

# ABSTRACT

## VIDEO ABSTRACTS

### AUSTRALIA

#### OBESITY - THE BIG PROBLEM

Obesity is a large problem. It has become the single biggest threat to public health in Australia with over 60% of Australians now overweight or obese. [1] It is the leading cause of premature death and illness in Australia, putting the nation at a higher risk of diabetes, heart disease and cancer. The video aims to inform the public of simple changes that anyone can make to reduce their waist measurements and improve their overall health and wellbeing. By comparing and contrasting two different lifestyles performing seemingly identical tasks, the video reminds the community that losing weight can be simple.

### SINGAPORE

#### HEALTH THROUGH THE EYES OF A MIGRANT WORKER

We describe the challenges foreign workers face in acquiring basic primary care. We introduce a foreign worker, Hamid, and a glimpse of his arduous profession. Hamid falls ill and begins his journey seeking medical help. He approaches his boss, who only grants him a day's leave after much disapproval. Hamid travels to a nearby clinic where he faces discrimination from other patients. He struggles to communicate with the doctor during the consultation due to a language barrier. Leaving the consultation room frustrated, he faces yet more difficulty when it comes to paying his bill due to his low income.

### TAIWAN

#### THE ROLY-POLY - STAND UPRIGHT AND NEVER FALL

This movie illustrates the story of a senior citizen who tripped at home while on his way to the bathroom at night. Because of the fall, the person suffers from a broken leg which has caused a lot of inconvenience during his convalescence. The doctor suggested him to improve his living space. However, just as he was struggling with how he would accomplish the task himself, the community medical group stepped in and helped him out. They also told him the importance of these improvements. Before leaving, the team wished him would be like a Roly-Poly, standing upright and never fall. Near the end of the video, some related statistics are presented for an improved understanding of Taiwan's medical community.

# HONG KONG

The environmental problem of over-illumination is prominent in Hong Kong. Studies have shown that, on average, the night sky of this crowded metropolitan is 20 times brighter than the international dark sky standard, with rapid urbanization and prevalent street lightings as culprits. Related health risks include insomnia, depression, migraine headache and increased incidence of breast and prostate cancer.

Through a simplistic yet informative animation accompanied with educative narration, we hope to equip all members of the society with an enhanced awareness of the health-related consequences of over-illumination and empower individuals with knowledge to reduce over-illumination and its detrimental effects.

# INDONESIA

## WASTE...HOW MUCH DO YOU CARE ABOUT THEM?

Waste management is a main environmental issue in Indonesia. Waste generation has increased parallel to the development of industrialization, urbanization and population growth. It affects the sanitary, health, and disaster status of our country.

Managing waste, it must be seen as resources, not problems. Our methods include decentralization, 4R + 1R, community participation and the program observer building.

We have implemented these strategies at Panggang Island as well as discussing with the locals, giving public education and coordinating the observer building.

Hopefully, this change can revolutionize waste management and youngsters should become involved because we will inherit world. Challenge yourself to be the change, our wastes are our problems!

# PHILIPPINES

## INA (MOTHER)

As 2015 nears, countries all over the world are preparing to present their progress in accomplishing the WHO Millennium Development Goals. MDG5 is improving maternal health. Sadly, the Philippines lags far behind its global counterparts in accomplishing this goal despite its efforts in changing maternal and child care delivery. Although maternal mortality rate has continuously declined since the birth of MDGs in 2000 and the recently inaugurated Reproductive Health bill, the race to achieving target indicators seems to be a bleak vision. This video is a call to the Philippine nation.

# PAKISTAN

## POLIO - A PERSISTENT HEALTH MENACE IN PAKISTAN

Polio, known as poliomyelitis, is a highly infectious viral disease that typically affects young children and can provoke permanent paralysis in a matter of hours. Even though the disease may not be spoken of in other regions but it still remains much relevant to Pakistan which stands at a risk of becoming the last and the only home of the poliovirus in the world. According to World Health Organization, Pakistan hit a record high of 198 cases in 2011 and had 50% of all reported polio cases in the world during the first quarter of 2012. Extensive campaigns and vaccination drives are still carried out on routinely basis but there are many 'grey areas' which require our attention. The tremendous progress towards the eradication of polio in Pakistan is threatened by certain factors. Climate, population density and other factors provide the polio virus an excellent breeding ground in Pakistan. Immunization rates and surveillance are weak. Security concerns and religious sentiments also offer a major hurdle. The video has tried to focus on these very problems and highlights the plight of polio-affected children and how they affect people around them.

# UNITED KINGDOM

## HIV AWARENESS

The clip revolves around a man who is HIV positive and it follows him through a day in his life. In the scenes, he carries a label that expresses what he feels or experiences. Feeling lonely, exhausted and stigmatized, the character emulates the thoughts and emotions of HIV patients. The video includes snippets of information such as prevalence and a voice-over of a real-life HIV patient, recounting her story and her perspective. It is aimed at the public, raising awareness of the stigma these patients encounter, but also at HIV patients, conveying the message that they are not alone.

# MALAYSIA

## I LOVE YOU, I LOVE YOU NOT

In a country where sex education is lacking and getting pregnant out of wedlock is socially frowned upon, and in some cases punishable by law, baby dumping has become a rising problem, with increased incidence over the past years. As medical students, we aim to bring light to this concerning issue and hopefully educate the public on other methods of handling an unwanted pregnancy such as the availability of a baby hatch. Our video portrays the life of a teenage girl who made the wrong choices in life which ultimately leads her to a series of unfortunate events.

# INDIA

## BREAST MILK - A WORLD RESOURCE

Breast milk is universally accepted as a complete meal for a baby. Apart from the nutritional benefits, its value as a natural resource is usually overlooked, which includes:

- Protection from breast cancer and mastitis for the mother
- A hassle free and cost-effective feeding practice
- A significant reduction in the carbon footprint

The rising practice of bottle feeding not only adversely affects the mother-child relationship, but also lays tremendous stress on our environment, due to the manufacturing process involved.

Considering the widespread implications of this pertinent issue, we felt it imperative to present our movie on the topic of breastfeeding.

# JAPAN

Childbirth make women filled with hope and joy. However, they are also afraid of childbirth. Nowadays, there are a lot of means of antenatal diagnosis, which pregnancy, child's growth, sex, and also disease can be tested. In this video, a woman tested her fetus' DNA from her blood. Her baby is diagnosed as chromosomal aberration. Listening to doctor' s explanation, she felt depressed. Could she imagine the fact that a lot of congenital disease people spend their life with smiles and dreams? To support their smiles as healthcare providers, we have to give her as many choices as possible.

# KOREA

## SMARTPHONES ALL AROUND US

Take a look around and see what people do most. Many spend time on their mobile devices. However, they do not even think about its psychological and physical side effects.

People rely on the devices too much, without noticing their smartphone addiction. The problem is they do not notice they are addicted. It causes many psychological problems, which is hard to treat without patients' recognition. Moreover, the electron waves from mobile network may lead to tumor.

It poses a community health risk, since the smartphone is deeply integrated into our daily lives. Our video will warn people and suggest solutions.