

Introduction to Research

BMHP 5005

Student name: Stanimira Dimitrova

Student ID: 1909125

VIVA

Module Lecturers Name: Noura Mohamed

Obesity prevention in children

LITERATURE REVIEW FOCUS

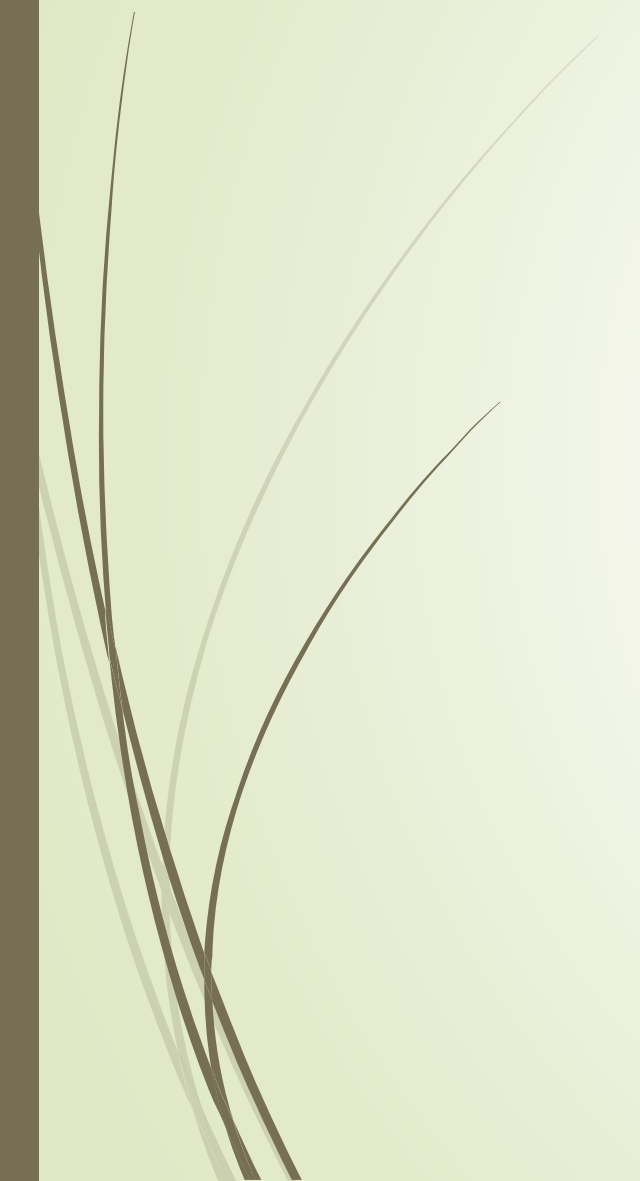
- ▶ The literature review is about why children's are affected by obese in recent years.
- ▶ My research question is "What measures can be taken in order to prevent children overweight? ".
- ▶ The aim of this report is trying to find out factors contributing to disease and how to prevent it.
- ▶ I am caring out with the literature through a critical look at the preliminary development and causes that affect obese children from the relevant articles on the topic.

METHODS

- I have done a secondary research which was focusing on qualitative articles which are emphasized on obese children.
- My key words for this search was: Obesity, children, childhood, parents, school, eating habits, weight gain in children, nutrition, physical activity.
- For this search I used PubMed, Google Scholar, Websites, Science Direct, Newspaper articles, Health care journals,
- My inclusion criteria was considered secondary data published in English on the topic obese children, which were published between 2010-2021, exclusion criteria were articles and journals about obese children not in English.

FINDINGS & KEY THEMES

- 1. Childhood obesity has become one of the most serious public health problems in the 21st century(Koyuncuoğlu Güngör, N., 2014);
 - 2. There is needed community effort to raise awareness and promote an environment in which children's physical activity and healthy eating come first (Sothorn, M.S., 2004);
 - 3. The high prevalence of child obese is worldwide (Weihrauch-Blüher, S. and Wiegand, S., 2018).
-
- 1.The number of obese childrens has increased greatly during the past three decades (Koyuncuoğlu Güngör, N., 2014);
 - 2.Enrichment of parents' knowledge is mandatory for the prevention of childhood obesity (Sothorn, M.S., 2004);
 - 3. Preventingchildhood obesity will prevent the development of certain diseases in adulthood (Weihrauch-Blüher, S. and Wiegand, S., 2018).



Thank you for your attention!