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

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Year: 2018
A Research on the Impact of Obesity in Adolescents in the Caribbean

<<Insert an appropriate picture below the title of your research>>
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How to create a table of contents using Tab stops and Leader Dots

1. Extend the Paragraph tab

2. Click Tabs

3. Set tab position at 5” or 5.5”

4. Check the leader #

5. Click set and then click ok.
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, 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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1 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.
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 is high in fat. Foods high in
Obesity: The basics

Dr Karin Phillips
Sunday, September 04, 2016 @ 2 Comments
Screenshot of Email with Weblinks, Attachment and Spell Check

EdPM SBA Assignment # 2: Research and Email

Nadine Brown, tonette23@live.com, nadine.farquharson@yahoo.com, Bcc: Mr Brown, barbarascott@gmail.com

EdPM SBA Assignment # 2: Research and Email

Good day, Mrs. Brown

Please see attached Research document and two Web links for my School Based Assessment Project, Assignment 2.

The two web links connects you with two websites from which I gather some information to complete my assignment.

Regards,
Stacy Brown


Assignment 2 - Research and Email.docx (12K)

Screenshot confirming that the message was sent

from: tutor b <tutorbrown7@gmail.com>
to: Nadine Brown <tutorbrown7@gmail.com>
cc: tonette23@live.com, nadine.farquharson@yahoo.com

bcc: Mr Brown <brown damion7@gmail.com>, barbarascott@gmail.com
date: Sun, Apr 2, 2017 at 9:12 PM

subject: EDPM SBA Assignment # 2: Research and Email

mailed-by: gmail.com

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:


HOW TO CITE NEWSPAPER ARTICLE ONLINE

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

Example:


HOW TO CITE REFERENCES FROM WEBSITES

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

Example:


HOW TO CITE REFERENCES FROM BOOKS

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

Examples:


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


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