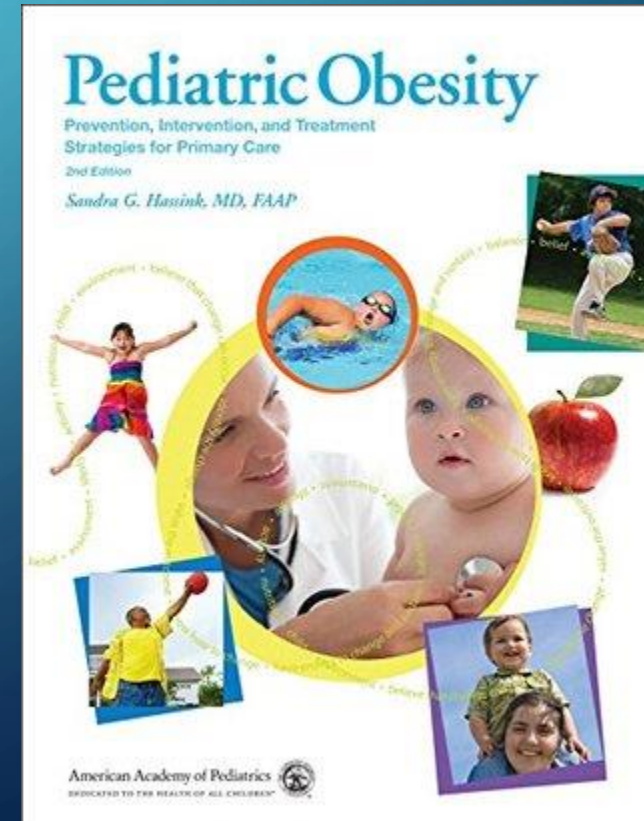
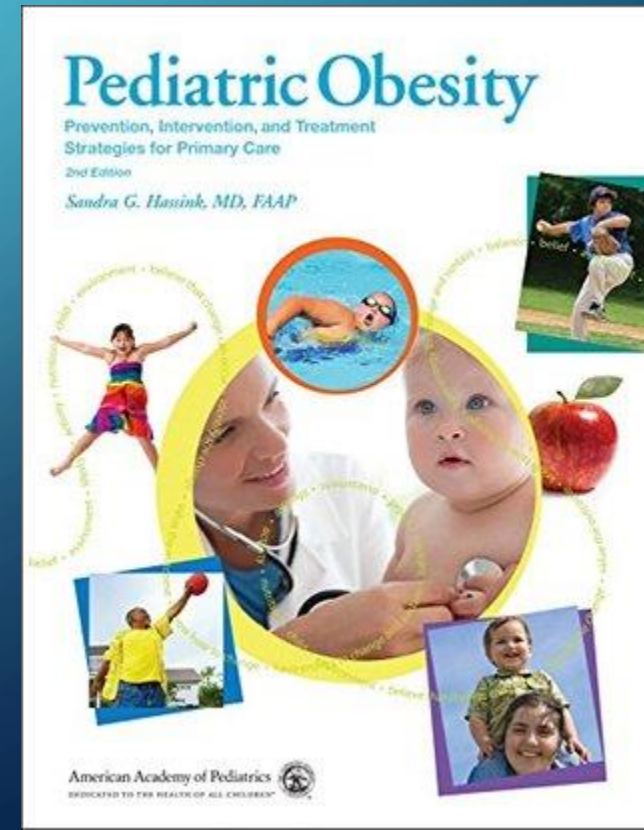


STUDENT NAME MOMOH KARGBO

STUDENT NUMBER 2007682
MODULE CODE BMHP 5005
INTRODUCTION TO RESEARCH



THE PREVENTION AND TREATMENT OF CHILDHOOD OBESITY



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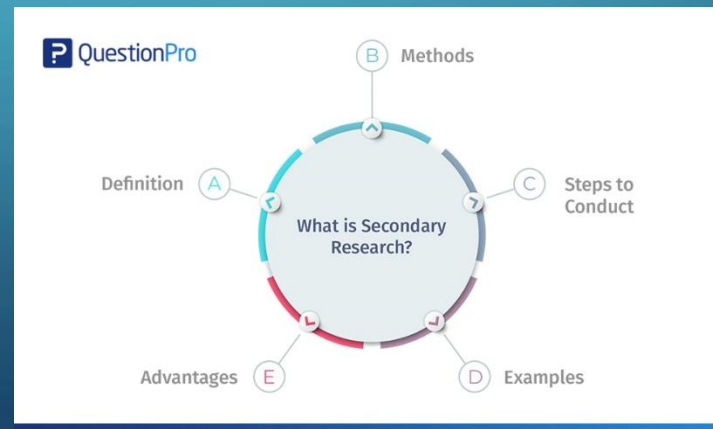
AIM AND OBJECTIVES

THE RESEARCH AIMS TO FIND OUT THE PREVENTION AND TREATMENT OF RECENT GLOBAL ACADEMIC CHILDHOOD OBESITY. THERE ARE TWO MAJOR RESEARCH OBJECTIVES OF THIS RESEARCH THAT ARE GIVEN BELOW:

- TO FIND OUT THE PREVENTIVE MEASURES FOR CHILDHOOD OBESITY
- TO FIND OUT THE TREATMENTS FOR CHILDHOOD OBESITY

METHODOLOGY

THE METHODOLOGY IS A CRUCIAL PART OF RESEARCH THAT SHOWS THE OVERALL RESEARCH PROCESS IN A BRIEF. THIS REPORT HAS CONDUCTED BY USING SECONDARY DATA. DIFFERENT PIECES OF LITERATURE HAVE BEEN EVALUATED TO FIND THE OBJECTIVES OF THIS RESEARCH. THIS IS A ARCHIVAL STRATEGY AND THE DATA ARE COLLECTED FROM DIFFERENT ACADEMIC JOURNALS AND OTHER SOURCES.





ARTICLES USED IN LITERATURE REVIEW

- Articles from different sources are used in evaluating literature review.
- Articles have chosen based on journal, book and different websites.
- Google Scholar, Research Gate etc. have used for finding the pieces of literature.
- Proper citation and referencing has used for conducting literature review.
- Date of publication 2018-2020
- Location UK



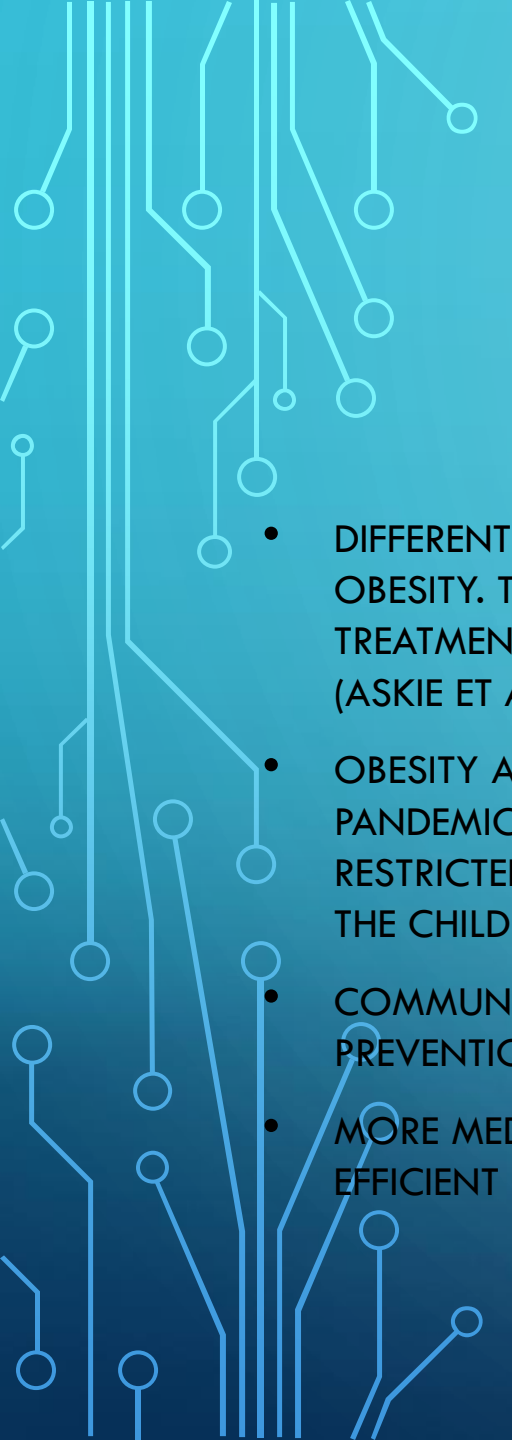
ETHICAL CONSIDERATION

- ETHICAL CONSIDERATION IS NECESSARY FOR CONDUCTING RESEARCH.
- THIS RESEARCH HAS FOLLOWED THE ETHICAL GUIDELINES PROPERLY. NO ONE'S CONFIDENTIALITY HASN'T VIOLATED DURING THE RESEARCH PROCESS.
- THE RESEARCHER HAS USED PROPER CITATION AND REFERENCING FOR MAINTAINING THE ACADEMIC INTEGRITY OF THE RESEARCH.



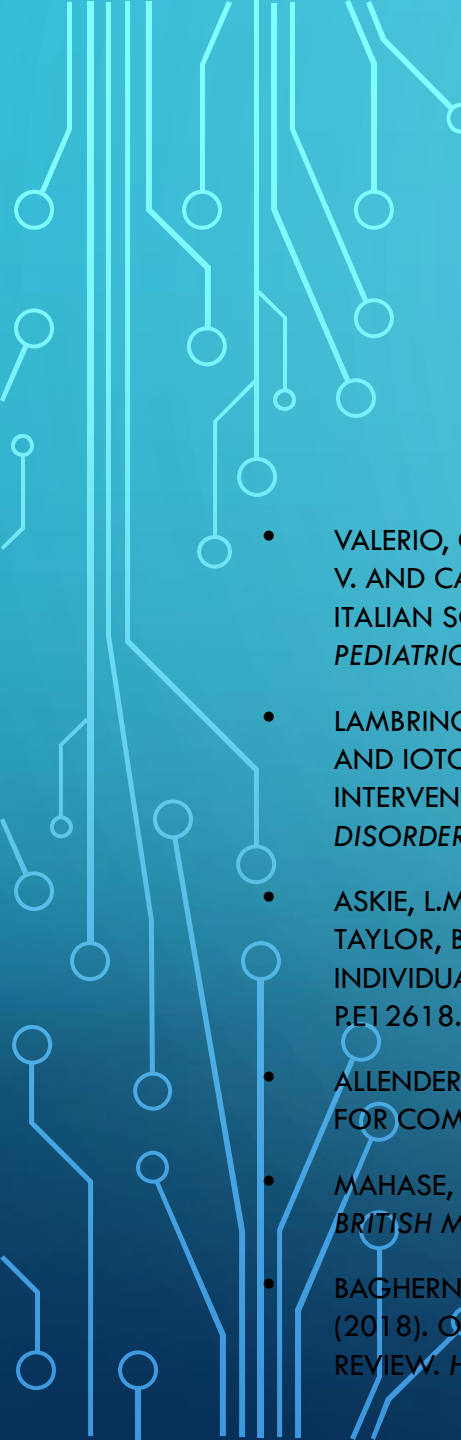
KEY FINDINGS

- ACCORDING TO VALERIO ET AL. (2018), BARIATRIC SURGERY HAS A DRAMATIC IMPACT ON CONTROLLING CHILDHOOD OBESITY. IT NOT ONLY CONTROLS CHILDHOOD OBESITY; IT HAS ALSO REDUCED THE POSSIBILITY OF CHRONIC DIABETES IN 78% OF OBESE PATIENTS. IT HELPS PATIENTS TO HANDLE STOMACH AND EATING HABITS REGARDING FOOD CONSUMPTION.
- ACCORDING TO LAMBRINOU ET AL. (2020), MANY SCHOOLS AND FAMILIES ARE NOWADAYS ADOPTING LIFESTYLE INTERVENTIONS STRATEGIES FOR CONTROLLING CHILDHOOD OBESITY. IT IS PREVENTING CHILDREN NOT ONLY FROM OBESITY BUT ALSO FROM SEVERAL CHRONIC DISEASES LIKE TYPE 1 DIABETES, HIGH BLOOD PRESSURE, CHRONIC HEART DISEASE ETC BY TARGETING DIETARY, PHYSICAL ACTIVITIES AND SEDENTARY BEHAVIOUR.
- OBESITY HAS BECOME A GLOBAL EPIDEMIC IN TODAY'S WORLD. IN 2020, ALMOST 27% OF US HOUSEHOLD CHILDREN FACED OBESITY. RESEARCH HAS SHOWN THAT ALMOST 64.3% OF THE CHILDREN IN THE UK HAVE TESTED HEALTHY WEIGHT OR ARE OVERWEIGHT IN 2020 (MAHASE, 2020).
- DIFFERENT THEORIES ARE USED FOR PREVENTING AND TREATING CHILDHOOD OBESITY.
- SOCIAL COGNITIVE BEHAVIOUR THEORY HAS USED IN MANY PREVENTIVE MEASURE. FOR ITS LIMITATIONS, THEORY OF PLANNED ACTION HAS USED AS A PREVENTIVE MEASURE (BAGHERNIYA ET AL. 2018).

A decorative graphic on the left side of the slide, consisting of a network of white lines and circles on a blue gradient background, resembling a circuit board or a neural network.

RECOMMENDATIONS

- DIFFERENT HOLISTIC TREATMENTS SHOULD BE IMPLEMENTED FOR PREVENTING AND CONTROLLING OBESITY. THE EXISTING TREATMENTS HOLD CERTAIN RISKS FOR THE CHILDREN SO MORE SIMPLE TREATMENT SHOULD BE IMPLEMENTED BY THE MEDICAL RESEARCHER FOR COMBATING THESE RISKS (ASKIE ET AL. 2020).
- OBESITY AMONG CHILDREN SHOULD ALSO BE DISCUSSED FROM THE VIEW OF THE COVID-19 PANDEMIC. DURING THE PANDEMIC, CHILDREN ARE COMPELLED TO DO ONLINE CLASSES AND RESTRICTED TO USE PLAYGROUNDS AND FIELDS. ALTERNATIVE MEASURES SHOULD BE TAKEN FOR THE CHILDREN TO MAKE THEM PHYSICALLY MORE ACTIVE DURING THE PANDEMIC PERIOD.
- COMMUNITY ACTION SHOULD ALSO BE TAKEN FOR CREATING AWARENESS REGARDING OBESITY PREVENTION AND TREATMENT.
- MORE MEDICAL RESEARCH SHOULD BE TAKEN BY CLINICAL RESEARCHERS TO FIND OUT MORE EFFICIENT CLINICAL TREATMENTS FOR CHILDREN TO PREVENT AND CONTROL CHILDHOOD OBESITY.



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