

# **Module: Introduction to Research (BMHP5005)**

## **Assessment 2: Viva Voce**

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# Introduction

- The research focused on strategies to tackle obesity in young adults of the UK
- The way the project has been designed using different data collection methods is focused
- The aim and objectives of the secondary research have been stated
- The main findings of the literature review have been analysed and evaluated
- **Aim:**
  - The aim focused on evaluating strategies to tackle obesity in young adults of the UK
- **Objectives:**
  - To identify relevant studies of published obese people in the UK, especially within young groups
  - To analyse current strategies used by NHS and other health professionals in tackling obesity
  - To provide recommendations appropriate strategy for a long-term policy to manage the growing obese ratio



# Methods

- Data has been collected using the secondary data collection method
- The literature review has been followed with themes designed to obtain the information
- Different articles, journals and websites are researched to acquire data for the research(Lemamshaet *al.*, 2022)
- Content analysis technique has been used to extract information from the collected data



# Literature Review

| Author(s), title, and year of publication                                                                                                                                                                                                       | Aim of study                                                                                                | Methods and Sample size and characteristics                                                                                                                     | Summary of main findings                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| Abeysekera, K.W., Fernandes, G.S., Hammerton, G., Portal, A.J., Gordon, F.H., Heron, J. and Hickman, M., (2020). <i>The lancet Gastroenterology &amp; hepatology</i> , 5(3), pp.295-305                                                         | The study aims to discuss the prevalent behaviour of fibrosis in young adults in the UK region              | The sample is collected from 10 018 UK participants of young adults. "Prevalence of steatosis and fibrosis in young adults in the UK: a population-based study" | The paper has discussed the relevant behaviour of fibrosis in young adults in the UK region.                        |
| Bellew, W., Bauman, A., Kite, J., Foley, B., Reece, L., Thomas, M., Mahrshahi, S. and King, L., (2019). Obesity prevention in children and young people: what policy actions are needed?. <i>Public health research &amp; practice</i> , 29(1). | The study aims to discuss the prevention techniques of obesity in young adults based on policies developed. | The young people of UK are targeted for this study. Adolescents who are obese are 5 times more likely to be obese in adulthood than those who were not.         | The prevention techniques of obesity in young adults based on policies developed have been obtained from the study. |

# Literature Review

| Author(s), title, and year of publication                                                                                                                          | Aim of study                                                                                                                                    | Methods and Sample size and characteristics                                                                                                                                                                    | Summary of main findings                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Burgoine, T., Sarkar, C., Webster, C.J. and Monsivais, P., (2018).<br><i>"International Journal of Behavioral Nutrition and Physical Activity, 15(1), pp.1-12.</i> | The study focuses on examining the communication developed between fast food centres and exposure to unhealthy food habits of the young adults. | Examining the interaction of fast-food outlet exposure and income on diet and obesity. The sample of fast food restaurants have been collected for the research. Evidence from 51,361 UK Biobank participants. | It has been found that young people are inclined towards the fast food intake that affects the health problems and obesity increase among them. |

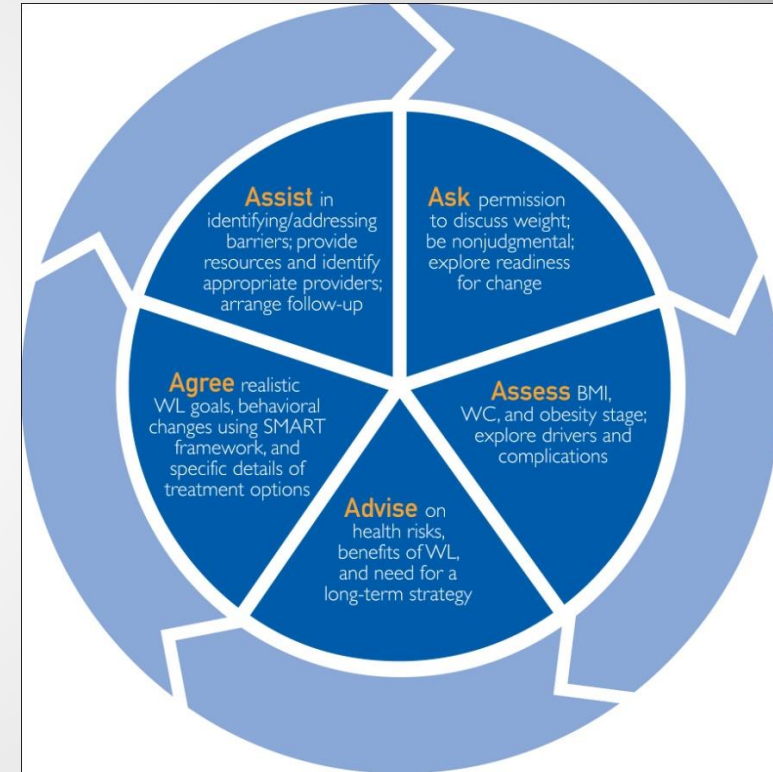
# Results

Identifying the increasing ratio of obese people in the UK within young groups. Analysing current strategies used by NHS in tackling obesity. Strategies during Covid-19 pandemic tackling increasing obesity. Changes observed in 10 years of obesity management in the UK (Jääskeläinen *et al.*, 2022). Constructing appropriate strategy for long-term policy managing obese ratio. Aetiology of Obesity among young people of UK. Need for a new strategy for obesity management in young people across the UK.



# Discussion

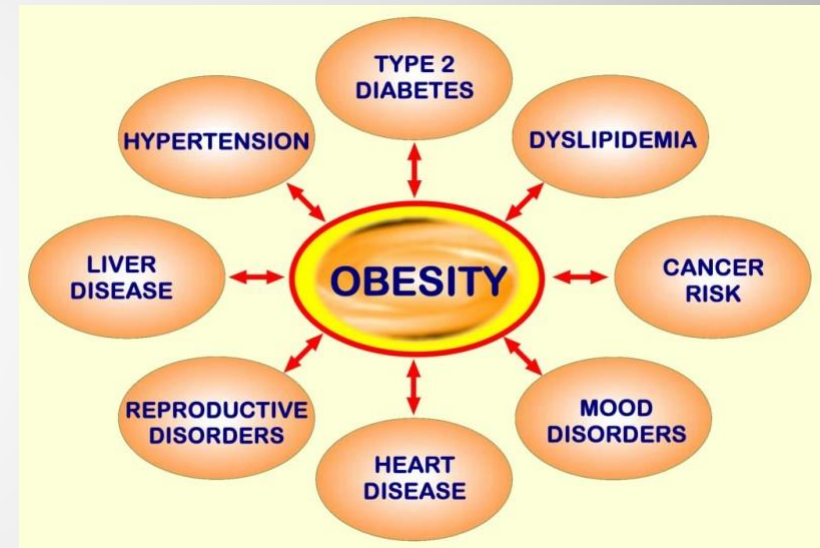
- Obesity became a threat for the people having co-morbidity and it has triggered the risks associated with obesity in the pandemic era
- Strategies such as local administration, public health guidance, and obesity empowerment trainings UK
- The UK government emphasised monitoring and scheduling the obese population in the country beneficial of securing a plan
- Educating youth within the age of 18 to 30 within the UK has been the strategy in favour of addressing the obesity root causes.
- Unhealthy food habits has been the main issue for obesity generation within the range of young adults



# Conclusion

The topic of focus along with the aim and objectives for secondary research has been discussed.

The methods used for the collection and analysis of data have been determined as well. The articles included in the systematic literature review have been identified and summarised. Also, key findings along with themes of the literature review are discussed. The strengths and limitations of secondary research have been analysed in the paper. Some recommendations have been provided for health and social care research policy.



# References

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