

Part One-Script

Part Two-Video Presentation

Part One- Script- The impact of obesity in children's health, wellbeing and lifestyle.

For this discussion the topic of the impact of obesity in children's health, wellbeing and lifestyle has been chosen. This topic has a large impact on a large amount of children in the early years. This presentation will be looking into depth on causes of obesity and the impacts they have on children and also families. Also research on what organisations offer support for children suffering with obesity and how as a country we can lower the numbers of children who are obese.

Childhood obesity is a major public health issue within the whole of the United Kingdom. It is affecting thousands of children's lifestyles amongst shaping daily habits, health outcomes as well as their future wellbeing. Statistics from the National Child Measurement Programme (NCMP) shows that 9.6% of children in reception age were obese between 2023/2024 with a further percentage of 12.4% being overweight this was in children who were aged between 10 and 11. These figures are concerning and show that obesity remains a pressing concern for families, schools and also policymakers in the United Kingdom.

Physical health is greatly affected with children who are obese. Excess weight increases the likelihood of early onset joint complications, breathing conditions, and other complications that are rarely diagnosed in children. These conditions include type 2 diabetes and high blood pressure. Poor physical health has a negative effect on children and makes routine activities such as Physical education or even walking around with friends on the yard more difficult which then leads to children wanting to participate in sports. The UK government in 2016 launched the child obesity plan which aims to plan that all children get at least 60 minutes of daily exercise, 30 minutes of that is supplied by school settings. Public health campaigns have also been created to lower obesity numbers, one of which is Better Health Campaign (2020) was introduced, this allowed families access to a free app with the encouragement of implementing exercise into their daily routine, with resources such as the Couch to 5k and the Active 10 brisk walking tracker. Children in this century especially rely heavily on technology and this app was created based on the use of technology. Children link things like step tracker as a competition among friends. I know in Wales many schools have outdoor organisations into their setting, doing workshops around sports and exercise.

Obesity also has an effect on a child's emotional and social wellbeing. In school environment's children with obesity are faced with higher risks of bullying which can

then lead to more severe problems. Bullying in children that are overweight is significantly high . Obese children may be called hurtful names, laughed at or even be singled out on participating in activities, this can lead to serious emotional damage. There are so many negative affects that bullying can have on children , they may develop low esteem , depression , anxiety or even the feeling of loneliness. In some cases, bullying can lead to avoidance of school which affects a child's learning and lead to poor academic performance. Bullying could also worsen the cause of obesity in children, it could lead to comfort eating due to depression and affect the child's participation in physical activity due to embarrassment or even shame. In order to address the problem of bullying , schools , families and communities must work together. Schools should promote kindness and have strong anti bullying policies. Parents can work alongside their children and promote healthy eating , and daily exercise whilst also supporting their child emotionally.

The impact of sleep deprivation can also play a role in obesity within children. They share a bidirectional relationship which leads to problems within weight and sleep . If a child is suffering with sleep deprivation they are more acceptable to suffer with hormonal balances , this then leads to alterations within the appetite hormone which causes a child to feel hungrier and eat more food in particular higher calorie foods. Tiredness in children often contributes to the engagement of physical activity, if a child is tired they are less likely to want to do any physical activities. Behavioural links between sleep and obesity link to more screen time which leads to late nights, children are becoming more technical and most children now go to bed with some technology whether it be a phone or Ipad. This screen time can also lead to evening type habits which includes wanting to snack on poor nutrient foods. Health authorities such as the NHS(2025) recommend specific nightly sleep durations based on age to ensure the maintaining of a healthy weight.

The transformation of school food systems is a cornerstone of the UK's strategy to combat childhood obesity. Since the introduction of the School Food Standards in 2015, the focus has shifted from merely providing calories to ensuring nutrient density, fostering lifelong healthy habits, and addressing the socio-economic disparities that drive weight gain. The Healthy Weight: Healthy Wales strategy emphasizes a "whole-school approach," which integrates nutritional education with the dining experience. By moving away from "competitive foods" (vending machines and tuck shops selling high-fat, salt, or sugar products), schools create a "controlled food environment." This environment normalises healthy eating, reducing the peer pressure often associated with consuming processed snacks. In the most deprived areas of Wales and England, families are offered the free school meals(2014) which offer nutritional meals , with an healthier option of meals . Public health Wales organisation healthy weight healthy Wales(2016)work alongside the community and

offer support for families and work alongside families to create targets to tackle obesity.

In conclusion, preventing childhood obesity requires a strategic shift from individual blame to a comprehensive, system-wide approach. The evidence from initiatives in the UK and Wales demonstrates that while educational campaigns like NHS Better health(2016) are valuable, they must be supported by structural changes that make the healthy choice the easiest choice for every family. A key factor in preventing obesity in children is routine and commitment to a routine . Families creating fun weekly planned meals , children participating in recreational activities either offered in setting or at home and routines for sleep as that is a key factor in having negative affects on child obesity.

Part Two – Video Presentation

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