

Global is preferred to local

[Science](#), [Epidemiology](#)



A very good afternoon to the Chair Speaker, wise and honourable adjudicators, precise timekeeper, respected teachers, worthy opponents, my fellow teammates and most of all, members of the floor. Ladies and gentlemen, I as the second speaker of the opposition team, Arvindhra Rao s/o Krishnamurthy, strongly disagree with today's motion which is "This House Believes That Junk Food Is The Main Cause Of Health Problems". I would say it is not the only cause. There are many other causes that contribute to health problems. Today, I would like to talk about sedentary lifestyle is one of the main cause of health problems as the opposition's 2nd stand and pollution is one of the main cause of health problems as the opposition's 3rd stand. Before I move on to my stands, let me first rebut the first speaker of the government's team. (blah, blah, blah.... must rebut the 1st speaker's stand). Now, coming back to the 2nd speaker of the government's team. He/She said (blah, blah, blah..... must rebut 2nd speaker's both stands). Now, I will go on to talk about the opposition's 2nd stand which is sedentary lifestyle is one of the main cause of health problems. A sedentary lifestyle is a type of lifestyle with no or irregular physical activity. A person who lives a sedentary lifestyle is commonly known as a couch potato. Sedentary activities include sitting, reading, watching television, playing video games, and computer use for much of the day with little or no vigorous physical exercise Sedentary lifestyles increase all causes of mortality, double the risk of cardiovascular diseases, diabetes, and obesity, and increase the risks of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression and anxiety. According to World Health Organisation, 60 to 85% of people in the world—from both developed

and developing countries—lead sedentary lifestyles, making it one of the more serious yet insufficiently addressed public health problems of our time. It is estimated that nearly two-thirds of children are also insufficiently active, with serious implications for their future health. Obesity is one of the most common effects of a sedentary lifestyle. The problem is that sitting requires little or no calories compared to standing. If a person who spends most of his or her day sitting eats the same amount of food as someone who is constantly active, then continuous weight gain is likely for the sitter. Over time, this leads to obesity and excess amounts of fat. This, combined with a lack of exercise, also increases the chances of diabetes. Other than that, heart diseases are most common among people who live sedentary lifestyle. This is because the heart doesn't get the required blood supply if most of a person's time is spent sitting. Some types of cancer, such as colon and breast cancer, also are more common among people who live a sedentary lifestyle. On top of that, osteoporosis bones lose strength, is another of the many potential effects of a sedentary lifestyle. When sitting, the bones aren't put under stress, which leads over time to a loss of strength. This can result in the bones becoming more brittle. It also increases the chance of arthritis. It has been shown that sitting all day may speed up the aging process and increase blood pressure. This is the result of deoxyribonucleic acid (DNA) shortening more quickly in people who are inactive. These are all the health problems that can be caused by sedentary lifestyle. This clearly shows that junk food is not the main cause of health problems. So, my fellow government speakers, are you still telling that junk food is the main cause of health problems? Think again. Now, I will move on to speak on the

opposition's 3rd stand, which is pollution is one of the main cause of health problems. Ladies and gentleman, look around us. Pollution happens almost everywhere and it is definitely a main cause of health problems. There are many forms of pollution and the major forms of pollution are air pollution, water pollution, sound pollution, visual pollution, thermal pollution, littering and radioactive contamination. Air pollution, water pollution and land pollution are pointed out as the major pollution that happen in Malaysia. Air pollution has been known as one of the main factors that causes stroke. Besides, air pollution also increase the risk of getting asthma and chronic obstructive pulmonary disease from increased exposure to traffic-related pollution. In 2011, a large Danish epidemiological study found an increased risk of lung cancer for patients who lived in areas with high nitrogen oxide concentrations. An additional Danish study, also in 2011, likewise noted evidence of possible associations between air pollution and other forms of cancer, including cervical cancer and brain cancer. Water pollution causes cholera outbreak to happen. This cholera can cause renal failure, pulmonary oedema, abortion in young women and seizures in young children. Water pollution causes aquatic animals such as fish, lobsters and crabs to be poisoned. Therefore, the humans who consume these poisoned seafood will be infected with hepatitis. We can see the news regarding land pollution almost everyday on the newspapers. Throwing rubbish everywhere increases the chances of more dengue cases and malaria cases to occur. Furthermore, unmanaged disposal of hazardous waste can be extremely dangerous. People can be exposed to chemical and toxic waste. If too much lead and chemicals are left indisposed of the results can be fatal. These hazardous

waste can cause cancer, liver failure, slow growth and development. All these clearly shows that junk food is not the main cause of health problems. With these thoughts lingering in your minds, I would once again state that junk food is not the main cause of health problems. With this, I rest my case. Thank you.