

Module: Introduction to
Research (BMHP5005)

Assessment 2: Viva Voce

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Introduction

- The literature review is about "Childhood obesity and prevention".
- The research is pointing out the current approach to the issues related to childhood obesity which has not yielded the expected results. Therefore, this study is focusing to strengthen different prevention activities at all level which will start with effective parenting.
- **Aim:** the research is aimed to find out how methods can be implemented to prevent childhood obesity and develop different skills on managing the diseases.
- **Objectives:** to achieve the aim, reasons of childhood obesity will be identified, methods to prevent it will be analyzed and finally how to develop the skills to manage it will be discussed.

Methods

- Keyword: Childhood obesity, physical inactivity, nutrition, psychological factors, obese, behavioral and social sciences, Health inequalities.
- The research is based on the secondary research method.
- Various books, e-books, journal, article, newspaper are used to gather the data for the research.
- Inclusion: obese child under 10 are included.
- Exclusion: child with different health issues will be excluded.

Literature Review

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Baranowsk, T. and Taveras, E.M "Childhood obesity". (2018).	Point out the current approach to the issue of Childhood Obesity has not yielded the expected results.	Quantitative- Small group of school aged sample was chosen.	The Article illustrates greatest influence on shaping the personality and adopting eating habits.
S. Sonia A, Layla E, Stavroula K, Charlotte A, Jill R, Deborah Y. Childhood obesity research at the NIH: Efforts, gaps and opportunities.(2018)	Identify the efforts, gaps and opportunities of NIH regarding childhood opportunities	Secondary research methods.	Several activities NIH has undertaken to prevent obesity but still a gap in effort regarding severe obesity, measuring issues, obesity and sleep.
Jennifer L, Sarah E, Kendra M and David M. "Family functioning mediates the relationship between child behaviour problems and parent feeding practices in youth with overweight or obesity. (2019).	Identify what clinicians should consider offering strategies to enhance behavioural management and family communication to families with child who are obese.	Quantitative. Sample of parents of obese children aged (7-12) was selected	The result of the study pointed out risk factors of perceived children behavioural problems as well as poor family functioning as a contribution of parents with unhealthy feeding practices.

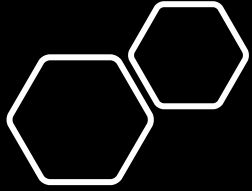
Results

- Through the literature review the file of study has identified the link of obesity with
- Eating habits.
- Personality and behavioral issues.
- Sleep.
- Gaps in research (further improvement required).
- Poor family functioning.
- Psychological issues.
- Unhealthy feeding practices (Baranowsk and Taveras, 2018).

Discussion

Themes that have been found and why the findings are important for health and social care.

- Through the literature review, this research has identified the theme where plan for action is needed. In today's world a third of children aged 2-15 are obese and younger generation are getting obese at early stage of their life. Hitherto, the findings of this study are;
- Obese children need attention as they are more likely to get type 2 diabetes (Gov.co.uk, 2017).
- Economic cost of childhood obesity is great, greater than the UK spend each year on fire services and police (Gov.co.uk, 2017).
- Long term sustainable change can be ensured through the help of parents, schools, individuals and communities (Gov.co.uk, 2017).



Conclusion

- Through the literature review the field of study has identified the link of obesity with eating habits, personality and behavioral issues, poor family functioning and unhealthy feeding practices.
- To deal with the situation, long term sustainable change need to be ensured through the help of parents, school, individuals and communities.
- And to fully prevent it, following tactics need to be taken into considerations
 - tackling soft drinks industry.
 - Taking out 20% sugar from products.
 - Support business to make their product healthier.
 - Developing new nutrient profile model.
 - Motivating children to engage in physical activity (Gov.co.uk, 2017).

References

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