

High rate of Obesity in Teenage group in UK.

- **The one digital app for teenagers:**

“TeenFit Tutor: Empower your Health”



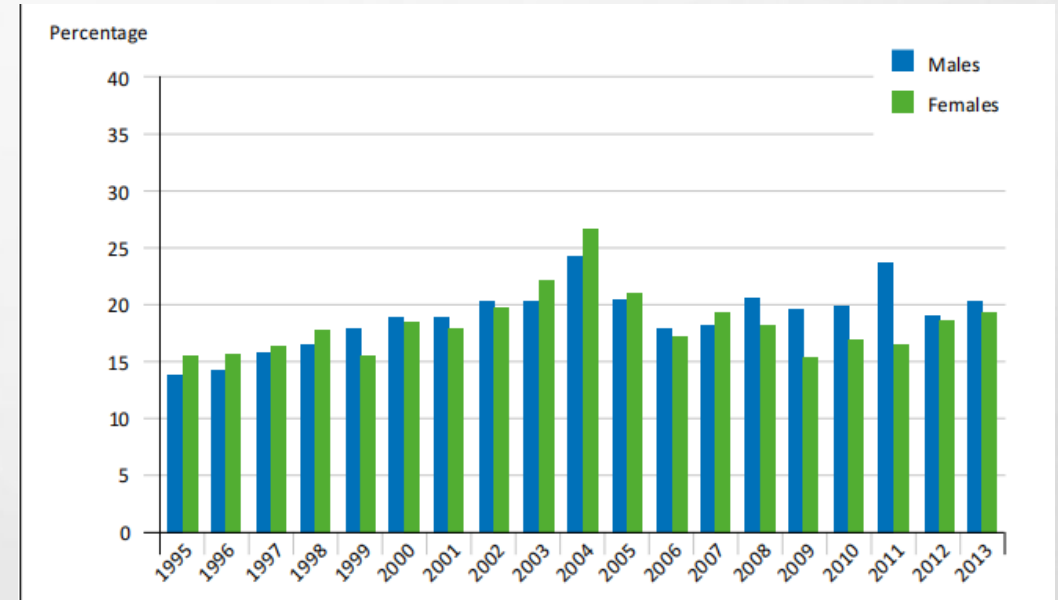


Details of the chosen Activity

- ❖ The educations will be provided by the organizing campaign on the online platform in this TeenFit application on weekly bases (Barry et al., 2014).
- ❖ Because of stigma they faced difficulties in to get support. So, this app will help to give support by giving education on online platform (Barry et al., 2014).
- ❖ **Aim:** The TeenFit app with smartwatch integration aims to combat teenage obesity in UK by seamlessly integrating technology with health promotion.
- ❖ By providing educational resources about dieting and nutritional intake, this activity aims to educate teenagers about symptoms of obesity, causes of obesity and its preventive measures.
- ❖ This activity strives to empower teenagers to take control of their health, from lasting habits, and to prevent and reduce obesity rates in **13 to 18 age group** of population by enjoyable and sustainable approach.

Rationale

- ❖ **Prevalence:** According to NHS Digital (2020), 20% young teenagers are living with obesity and 67% young people are meeting active guidelines.
- ❖ NICE give a national guidelines for to measure BMI index calculation (NHS Digital, 2020). Such as, whose BMI is more than 25, they considered as overweight (NICE, 2023).
- ❖ One study found link between fast-food consumption and obesity in young people (Fraser et al., 2012).



(**Source:** Health and Social Care Information Centre, Health Survey for England)

Complications with Obesity

Obesity is one of the most reason for other developing co-morbidities.
Such as,

- Diabetes (Type 2).
- Heart disease.
- Hypertension.
- Cancer.
- Asthma.
- Gastro-oesophageal reflux disease (GORD).
- Gallbladder problems.



(Source: Google)

(NICE, 2023).

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