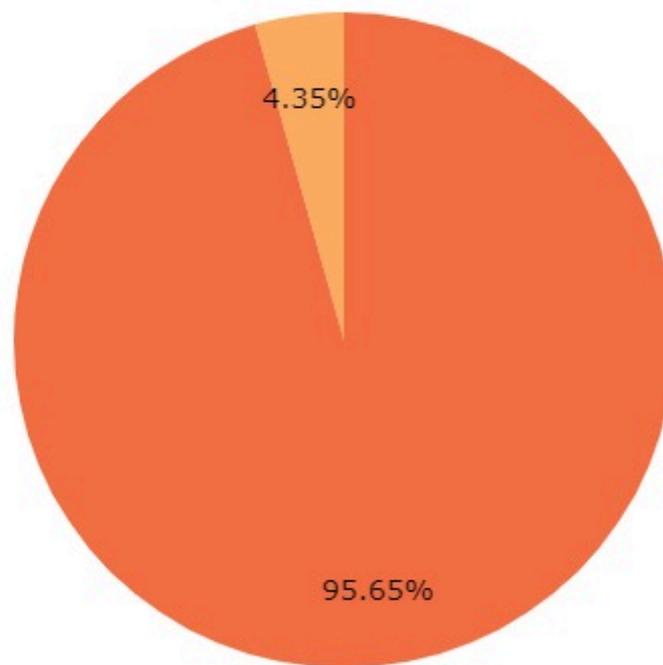


Q.1 Are you aware that people with obesity and chronic diseases are most likely to be infected with covid-19?

Total responses 23

Total skipped 0

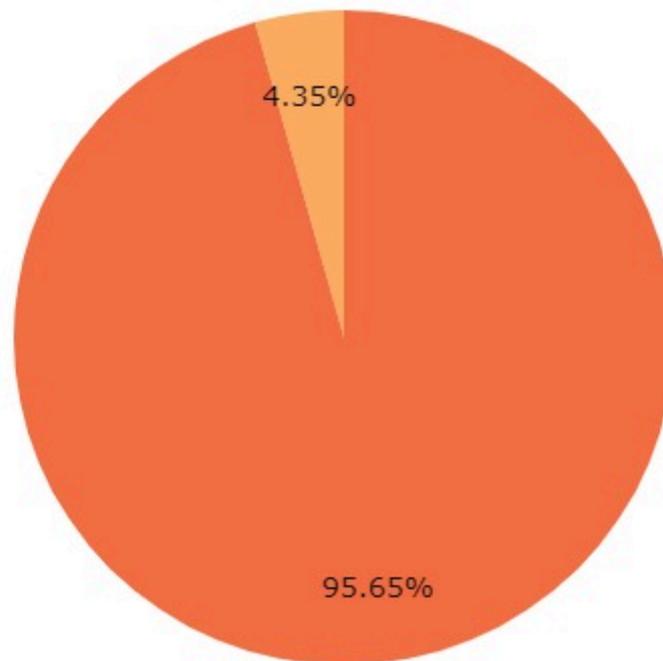


■ Yes	95.65 %
■ No	4.35 %

Q.2 Have you applied any health practices to prevent obesity and chronic diseases during the pandemic?

Total responses 23

Total skipped 0



	Yes	95.65 %
	No	4.35 %

Q.3 In your opinion, what are the obstacles and challenges you face in adopting a healthy lifestyle?

Total responses 22

Total skipped 1

1. overload of work, untimely messages from work on WhatsApp
2. sleep
3. to me, certain types of unhealthy food, lack of time, work and study pressure [stress], binging onto gadgets and all are some struggles in adopting a healthy lifestyle.
4. more complicated
5. Easy way of availability junk food

6. Affordable fresh produce.

7. طريقة التعود علي نمط حياة جديده لاكثر

8. In Dubai particularly: a life style focused on driving and socializing focused on eating. An increase in alternative ways of spending the time(cultural activities, museums, events, walkable areas connected rather than isolated, more public transport on w

9. Son's illness (epilepsy) and no community support available for residents.

10. Knowledge, awareness, guidance

11. Nil

12. Lack of food calories awareness and availability of high calorie intake food abundantly. UAE style of work culture, increase work stress and pressures and lack of legal support to avoid sponsors to do so.

13. Busy working schedule

14. Weather, time, afraid to go out frequently and self discipline.

15. The heat and that i am not allowed to do sports as unvaccinated.

16. Pressure of time, Stress, easy access to junk food, lack of will power etc.

17. fast food habits lacks of work out

18. hot weather

19. the specific psychological condition related to the pandemic (anxiety ; lack of encouragement and of peers in that initiative;etc)

20. the government allowing marketing companies to force junk food ads on the streets and all media platforms to keep people hungry for disease-promising food

21. time,schedule and money and will power

22. EATING DIFFERENT VARIETY OF FOODS

Q.4 What are your proposals to enhance community awareness of the dangers of obesity and chronic diseases?

Total responses 21

Total skipped 2

1. Awareness campaigns, related activities and events

2. specific messages in different broadcasting and social media channels

3. organizing campaigns in public areas, asking people about what they know already, and initiating activities which makes them understand the consequences and teaching them ways to adopt a good lifestyle can enhance the community awareness.

4. social media campaign
 5. No junk foods of obese people
 6. More of Saturday market in neighborhoods
 7. ثقافة الإبداع في توقي الحذر
 8. I believe we should increase the awareness on a healthy lifestyle, rather than shaming overweight people. I am one and tho I exercise everyday and eat healthy, I am just not thin. Seeing obesity as a comorbidity for covid only made me panic, did not help
 9. People know already. Focus on community support for all, more green spaces, allow gyms to provide membership for younger teenagers so they can exercise if they do not want to join a sports team or are low-skilled in sports.
 10. Educate children parents and elderly
 11. Fitness challenge- different challenge every month.
 12. Make people aware of food calorie, reducing work related pressure and health work out provisions for all. Avoid sale of sugar and high calorie food products. Promote sugar free and natural resources for energy.
 13. We must change our lifestyle and get it more organized. Need to include a fixed time for workout on daily basis to avoid obesity and chronic diseases...
 14. To have a regular exercise even taking a walk daily for at least 30minutes and develop a healthy lifestyle
 15. MAKE TV COMMERCIALS ABOUT IT. AND HELP LOCALS UNDERSTAND THE IMPACT OF UNHEALTHY EATING.
 16. from school level practice healthy foods awareness the childrens
 17. social media
 18. diffuse message about the burden on the society as well as organizing events
 19. Adopt Islamic fasting as the best practice someone can do towards a healthy lifestyle. Avoid all restrictive diet practices. Steer away from the disease-mongering sugar and all sugar-filled products as much as possible. Limit the spread of junk food ads o
 20. to motivate, educate and increase will power
 21. STOP SUGAR AND EARN GOOD HEALTH
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