

مباراة لملء بعض المراكز الشاغرة في ملاك مؤسسة مياه لبنان الشمالي

المدة: 30 دقيقة
M1

مسابقة عملية في: Word
لوظيفة: جاب قارئ تأشير

- حوّل النص الذي أمامك على الشاشة إلى الشكل الذي على الورقة.
- أضف كل ما يجب إضافته واحذف كل ما يجب حذفه.
- حوّل حجم الصفحة إلى A4
- حدد مقاييس هامش الصفحة على الشكل التالي:
Top: 2 cm
Left: 1.7 cm
Bottom: 2 cm
Right: 2.7 cm
- العنوان: Center – Bold - Courier New, 16
- العنوان: يبعد العنوان عن بداية الصفحة مسافة 18 pt
- المقطع الأول: المسافة بين الأسطر هي double
- الخط المستعمل في المقاطع التالية: Comic Sans MS, 11
- المسافة بين المقطع والمقطع هي 6 pt قبل و 0 pt بعد.
- المقطع الأخير: السطر الأول يبدأ بعد مسافة 2.2cm ، والمسافة بعد النص هي : 1.5 cm
- استبدل جميع كلمات obese الواردة في النص بـ fat

بيروت، في 2012/01/30

اللجنة الفاحصة

OBESITY IN THE MIDDLE EAST AND NORTH AFRICA

From Wikipedia, the free encyclopedia

In 2005, the World Health Organization measured that 1.6 billion people were overweight and 400 million were fat. It estimates that by the year 2015, 2.3 billion people will be overweight and 700 million will be fat. The Middle East, including the Persian Gulf, the Levant, and Iran, and North Africa, are no exception to the worldwide increase in obesity. Subsequently, some call this trend the New World Syndrome.

◇ Obesity as a medical condition

The medical condition of being overweight or fat is defined as "abnormal or excessive fat accumulation that may impair health". It is measured through the Body Mass Index (BMI), defined as a person's weight, in kilograms, divided by the square of the person's height, in meters. If an individual has a BMI of 25-29, he or she is overweight. Having a BMI of 30 or more means an individual is fat. The greater the BMI, the greater the risk of chronic diseases as a result of obesity. These diseases include cardiovascular diseases, diabetes, musculoskeletal disorders, cancer, and premature death.

◇ Reasons for rise of obesity

The MONICA Project, sponsored by the World Health Organization, discovered that 30% of the population in the Arab World is overweight or fat, including adolescents and adults. This percentage is smaller for North African countries than oil-producing countries, but is still a prevalent trend. The spread of the Western lifestyle, defined as "*the intake of attractive energy dense food with undesirable composition, increased consumption of animal fats and sugars and reduced consumption of dietary fiber, along with a lack of sufficient physical activity*", is one of the leading causes.

◇ Lebanon

From 1998 through 2002, ^{36.3%} of men and ^{38.3%} of women were fat. ^{23.4%} of boys and ^{19.7%} of girls were overweight in 1996. Among university students at Lebanese American University in 2008, more male students were overweight or fat than female students. ^{37%} of males were overweight and ^{13.6%} were fat, while ^{13.6%} of females were overweight and ^{3.2%} were fat.

