

Caribbean Examination Council  
Electronic Document Preparation and Management  
School Based Assessment Project  
Assignment # 2 – Research, Email



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Centre Number: 100081

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Territory: Jamaica

Year: 2018

A Research on the Impact of Obesity in Adolescents in the Caribbean

<<Insert an appropriate picture below the title of your research>>

INSTRUCTIONS FOR ASSIGNMENT 2

## TABLE OF CONTENTS

<b>Title</b>	<b>Page</b>
Description of Components .....	1
Definition/Explanation of Obesity .....	2
Weight Categories and Body Max Index Table.....	3
Pie Chart comparing percentage of obesity males and females adolescents in the Caribbean .....	4
Major Contributing factors to Obesity .....	5
Complications of Obesity .....	6
Select Media used inform the public .....	7
Screenshots of Websites .....	8 – 9
Screenshot of Email .....	10
Reference/Bibliography .....	11

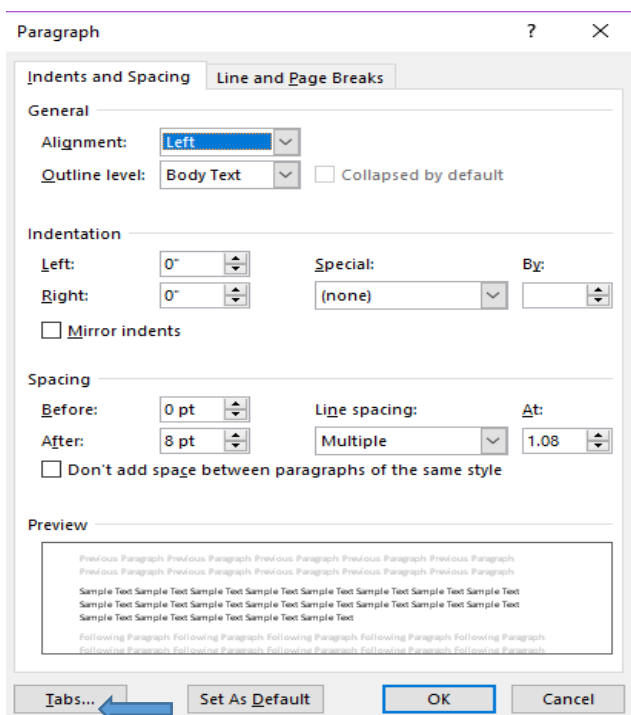
## How to create a table of contents using Tab stops and Leader Dots

1. Extend the Paragraph tab

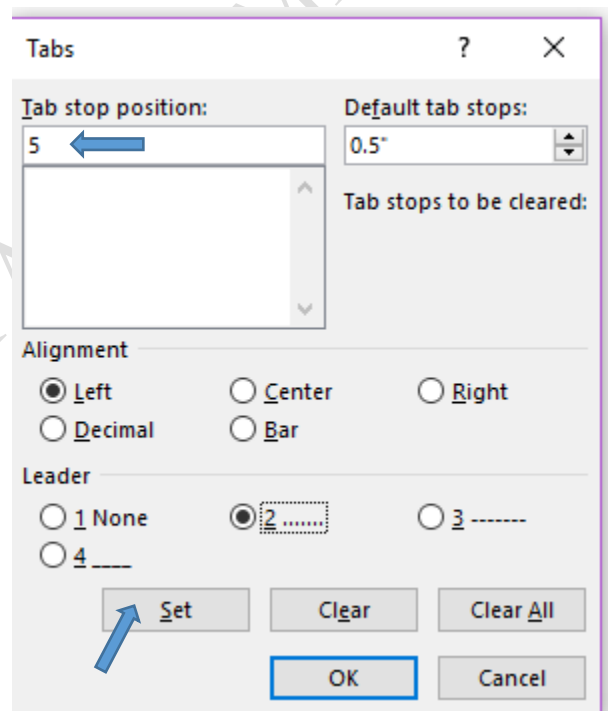


Click here to extend

2. Click Tabs



3. Set tab position at 5" or 5.5"



4. Check the leader #

5. Click set and then click ok.

*Sample layout of text showing appropriate line spacing, references (footnotes/endnotes) and line ending hyphenation.*

## CAUSES OF OBESITY

The balance between calorie intake and energy expenditure determines a person's weight. If a person eats more calories than he or she burns (metabolizes), the person gains weight (the body will store the excess energy as fat). If a person eats fewer calories than he or she metabolizes, he or she will lose weight. Therefore the most common causes of obesity are overeating and physical inactivity. Ultimately, body weight is the result of genetics, metabolism, environment, behaviour, and culture.

### Medications

Medications associated with weight gain include certain antidepressants (medications used in treating depression), anticonvulsants<sup>1</sup>, certain hormones such as oral contraceptives, some diabetes medications (these medications are used in lowering blood sugar such as insulin, and most corticosteroids such as prednisone. Weight gain may also be seen with some high blood pressure medications and antihistamines. The reason for the weight gain with the medications differs for each medication. If this is a concern for you, you should discuss your medications with your physician rather than discontinuing the medication, as this could have serious effects.

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<sup>1</sup> medications used in controlling seizures such as carbamazepine [Tegretol, Tegretol XR , Equetro, Carbatrol] and valproate [Depacon, Depakene

## How to set hyphenation

1. Select Page layout tab
2. Click the arrow to right of the word 'Hyphenation'
3. Select hyphenation options
4. Select manual and select yes or no to the words you wish to hyphenate. You must have two hyphenations on two different pages.

INSTRUCTIONS FOR ASSIGNMENT 2


# Screenshot of Website # 1

← → ↻ ⓘ www.medicinenet.com/obesity\_weight\_loss/page3.htm ☆

- [Obesity facts](#)
- [What is obesity?](#)
- [How common is obesity?](#)
- [What are the health risks associated with obesity?](#)


- [Habits That Can Help You Lose Weight Slideshow](#)
- [Lose Weight Without Dieting Slideshow](#)
- [Surprising Sources of Hidden Sugar Slideshow](#)
- [Metabolism FAQs](#)

## What causes obesity?

The balance between calorie intake and energy expenditure determines a person's weight. If a person eats more calories than he or she **burns** (metabolizes), the person gains weight (the body will store the excess energy as fat). If a person eats fewer calories than he or she metabolizes, he or she will lose weight. Therefore the most common causes of obesity are overeating and physical inactivity. Ultimately, body weight is the result of genetics, [metabolism](#) , environment, behavior, and culture.

- **Genetics.** A person is more likely to develop obesity if one or both parents are obese. Genetics also affect hormones involved in fat regulation. For example, one genetic cause of obesity is leptin deficiency. Leptin is a hormone produced in fat cells and also in the placenta. Leptin controls weight by signaling the brain to eat less when body fat stores are too high. If, for some reason, the body cannot produce enough leptin or leptin cannot signal the brain to eat less, this control is lost, and obesity occurs. The role of leptin replacement as a treatment for obesity is currently being explored.
- **Overeating.** Overeating leads to weight gain, especially if the [diet IQ](#) is high in fat. Foods high in




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**Quick Guide**  
Surprising Reasons for Weight Gain




## Featured Slideshows

-  **Multiple Sclerosis**  
*Causes, Symptoms and Treatment*
-  **Rheumatoid Arthritis (RA)**  
*Learn About This Autoimmune Disease*
-  **Hepatitis C**  
*Transmission, Symptoms and Treatment*


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# Screenshot of Website # 2

www.jamaicaobserver.com/news/Obesity--The-basics\_72839

Sunday, April 02, 2017

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LATEST NEWS: Kingston mayor to participate in Miramar town hall meeting 4:25 PM

CanEx Jamaica SEMINAR SERIES THE FUTURE OF CANNABIS Friday May 5, 2017 | Jamaica Pegasus Hotel, Kingston Jamaica | INFORM. EDUCATE. NETWORK.

**News**

**Obesity: The basics**  
Dr Karen Phillips

Sunday, September 04, 2016 2 Comments

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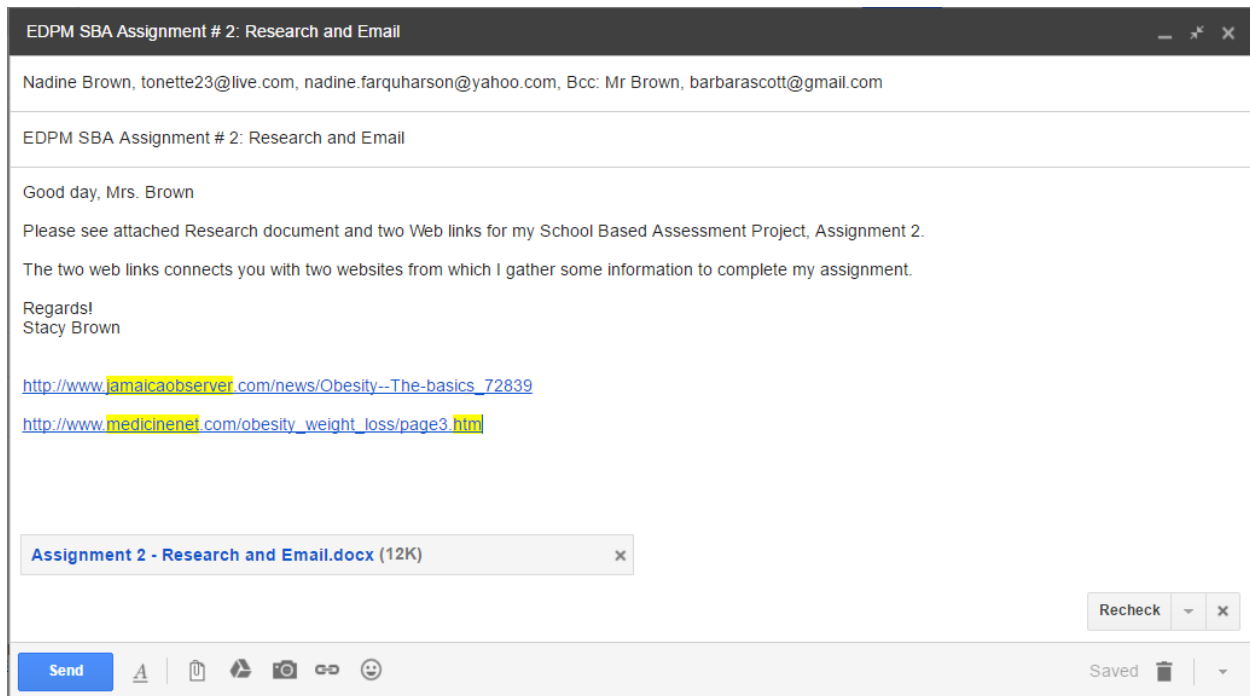
CLICK HERE FOR DETAILS

establishing secure connection...

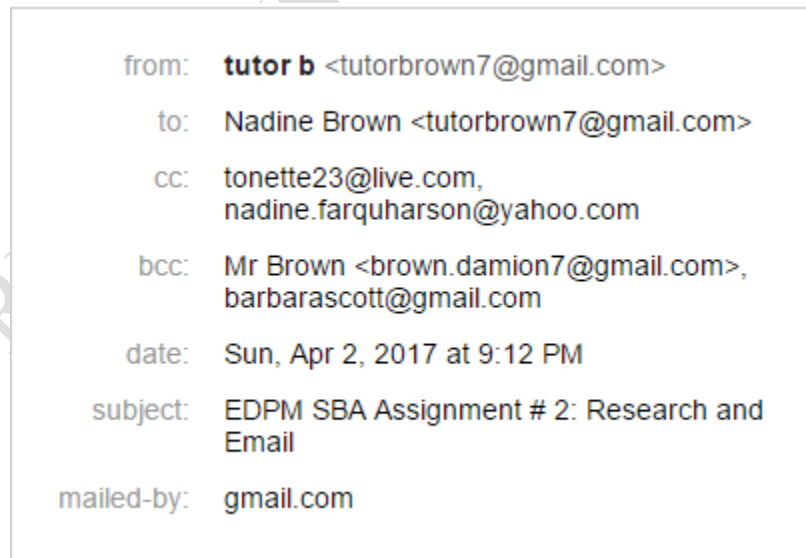
INSTRUCTIONS FOR



## Screenshot of Email with Weblinks, Attachment and Spell Check



## Screenshot confirming that the message was sent



**NOTE: You MUST send the email from your email account.**

## How to Cite References using APA format

### HOW TO CITE NEWSPAPER ARTICLE

Last, F. M. (Year, Month Date Published). Article title. Newspaper Title, pp. Page(s).

#### Example:

Bowman, L. (1990, March 7). Causes of Obesity. The Gleaner, p. A4.

### HOW TO CITE NEWSPAPER ARTICLE ONLINE

Last, F. M. (Year, Month Date Published). Article title. Newspaper Title, pp. Page(s). Retrieved from URL.

#### Example:

Bowman, L. (1990, March 7). Causes of Obesity. The Gleaner, p. A4. Retrieved from <http://www.thegleaner.com>

### HOW TO CITE REFERENCES FROM WEBSITES

Last, F. M. (Year, Month Date Published). Article title. Retrieved from URL

#### Example:

Satalkar, B. (2010, July 15). Water aerobics. Retrieved from <http://www.buzzle.com>

### HOW TO CITE REFERENCES FROM BOOKS

Last, F. M. (Year Published) Book. City, State: Publisher.

#### Examples:

James, H. (1937). *Food and Nutrition for CSEC*: Longman: Trinidad.

Rowling, J.K. (2001). *Harry Potter and the sorcerer's stone*. London: Bloomsburg Children's.

### Basic Rules for preparing References or Bibliographies

- Type reference in alphabetically order by last name
- Use Double line spacing
- If the reference falls into two lines, indent the second line to 0.5”

## SAMPLE BIBLIOGRAPHY

Bowman, L. (1990, March 7). Causes of Obesity. *The Gleaner*, p. A4.

Campbell, L. (2017, February 7). Complications of Obesity. *The Jamaica Observer*, p. A8.

Retrieved from <http://www.thegleaner.com>

James, H. (1937). *Food and Nutrition for CSEC*: Longman: Trinidad.

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