

Community Care and Development BMHP6022

Assessment Component 1 Viva Voce

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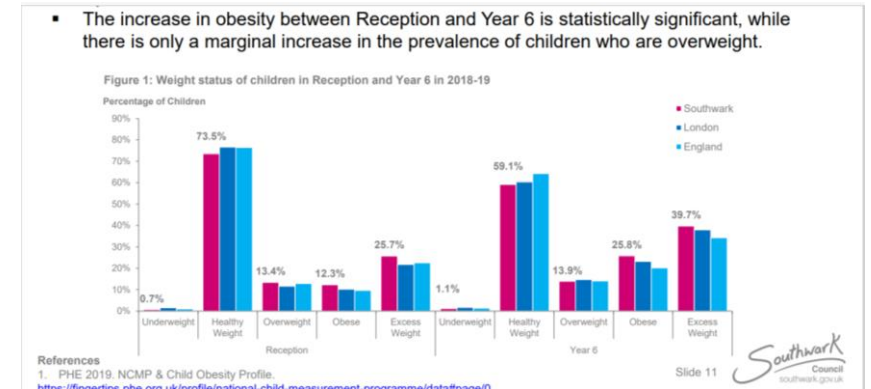
(Naumov, 2022)

Introduction

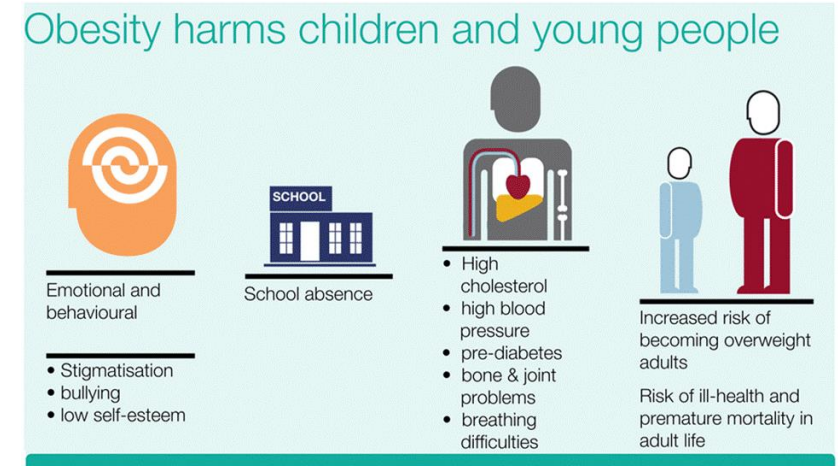
- The aim of this project is to tackle Childhood Obesity in Southwark council.
- Obesity is when a person has an excessive accumulation of body fat (NHS,2023).
- A child is considered overweight if their weight is more than their height (HM Government,2016).

Prevalence of Childhood Obesity and health risks

- 1 in 4 children who are in reception age are obese (Southwark Council, 2023).
- Children of black ethnic group have high prevalence of obesity in Southwark (Southwark Council, 2020b).
- Asthma, Type 2 Diabetes are increasing in children (Southwark Council, 2020).



(Southwark Council, 2020).

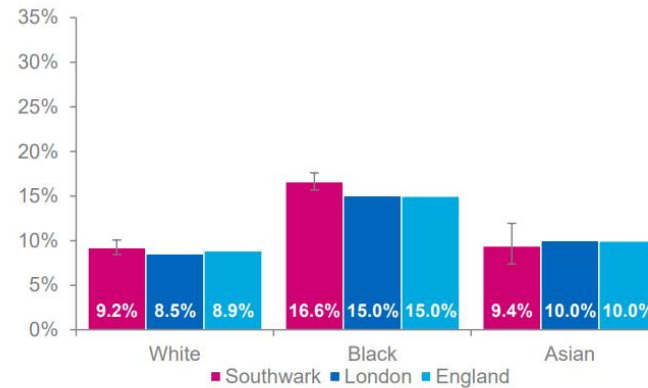


(Office for Health Improvement and Disparities, 2022)

Demographic of Southwark Council

- Population resident in Southwark is 307,600 (Office for National Statistics, 2022).
- There are 282 ethnic group in Southwark (Southwark Council, 2023)
- 47.7% of black or black children are Obese in Southwark (Southwark JSNA, 2020).

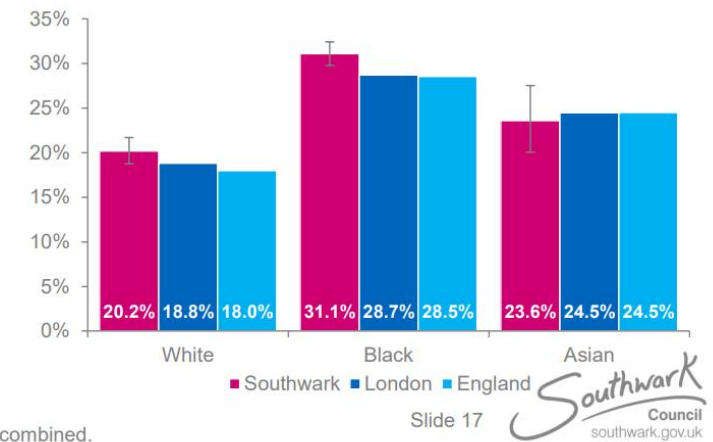
Figure 10: Prevalence of obesity by ethnicity in Reception



References

1. PHE 2019. Prevalence of obesity (including severe obesity), 5-years data combined.

Figure 11: Prevalence of obesity by ethnicity in Year 6



Slide 17

(Southwark JSNA, 2020).

Current legislation and policy

- Childhood obesity: a plan for action (HM Government, 2016)
- Austerity Driven Cuts such as Sure Start Children Centre increased the rate of childhood obesity

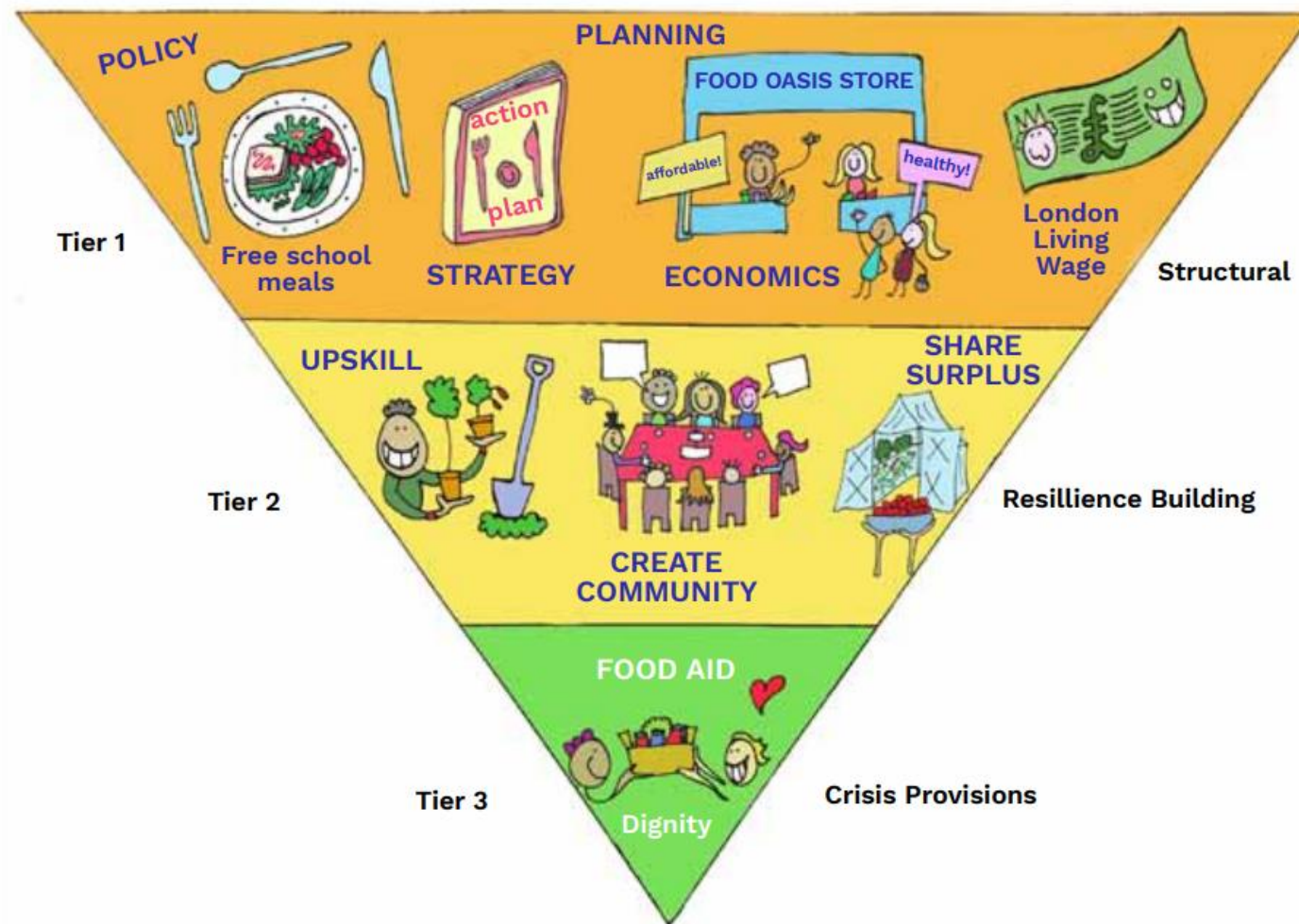


(Public Health England, 2017)

Possible existing communication of health and social care providers

- Fairer Food Southwark
- The Southwark Food Action Alliance (SFAA).

(Southwark Council, 2019)



The digital and technologies that are currently available to communicate health related information to this community

- Mobile exercise games for children
- Video games
- Social media – YouTube video by Joe Wicks (Barking and Dagenham, 2019)

Current health and social support on Childhood obesity and their family

- Children centre
- Specialist Health Weight School Nursing
- Alive 'N' Kicking programme
- Free swim and gym for Southwark residents
- (Southwark Council,2023b)

Conclusion

- Childhood obesity is a serious health issue that every human should be concerned about especially people who have children.
- Every child should have access to healthy meals.
- Parents who lack understanding of what healthy meals are should be educated and given opportunity to learn.
- Children should also be encouraged to eat fruits and vegetables at all times.



Recommendation



PACKING OF FOOD SHOULD HAVE
THE EXACT AMOUNT OF SUGAR
THE FOOD CONTAINS.

(RSPH, n.d.)



NUTRITION INFORMATION
SHOULD BE DISPLAYED FOR THE
WHOLE PRODUCT.



LOYALTY CARDS FOR HEALTHY
FOOD OPTIONS.

References

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