

Worries over eating disorders in Japan

27th April, 2016



A health group in Japan is worried about people with eating disorders. The Japan Society for Eating Disorders (JSED) said that most people who eat too much or too

little do not receive any support. The JSED said hundreds of thousands of people have health problems because of being overweight or underweight. It said few of these people receive any medical help. The president of JSED, Dr. Toshio Ishikawa, said: "Hundreds of thousands of people are suffering in silence. There are very few services available to help people." He added: "It's often too late by the time the patient is seen in a hospital. Their condition is very severe. Sometimes they are even close to death."

The Japanese government said it was difficult to find out how many people are suffering with eating disorders. It said many women were too embarrassed to go to a doctor about eating problems. Some women do not want to admit they have a problem. Takanobu Matsuzaki of Japan's Ministry of Health said the government was trying to publish more information about eating disorders. He said: "We want to set up local systems of support where their illness can be picked up early, so people can be helped sooner." Statistics show that in 2014 only 10,000 people in Japan got treatment for eating disorders. This compared to 725,000 people in the United Kingdom, which has almost half the population of Japan.

Sources: BBC.com / ScienceDaily.com / upi.com

Writing

Companies should use people of all sizes in their advertising. Discuss.

Chat

Talk about these words from the article.

health / group / eating disorders / support / overweight / medical / silence / patient / government / embarrassed / admit / information / support / illness / treatment / Japan

True / False

- A society for eating disorders in Japan is worried. T / F
- The society said people with eating disorders in Japan get no support. T / F
- The society's president said millions of people are suffering. T / F
- The president said it's never too late to get to a hospital. T / F
- Japan knows how many people suffer from eating disorders. T / F
- The article said many women are embarrassed to go to the doctor. T / F
- The government wants to set up local support systems. T / F
- Just 50,000 people were treated for eating disorders in Japan in 2014. T / F

Synonym Match

- | | |
|----------------|--------------|
| 1. worried | a. shy |
| 2. receive | b. help |
| 3. support | c. serious |
| 4. help | d. nearly |
| 5. severe | e. start |
| 6. embarrassed | f. concerned |
| 7. information | g. aid |
| 8. set up | h. diseases |
| 9. illnesses | i. get |
| 10. almost | j. details |

Discussion – Student A

- What do you think about what you read?
- What do you know about eating disorders?
- How much pressure is there for people to be thin?
- What are the problems of being overweight?
- What support do people with eating disorders need?
- Why do people with eating disorders suffer in silence?
- Should magazines use more models of different sizes?
- What problems do you have with your weight?

Phrase Match

- | | |
|---------------------------------------|------------------------|
| 1. A health group in Japan is worried | a. in silence |
| 2. few of these people receive | b. go to a doctor |
| 3. thousands of people are suffering | c. to death |
| 4. by the time the patient is | d. any medical help |
| 5. Sometimes they are even close | e. more information |
| 6. too embarrassed to | f. about people |
| 7. admit they | g. population of Japan |
| 8. publish | h. up local systems |
| 9. set | i. seen in a hospital |
| 10. almost half the | j. have a problem |

Discussion – Student B

- Why might women be embarrassed to see a doctor?
- What makes people want to be so thin?
- Why do people think thin is good?
- What are the problems of being underweight?
- What should the government do to help people with eating disorders?
- Should governments stop advertising on fast food?
- Will eating disorders disappear in the future?
- What questions would you like to ask the researchers?

Spelling

- iwrrredo about people
- do not cerveei any support
- hundreds of tushoasnd of people
- problems because of being igehwroetv
- suffering in cienlse
- the epaintt is seen in a hospital
- find out how many people are uenirfsfg
- women were too edrbaersmas
- luhbisp more information
- set up local stsymes of support
- 10,000 people in Japan got nttrteaem
- almost half the aolupopnti of Japan

Answers – Synonym Match

1. f	2. i	3. b	4. g	5. c
6. a	7. j	8. e	9. h	10. d

Role Play

Role A – Steak

You think steak is best. Tell the others three reasons why. Tell them things that are wrong with their food. Also, tell the others which is the worst of these (and why): apples, bread or spinach.

Role B – Apples

You think apples are best. Tell the others three reasons why. Tell them things that are wrong with their food. Also, tell the others which is the worst of these (and why): steak, bread or spinach.

Role C – Bread

You think bread is best. Tell the others three reasons why. Tell them things that are wrong with their food. Also, tell the others which is the worst of these (and why): apples, steak or spinach.

Role D – Spinach

You think spinach is best. Tell the others three reasons why. Tell them things that are wrong with their food. Also, tell the others which is the worst of these (and why): apples, bread or steak.

Speaking – Food

Rank these with your partner. Put the best things at the top. Change partners often and share your rankings.

- | | |
|-----------|-------------|
| • sushi | • apples |
| • pizza | • bread |
| • spinach | • chocolate |
| • steak | • spaghetti |

Answers – True False

a	T	b	T	c	F	d	F	e	F	f	T	g	T	h	F
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Answers to Phrase Match and Spelling are in the text.