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Module Number and Assignment Title	BMHP 5005 _LON Introduction to Research Studies in Health and Social Care
Lecturer	Barbara Chinyani

Literature Review Focus

Child Obesity and Parenting

Research Question: Causes of Child Obesity and parental influence

Aim: To explore Childhood Obesity in England and the Western World

Objectives:

- To identify the factors that cause child obesity
- To explore the link between child obesity and parenting

Methods

- I conducted a literature review on child obesity and parenting using **secondary research** as primary research is unnecessary for this study
- **Key words: Child Obesity and Parenting**
- **Data sources: UWTSD Online Library:**
- **PROQUEST Online**
- **White Rose Research Online;**
- **BMC Public Health; (Pubmed Central)**
- **Journal of Paediatric Health Care**
- **The American Journal of Clinical Nutrition**

- **Inclusion criteria: pre-school children(5-6 years) ,middle childhood (6-11years), young teens(12-15 years)**
- **Exclusion criteria: infants(0-2 years), toddlers (2- 4 years), older teens (16-17 years)**

Findings and Analysis

Key theme:

- Parents play a role in childhood Obesity

Role of Parents

- To promote healthy eating
- To encourage regular physical activities
- Parents are model healthy eating practices
- Discourage unhealthy snacking

Findings and Analysis

- Data from the National Child Measurement Programme (NCMP) for England indicate that child obesity has increased in children aged 10 - 11 from **20 %** in 2016 – 2017 to **20.1%** in 2017 – 2018.
- For ages 4 – 5 years it remained the same at **9.5 %** in 2017 – 2018.
- Parenting styles
- Parenting practices
- **95% of eligible children measured**

References

- Ward, D S et al (2011): Integrating a family focused approach into child obesity prevention: rationale and design or My Parenting SOS study randomized control trial. BMC Public Health, biomedcentral.com
- Willis, T A et al (2014): Combating child obesity: impact of HENRY on parenting and family lifestyles. White Rose Research Online. University Consortium publication
- Marvicsin D, and Danford C, (2012) Parenting Efficacy Related to Childhood Obesity: Comparison of Parent and Child Perceptions
- W.H.O (2020) W.H.O (2020): Global Strategy on Diet, Physical Activity and Health.
https://www.who.int/dietphysicalactivity/childhood_parents/en/

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