

Obesity of the Laity and Monks in Present-day Thailand

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Abstract: The last 40-50 years in Thailand has been a time of drastic changes in lifestyle. Modernization — with city life and its supermarkets — has made a lot of difference on the people's eating habits. In the old days, a mother or housewife was the family cook and in most household's breakfast, lunch and dinner were served at home. But now with the busy life of people, children have breakfast in a car or go without. Lunch and dinner are often consumed outside of the home. With supermarkets and fast food one can select items without knowing who made the product or where, and without knowing what effects it may have on one's health. Family life turns more individualistic and has created a dysfunctional relationship with the society as a whole. What will be the outcome of these changes and how are we to attack the problem of obesity? My presentation will deal with these issues, in particular as they relate to the situation of Thēravāda monks and nuns.