Q1 Do you know the health risks and problems caused by obesity?

Total responses : 15
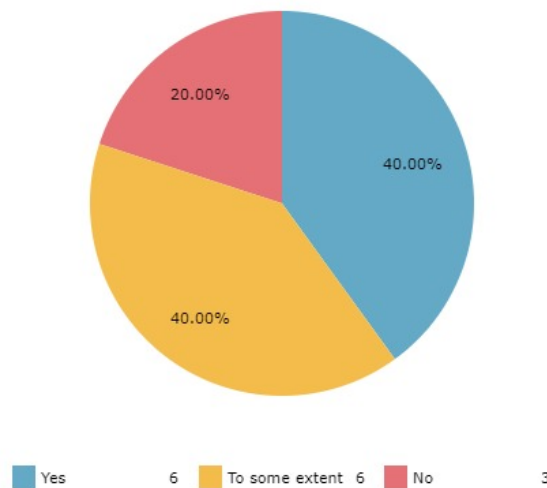Total skipped :

13.33%

86.67%

■ Yes 13   ■ No   2
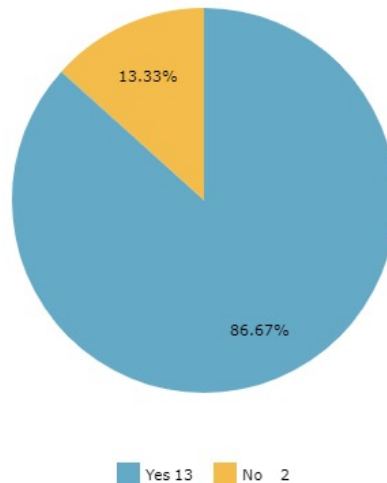
Q2 In your opinion, do the awareness campaign launched by the Ministry of Health and Prevention contribute to raise community awareness of the causes of obesity and the methods of prevention?

Total responses : 15
Total skipped :

Yes — 6   To some extent — 6   No — 3

Q3 What are your suggestions for developing the awareness initiatives and campaigns to ensure the achievement of fighting obesity?

Total responses : 12
Total skipped : 3

1. Developing of awareness apps , leaf let's demo programs in malls& free trainings in selected location.selecting volunteers or representative who work in different sectors can deliver the training eg: some of the companies having safety representatives the

2. Health education, lifestyle change, food control

3. raising awareness about better more healthy food

4. Promote sports and exercise, permit them in gyms for free or a discounted rate.

5. Spread them more in the food courts of the malls across the country, regulate fast food items. Provide more health wise activities such as exercises / yoga which can help control obesity.

6. Life style modifications.Regulate Food intakes and management of physical activities with exercise.

7. Avoid carbs food

8. The main suggestion I can provide is to reduce the junk food from the Nation.

9. Increase options for diets at clinics. My weight is 150 kg. Doctor said to follow a 2000 calorie diet. Meanwhile, I wanted to follow 2500 calorie ketogenic diet. But she said she cannot help me do that diet with doctor's approval or safety.

10. Make it more practical and competitive rather than theoretical information

11. Having programs that people can participate in to acknowledge healthy lifestyles. Regulations to stop marketing and selling high sugar high fat food. Spreading the knowledge on how to keep people fit and the risks of obesity

12. national competition