese. In regards to anorexia which can be more tolling on the psyche, as stated by Eating Recovery Center, 33 to 50 percent of anorexia patients have a comorbid mood disorder, such as depression.

# OBJECTIVES

- Spreading awareness of the dangers of over and under eating
- Informing children of the potential harms of foods
- Educating parents on how to put together their children's diets



# METHODOLOGY

**The sampling method used:** Multistage sampling (random sampling + convenience sampling), the survey will be sent out to people within our social circles as well as random participants that also happen to come by the survey via whatsapp groups and other social media platforms.

## Questions to consider:

- Would you say you're following a healthy diet?
- Do you often read the nutrition label when grocery shopping?
- Have you had experience following a strict diet?
- In your opinion when do you recommend children to start eating healthy balanced meals?
- In your opinion what is a healthy nutrition plan?
- Do you think not eating healthy can affect you mentally? If so how?



# REFERENCE

- County Health Rankings and Roadmaps. School-based Nutrition Education Programs website. <http://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/school-based-nutrition-education-program>external icon. Accessed on April 9, 2019.
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