

## Workbook : Obesity

This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

### Self-assessment : Obesity.

1.	How do we normally define 'obesity' ?
2.	If a person weighs 97kg, and is 1.67metres tall, calculate their BMI. Using the WHO guidelines, state whether this person is under, normal, or overweight.

3.	What health risks are associated with being obese?
4.	Briefly discuss the roles of leptin and ghrelin in managing appetite.

5.	Dietary intake is very closely related to an increase in body weight. How have changes to diet in the last 50 years contributed to current trends in obesity levels ?
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6.	What are the aims of treatment in managing obese individuals ?
7.	What is the role of exercise in obesity management ?

8.	What do you think is the place of pharmacological management in obesity ?
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## Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful, was it interesting, was it applicable to your practice? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course?	
Did you complete the course on your own, or as part of a learning group?	

Your general reflective account :

Key Learning / Practice points (list up to 5) :

1.

2.

3.

4.

5.

If you feel you have any further comments to make about your learning, please use the space below.

