

Title:	Local doctors are the new weapon in the fight against obesity
First Broadcast:	20 Aug 2019
Source:	ABC's 7.30 Report
Minutes:	6:35
Video & Script:	https://www.abc.net.au/7.30/your-local-doctor-is-the-new-weapon-in-the-fight/11432952
Summary:	A new program has been developed by a group of GPs at the Australian National University to help obese people lose weight.

KEY WORDS

Below is a list of words which appear in the report - can you match the words with their correct definition? Use a dictionary to help you if you aren't sure.

amount, part of a whole	
cause to do something, urge	
diverse, having many different aspects	
important, major, main	
intent on, having made a firm decision	
introduce, launch	
offer help or support	
organize, solve	
responsibility, answerability	
total amount	
use, put into operation	
without change, continuously	

sort out (v)
prompt action (v)
key difference
apply knowledge (v)
accountability (n)
significant proportion (n)
reach out to (pv)
roll out a program (v)
multifaceted approach (adj)
all up (adj)
determined (adj)
slowly and steadily (adv)

SUMMARY

A new program has been developed by a group of GPs at the Australian National University to help obese people lose weight.

FOCUS QUESTIONS

- What does it mean to be obese? Why is the rate of obesity increasing in many countries like Australia?
- Australia's Chief Medical Officer, Brendan Murphy, describes obesity as one of the nation's biggest public health challenges. Why is such a big public health challenge? What health problems does obesity cause?
- In the report, we hear from 52-year-old Richard Holland who is described as a yo-yo dieter. What does that mean?
- What can be done to address the obesity problem? How can GPs help?



LISTENING

First watch the report and answer the questions

- How much does 52-year-old Richard Holland weigh?
- What percentage of his weight is fat?
- How long does the Change program go for?
- What proportion of Australia's population is obese?

COMPREHENSION QUESTIONS

After watching the report, try to answer the following questions

1. Why does 52-year-old Richard Holland want to lose weight? **He has to ...**
2. The development of which health condition prompted him to take action?
A. Heart disease B. Diabetes C. Cancer
3. What does Dr Rae Pallath say is one key difference with the new Change program and why it might work? **GPs will be ...**
4. What is included in the program?
Regular check-ins and patient diaries with information on ...
5. What does Richard Holland hope he'll get from this particular program?
6. What does Australia's Chief Medical Officer, Brendan Murphy, say is needed to tackle the obesity problem? **A very significant multi-faceted approach in terms of nutrition, exercise and with particularly attention to ...**
7. What does Marylou Stubbs say led to the start of her gradually putting on the weight?
8. Has the program worked for Richard?

CLOZE

Use the words to complete the sentences

The form of the word may need to be changed

sort out	prompt	key	apply
accountability	proportion	reach out to	roll out
multifaceted	all up	determined	steadily

1. A large of Australians have at least one parent who was born overseas.
2. Although parents can have a big influence on their children, they cannot be held for their actions.
3. Health experts said it was a big concern that there has been a rise in the country's rate of childhood obesity over the last 30 years.
4. His parents tried to talk him out of it. But Bill was to drop out of uni and start his own business.
5. In her job as manager, the woman was expected to all kinds of problems for the company.
6. Over the next 12 months, the fast food company planned to a number of new, healthier snacks in all its stores across the country.
7. The accountant estimated that the company could save more than \$10 thousand a year by installing energy efficient light bulbs.
8. The latest mass shooting in the US calls for tougher restrictions on gun ownership.
9. The manufacturing company the latest robot technology to make its operations as efficient as possible.
10. The exhibition included many different types of art from artists all around the world.
11. The politician said it was very important for governments to to people struggling in life, such as the homeless, instead of ignoring them.
12. Without many trains, buses were a part of the city's public transport system.

ANSWERS

<ul style="list-style-type: none"> • 119 kilos • 40.8 per cent • 2 years • nearly a third 	<ol style="list-style-type: none"> 3. seeing them quite regularly 4. nutrition and exercise 5. accountability 6. early childhood 7. an accident in 2003 8. Yes, lost nearly eight kilos in 4 months
<ol style="list-style-type: none"> 1. He has to be here for his kids (for a lot longer yet) 2. Diabetes 	

amount, part of a whole	proportion
cause to do something, urge	prompt
diverse, having many different aspects	multifaceted
important, major, main	key
intent on, having made a firm decision	determined
introduce, launch	roll out
offer help or support	reach out to
organize, solve	sort out
responsibility, answerability	accountability
total amount	all up
use, put into operation	apply
without change, continuously	steadily

1. A large **proportion** of Australians have at least one parent who was born overseas.
2. Although parents can have a big influence on their children, they cannot be held **accountable** for their actions.
3. Health experts said it was a big concern that there has been a **steady** rise in the country's rate of childhood obesity over the last 30 years.
4. His parents tried to talk him out of it. But Bill was **determined** to drop out of uni and start his own business.
5. In her job as manager, the woman was expected to **sort out** all kinds of problems for the company.
6. Over the next 12 months, the fast food company planned to **roll out** a number of new, healthier snacks in all its stores across the country.
7. The accountant estimated that **all up** the company could save more than \$10 thousand a year by installing energy efficient light bulbs.
8. The latest mass shooting in the US **prompted** calls for tougher restrictions on gun ownership.
9. The manufacturing company **applied** the latest robot technology to make its operations as efficient as possible.
10. The **multifaceted** exhibition included many different types of art from artists all around the world.
11. The politician said it was very important for governments to **reach out** to people struggling in life, such as the homeless, instead of ignoring them.
12. Without many trains, buses were a **key** part of the city's public transport system.