

Introduction to Research

BMHP5005

Viva

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Literature Review Focus

Research Question:

- What are the causes of obesity among children, what are its impacts and how can it be prevented?

Aim:

The aim of the research would be to explore the reasons behind the problem of childhood obesity, discover its impacts and to find out ways to reduce it.

Objectives:

1. To uncover the main reasons behind childhood obesity.
2. To understand the impacts of obesity among children.
3. To decrease the chances of childhood obesity occurring.

Methods

Secondary Research – Systematic literature Review of 10 articles on childhood obesity.

Keywords used were: childhood obesity, family dynamics, social, lifestyle, environmental factors.

Data sources: PubMed.gov , ResearchGate, ProQuest.

Inclusion criteria: Year-2015 to present, obesity among children.

Exclusion criteria: Obesity among adults, Non-UK based articles.

Literature Review

Author and title	Research Questions or Research Objectives	Methods and Sample	Evaluation of the Article
Tester <i>et al.</i> (2020) “Food Insecurity and Pediatric Obesity: a Double Whammy in the Era of COVID-19”	Reasons behind obesity among children	Secondary analysis of already published research data	Increase in the problem of childhood obesity after the Covid-19 pandemic.
Ash <i>et al.</i> (2017) “Family-based childhood obesity prevention interventions: a systematic review and quantitative content analysis”	Various ways to control obesity among children	Secondary analysis of already published research data	Physical activity and diets considered to be the most effective interventions to tackle childhood obesity.
Lidgate <i>et al.</i> (2018) “A qualitative insight into informal childcare and childhood obesity in children aged 0–5 years in the UK”	Reasons behind obesity among children	Focus group analysis of 14 participants (7 parents, 7 informal caregivers)	Informal childcare leads to grater problems of childhood obesity compared to formal childcare.
Campbell (2016) “Biological, environmental, and social influences on childhood obesity”	Reasons behind obesity among children	Secondary analysis of already published research data	Increased costs of healthy food choices, the parenting style as well as the home food environment are some of the factors that directly impacts childhood obesity.
van der Zwaard <i>et al.</i> (2018) “Does environment influence childhood BMI? A longitudinal analysis of children aged 3-11”.	Reasons behind obesity among children	Questionnaire survey of 6001 children in the UK between the age of 3-11 years	In 95% of the cases, the children residing in areas that have more green cover and also has lower crime rates, have their BMIs within the desired range

Literature Review

Author and title	Research Questions or Research Objectives	Methods and Sample	Evaluation of the Article
Calvert <i>et al.</i> (2020) “A qualitative study investigating food choices and perceived psychosocial influences on eating behaviors in secondary school students”	Impacts of obesity among children	9 semi structured focus group analysis	Psychosocial influences have quite a strong role to play in terms of eating behaviors and this also influences the food choices of students.
Gray <i>et al.</i> (2018) “Family lifestyle dynamics and childhood obesity: evidence from the millennium cohort study”	Various ways to control obesity among children	Interview	It has been revealed in the article that family dynamics is directly proportional to the notion of childhood obesity .
Ayala-Marin <i>et al.</i> (2020) “Consideration of Social Disadvantages for Understanding and Preventing Obesity in Children”	Various ways to control obesity among children	Secondary analysis of already published research data	The recognition of some of the social deterrents like the financial stresses and similar factors existing in relation to children belonging to socially backward classes play a defining role towards the aspect of childhood obesity.
Adab <i>et al.</i> (2018) “Effectiveness of a childhood obesity prevention programme delivered through schools, targeting 6 and 7 year olds: cluster randomised controlled trial (WAVES study)”	Various ways to control obesity among children	200 UK primary schools selected through random sampling.	Schools alone cannot tackle the problem of childhood obesity and some sort of outward support is necessary.
Uzogara (2017) ”Obesity epidemic, medical and quality of life consequences: a review”	Impacts of obesity among children	Secondary analysis of already published research data	Childhood obesity leads to the creation of depression along with the lack of motivation and confidence in various activities.

Findings

- **Key findings:**

1. Environmental and social factors play a large role in influencing the problem of childhood obesity.
2. Family dynamics can also have a contribution to this issue.
3. The impact of the aforementioned factors could be reduced to some extent that would help in lessening the problem significantly.

- **Key themes:**

1. Obesity among children and the reasons of its occurrence.
2. Impacts of obesity among children.
3. Ways childhood obesity could be diminished.

References

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