

How to Solve the Obesity Problem of Monks and Nuns in Theravada Buddhism?

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Abstract: Some of the ideas I will present as discussant are the following:

- (1) In what way is the enrichment of Thailand and other Theravada countries, as they develop from poverty to wealth, affecting the donations to monks and nuns, especially during merit-making rituals in which generosity is the norm?
- (2) How is the rule of “only liquids after noon” affects the monks and nuns in the present age, because the beverages have sugars and fats that were not consumed at the time of the Buddha?
- (3) How are obese monks and nuns to control their weight when exercise in itself (like entertainment) is prohibited as an activity, although walking for alms and working on temple construction projects (and gardening) are allowed?

I will talk about these and related topics, as well as bringing obesity in the USA and worldwide into the discussion to broaden the subject with the aim to problem solving. Following will be a question and answer session with the audience concerning all the participants' papers.