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**Question 27** (10 marks)

Name a specific group in Australia whose health you have investigated.

Group: Obesity

- (a) Identify a significant health concern for this group and explain why it is a concern. 2

Cardiovascular disease is Australia's top killer and obesity increases the risk of CVD. The excess weight harms the heart and it is definitely a concern.

- (b) Explain the changes to dietary intake that would address the nutritional needs of this group. 4

Obese people are over-nutrition causes their excess weight. Low sugar and carbs are a good way to start. 5 serves vegetables and 2 serves fruit in conjunction with meals. ~~drink~~ A healthy diet with water and NO fast foods. with 30 minutes minimal exercise a day. it's essential to maintain exercise and ~~for~~ weight for a healthy body.

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Question 27 (continued)

- (c) Propose and justify a strategy to promote optimum health through good nutrition for this group.

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For young obese children, advertisements such as T.V ads promoting healthy eating, parents cooking and preparing foods that are healthy, posters of cartoons eating healthy food. Children are influenced easily and if they see cartoons saying healthy food is "cool" they'll eat it. Healthy Havard in primary schools influences children on eating the right foods.

**End of Question 27**