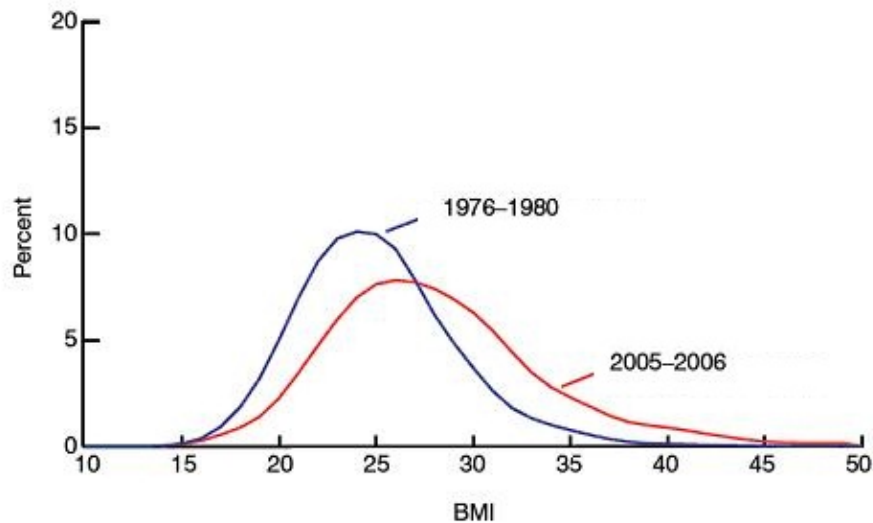


### Tasks & Worksheets (3): Physical Well-being –Healthy Body

#### (I) Answer the questions based on the following information:

The following is BMI data of the national survey on health and nutrition conducted in USA in two periods, i.e. from 1976 to 1980, from 2005 to 2006.



SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey (NHANES).

1. List the calculation of BMI and state its use.
2. According to the information provided above, describe the change of trends of obesity in USA between the two periods i.e. 1976-1980 and 2005-2006
3. Explain the change of trends of obesity in question 2 according to social factors and economic factors.
4. Suggest one indicator for measuring obesity in addition to BMI.

(II) Body Mass Index (BMI), body fat ratio and waist-hip ratio are common indicators of body composition as well as health risks. Identify the limitation(s) in using each of these indicators.

#### (III)

1. What is the principle of weight control?
2. Explain how physical activity can contribute to the weight management.
3. Besides sport activities, suggest the physical activity / activities for weight management:
  - i) at home and ii) at workplace.

#### (IV)

1. State and describe the harmful effects of smoking on the respiratory system.

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2. What are the policy instruments the Hong Kong government has used against smoking?

(V) Unhealthy lifestyles lead to many common illnesses which affect our body systems. Give the examples of the common illnesses of the body systems and suggest the unhealthy lifestyles which may be related to these illnesses.

(VI) Suggest the healthy lifestyles and explain how they contribute to the prevention of the common illnesses.

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