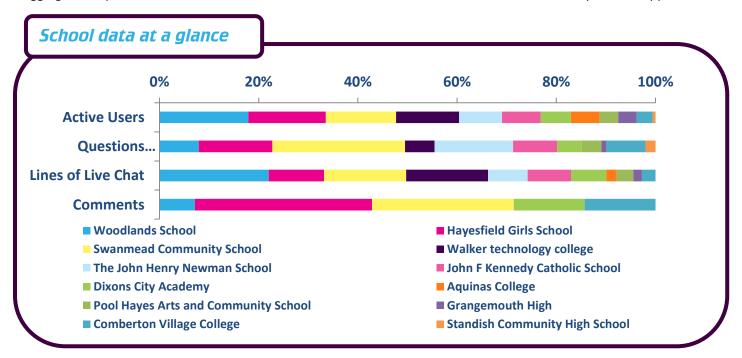


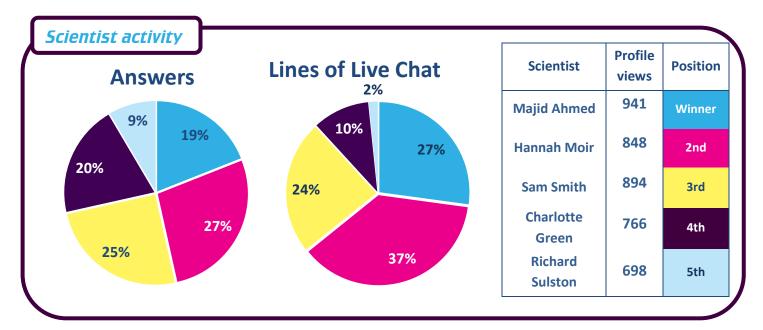




# **March 2016**

The Fat Zone was a themed zone funded by the Wellcome Trust. Majid looks at blood vessels in obesity, Hannah is a Lecturer in Health and Exercise Physiology, Sam researches how to keep healthy as we get older with Cancer Research UK, Charlotte studies how fats stored in the liver affect our health and Richard studies the role of a hormone that can make people healthier when they eat less food. A large amount of questions were focussed on the topic, with interest in health related topics revolving around exercise and diets, for example. There was a high percentage of active students and chats were busy and engaging. There was a below average number of students logging in compared to the rest of the zones in this event which resulted in a lower number of questions approved.









# Key figures from the Fat Zone and the averages of the March zones

PAGE VIEWS	FAT ZONE	MAR '16 ZONES AVERAGE
Total zone	21,715	26,007
ASK page	1,138	1,896
CHAT page	3,458	3,412
VOTE page	1,843	1,820

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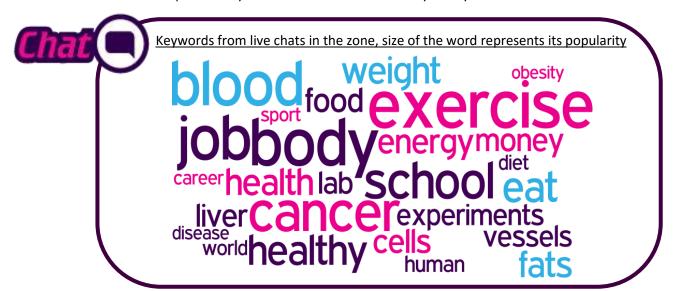
Students were interested in fats and why different people react to fat in foods in different ways. There were a lot of health related questions, with interest in how the body is affected by bad diets, smoking and alcohol, and how much exercise children of their age should be doing each day.

There were specific questions asked which showed that the students had read the scientists' profiles and were taking an interest in their research. For example, Sam

	FAT ZONE	MAR '16 ZONES AVERAGE	IAS 2012-15 AVERAGE
Schools	12	12	10
Students logged in	376	461	360
% of students active in ASK, CHAT or VOTE	92%	87%	85%
Questions asked	332	642	712
Questions approved	101	287	306
Answers given	200	586	555
Comments	32	132	80
Votes	347	352	286
Live chats	17	19	15
Lines of live chat	6,511	6,750	4,970
Average lines per live chat	383	364	339

was asked lots about cancer and Hannah about how sport and exercise can help people with different illnesses. Majid was asked about his experiments with mice with questions such as whether he uses them because there is a similarity between the circulatory systems of mice and humans. There were also good discussions on the use of animals in research and the ethics surrounding this.

Within the live chats and ASK section there was a lot of general interest in the scientists' jobs, with students wanting to know about the companies they worked for and what their day to day life was like.









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	exercise		
!	science		Example Question
scientist school		1-	-
work		(0	lick for link
obesity		"Does cutting back on fats lead to obesity,	
research	protein, fruits and	because people eat	"How does a blood vessel get clogged?
blood vessel	vegetables?"	more carbohydrates instead?"	resser Ber graßber
job			
liver	"Why is fat so hard	"Why hasn't the theory	"My Dad is very fit
health	to get rid of but easy to put on?"	of evolution become a law in science?"	will this carry out i my genes too?"
cure			
cancer			
cells	"How much	"Do you think schools	"Why is fat better
people	exercise per day should a thirteen	play a big part in educating children that	some sports than others?"
win	year old do?	smoking and drinking is	omers.
alcohol		bad for you?"	
sport	"Can exercising		"In the future coul
illness	your brain make you feel better, and	"Does fat differ between boys and girls	the body use energed to break the bonds
"Do you agree with	can you lose	as they grow up?"	the carbon dioxide bonds, and use the
animal testing?"	weight?"		oxygen to live?"
"What is the best	"Is there a link		
thing you have seen	between the circulatory systems	"How do you know how many blood cells are in	"Do you think beir vegan is a good
through a microscope?"	of humans and mice?"	your body?"	choice?"





### Examples of good engagement

Sam often asked for the students' opinions on a particular issue, like in this example from the live chat:

"What type of behaviour can cause cancer????" - Student

"Behaviours are thought to be the cause of up to 40% of cancers. Smoking is a big one here, but also not getting enough exercise, not eating enough fruit and veg, being overweight and drinking alcohol all contribute." – Sam, scientist

"So things like being stressed or angry won't cause cancer?" - Student

"Very excellent question - in fact I'm doing work on this at the moment because the belief that stress can cause cancer is in fact a myth! We're collecting lots of these myths together and measuring in among people across the UK to see if people are misinformed about cancer. What do you think causes cancer?" – Sam, scientist

"I think mainly smoking causes cancer all these adverts make it obvious" - Student

Students were often interested in the scientists' jobs and day to day lives:

"Do you never get bored of what you're doing?" - Student

"To be honest I don't. I have always believed that a person has the biggest chance of being successful when they are doing what they love doing. I am doing what I love doing and its the reason I can drag myself out of bed every morning." – Majid, scientist

## Scientist winner: Majid

Majid's plans for the prize money: "I will be running a 'Young Student Science Fun Day' to welcome young students to our university so that they can visit our lab and hear more about the lives and jobs of scientists, hopefully encouraging them to pursue careers in science and providing an opportunity to get advice on how to achieve that ambition." Read Majid's thank you message.



#### Student winner: Dr.Timmy

For great engagement during the event, this student will receive a gift voucher and a certificate.

#### Feedback

We're still collecting feedback from teachers, students and scientists but here are a few of the comments made during the event...

"fantastic experience as ever!!! Thank you." – **Teacher** 

"[I've learnt]... That not all science is bad. If I don't like one part of science, it doesn't mean that I don't like all parts of science. And amazing things have come out of it, so you never know what will happen in the future!" – **Student** 



