

Obesity video

https://uwotds-my.sharepoint.com/personal/2418872_student_uwotds_ac_uk/_layouts/15/stream.aspx?id=%2Fpersonal%2F2418872%5Fstudent%5Fuwtss%5Fac%5Fuk%2FDocuments%2FECEY5009%2FIMG%5F0799%2Emov

Obesity

According to NHS Wales (2023) A person with extra body fat is referred to as obese. An estimated 1 in 4 adults and 1 in 5 youngsters between the ages of 10 and 11 in the UK suffer from obesity.

To class someone as obese, professionals need to find out someone's Body mass index, also referred to as (BMI) this is the most popular way to determine whether someone is at a healthy weight. BMI indicates if the weight is appropriate for their height.

According to NHS (2023), if a BMI is: 18.5 to 24.9 They are in the healthy weight range.

A child is overweight if they range between 25 to 29.9

And is obese if they range between 30 to 39.9

and are in the severely obese range if their BMI is 40 or above.

To put it simply, obesity is a major health problem that raises the probability of a wide variety of other health disorders.

Living with a weight problem, whether it be overweight or obesity, can have a negative impact on the quality of life, as well as contributing to mental health issues like depression and have an impact on self-esteem.

Diets that aren't good for children and not enough physical exercise can make children overweight or obese. Getting the right prenatal care is the first step to a healthy diet. Breastfeeding and good nutrition are also important, especially in a child's early years (Eat well plate, 2016). Families can have trouble giving their children a healthy diet because healthy food and drinks are expensive and hard to find at home and in schools. This problem is made worse by the growing economic gap, the shift to mass-produced and ultra-processed foods around the world, the growing power of commercial food interests, and people's tendency to stay inside and watch TV (Barnardos, 2025).

Bupa (2024) states multiple factors can make children overweight. Our environment makes weight management difficult. High-calorie foods are readily available and cheaper than healthier ones and many methods to entertain themselves with

screens can lead to hours of sitting or lying still. If they eat more calories than they burn, children and adults will gain weight. Weight issues can run in families. Parents with overweight children are likely to be overweight too. This may be inherited or linked to family eating and exercise habits. Some medications and situations cause children to gain weight and rare genetic disorders can also induce obesity (Bupa, 2024).

The World Bank has dubbed the issue of overweight and obesity a 'ticking time bomb', as it is rapidly increasing across all continents. UNICEF, World Health Organisation, and others found that 6% of children under 5 and 18% of those aged 5-19 are overweight, affecting over 380 million children in poorer communities. Additionally, over 80% of overweight children worldwide reside in low or middle-income countries globally. According to UNICEF from 2000 to 2016, the rate of obesity among older children doubled (UNICEF, 2020).

Many health issues can result from obesity, especially if you carry additional fat around the waist. The National institute of health (NIH, 2023) states that

Obesity can cause:

Type 2 diabetes, this is caused by excessive blood glucose. Type 2 diabetes affects 9 out of 10 patients who are obese. High blood glucose can cause heart disease, stroke, vision difficulties, nerve damage, and other health problems. It is important for practitioners to be aware of this to help educate children about having too many sugary snacks and drinks.

Weight and obesity can cause high blood pressure also known as Hypertension. High blood pressure occurs when blood pumps rapidly through your blood vessels. Having a Large body require your heart to pump harder to deliver blood to all your cells, which raises blood pressure.

Obesity can also cause heart problems. Being overweight or obese raises your chance of heart disease-causing illnesses such high blood pressure and cholesterol.

The National institute of health (2023) also says that Overweight and obesity may increase cancer risk. Obese men are more likely to acquire colon, rectum, and prostate cancers and Overweight and obese women have increased risk of breast cancer, lining of the uterus and gallbladder cancers.

Weight and obesity can also impact lungs and raise the risk of respiratory difficulties.

Obesity often causes sleep apnoea. Overweight or obese people may have greater neck fat, reducing airway size. A narrower airway can cause snoring and difficulty breathing. This is important to consider because if practitioner's have a better understanding of this then they can better support the an obese child if they are tired for example.

Chronic asthma affects the lungs' airways. Obesity increases asthma risk, symptoms, and management difficulty (NHS, 2023)

It is important to consider all these health issues in practice because having an understanding of these problems can help the practitioner get the best early support for the child if needed.

According to The National institute of health (NIH, 2023) Obesity not only increases the risk of physical health but also causes mental health issues including:

Long-term stress and body image issues

Low self-esteem, depression and eating problems.

Studies demonstrate that overweight and obese people are more likely to suffer weight-related bias at school and employment, which may lower their quality of life.

In response to childhood obesity, the Welsh Government has created programs that focus on getting children to exercise regularly and eat well. It is founded on the idea that, among other things, "the availability of cheap, calorific processed foods high in sugar and fat, combined with physical inactivity, have resulted in rapidly increasing childhood obesity rates in the last few decades" (Public Health Wales, 2017).

For children, the focus has been on preventing problems with nutrition and exercise. The goal is to give young children and teens knowledge and things to do that will help them eat better and be more active.

Their strategy has seven main goals including making food and drink better in schools, giving children more opportunities to do high-quality physical activities, teaching them how to cook, and making more and better physical activities available to children (UK Parliament, 2022).

Food poverty is a big problem in Wales.

Public Health Wales (2025) says that people who live in the poorest parts of Wales are more likely to be overweight and eat more unhealthier than people who live in the least poor parts of Wales. The Association of Convenience Stores says that making it easier for people in poor areas to purchase fruits and vegetables should be a primary focus.

The National Union of Teachers (NUT) Cymru says that where children live and their social background have a big effect on their health in Wales. They said, "Many families on a limited income can't afford to buy the healthy, nutritious food that their children need, so they turn to cheap, processed food." A lot of these items have a lot of sugar and carbs in them.

Cardiff and Vale University Health Board state, "Not being able to afford or get food to make up a healthy diet is a barrier to reducing childhood obesity in Wales."

The Defra Family Food survey found clear proof that "the affordability of a nutritious diet has worsened between 2007 and 2011." To conserve money, families with low incomes could choose foods that are highly processed, heavy in fat, and lacking in nutrients. They also spend a lot more of their money on food than other people do (Public health Wales, 2025).

Welsh Parliament (2011) states eating a good, balanced diet as a child and teenager is very important for growth, keeping a healthy weight, and overall health. Studies show that the way people eat as children stays with them as adults. Because of this, a lot of work has gone into finding ways to enhance children's diets. The main goal has been to improve the nutrition standards of food served in schools. The Healthy Eating in Schools (Wales) 2009 tells LEA-maintained schools how to control the food and drinks they offer. The legislation lets ministers set nutritional criteria for food and drinks that are provided throughout the school day. These requirements can include limits on how much fat, salt, and sugar can be in the meal (Welsh Parliament, 2011).

One in 10 reception-aged children are overweight, and one in five by age 5 have tooth decay. These children are headed for lifelong health issues, and obesity costs the NHS over £11 billion annually. Although there is no single cure to obesity, evidence suggests that children's early exposure to unhealthy food ads can influence their diets, increasing their risk of obesity. One of the new plans to tackle obesity in children is from The department of health and social care, (GOV UK, 2024) and that is to stop unhealthy food commercials from targeting children in October 2025, which they believe will save 20,000 childhood obesity cases. This adjustment will help children start life healthy and well. These limitations will only apply to television advertising for less healthy food and drink between 5.30am and 9.00pm.

Also Gov UK (2024) has introduced a soft drinks industry charge, this will be a step towards combating childhood obesity. The fee in England will fund projects to combat obesity and promote physical activity and healthy eating among schoolchildren. This includes doubling the Primary PE and Sport Premium and investing £10 million in school breakfast clubs to offer children a healthier start. This fee will be on producers and importers, not consumers, so it encourages producers to reduce sugar in their products and move customers towards healthier choices (GOV UK, 2017).

Public health England (2021) says slowly modifying the ingredients or size of everyday products improves diets, according to research. This is because the improvements are universal and do not require individual behaviour change. The government will undertake a broad, structured sugar reduction effort to reduce sugar from children's favourite items. All sectors of the food and drinks industry must cut sugar across a range of items that contribute to children's sugar consumption by 20% by 2020, including 5% in year one. This can be done by reducing sugar levels, portion size, or buying lower-sugar items. Public Health England (PHE) will lead and run this programme, which will apply to retailers, manufacturers, and the out-of-home

sector (restaurants, takeaways, and cafés) and to all foods and drinks that contribute to children's sugar intakes (Public health England 2021).

The Healthy Start program provided coupons worth about £60 million to low-income families in England from 2015 to 2016 and are recommitting to it. These can be traded in for milk and fresh or frozen fruit or vegetables. The program also gives away free vitamins to help women get enough during pregnancy and the first few years of life. Over 1.7 million coupons were given out every four weeks during this time, and the program helped an average of 480,000 children from low-income families every month of the year (NHS, 2025).

NHS (2023) says to help tackle this problem at home parents or careers can try to do something active every day, they can find something they like to do, like sports, playground games, or walking to school. The goal is to give them a healthy, well-balanced meal with lots of fruits and vegetables, carbs and proteins, and dairy or dairy alternatives.

Also, it is important to make goals that are attainable and let the child help choose the changes that are needed to be made. By doing this it makes goals easier to stick too. Rewards like stickers or high fives when they eat and do what they are told to do can encourage these changes. Parents exercising and eating healthy food is a good way to set an example. Following a regular bedtime routine and keeping screen time to a minimum, with phones and computers out of children's bedroom at night can help them get enough sleep (NHS, 2023).

The Welsh Government has set a weigh management pathway program to try and tackle obesity. To support this Practitioners may need to be discussing BMI implications with parents/carers.

It's crucial for practitioners to approach weight discussions with sensitivity and without judgement and avoid using terms like 'obese' when discussing a child's weight with parents. A better term could be 'very overweight'.

Practitioners need to consider the age and maturity of the child or young person when providing feedback.

Practitioners should listen attentively to understand how the child, young person, and family feel about the assessment outcome. Parents or guardians may need time to process the problem before discussing it further. Practitioners can encourage them to return for additional discussion or suggest appropriate contacts, such as a health visitor, GP, practice nurse, or school nurse (Welsh Gov, 2021).

Although primary and community care practitioners are not required to conduct psychological assessments, they should be aware of the psychological issues that may contribute to overweight and obesity. It is crucial to determine if a child or young person's weight impacts their mental health. Practitioners should examine for indicators of psychological distress, depression, bulimia, suicidal thoughts, self-harm, comfort eating, binge eating disorder, or other weight-related mental health issues. Children with overweight or obesity may have psychological repercussions such as school rejection and bullying.

Primary care practitioners need training to identify psychological factors in weight

management. Collaboration between primary, community, mental health, education, and social care professionals is crucial for effective support (Welsh Gov, 2021).

Practitioners can support families and help them understand the importance of healthy eating and exercise. By making the family more active will help obesity. Children between the ages of three and five ought to be active all day long. Active play such as skipping and cycle riding is included in this. Every day, children aged 6 to 17 should engage in at least 60 minutes of medium-to-intense physical activity. Playing tag and jumping rope are examples of enjoyable cardio exercises that fall under this category. Being active parents or carers will provide a good example for children by Including physical activity in the child's everyday schedule. As much as possible, try going for a family stroll, dancing, riding, or playing an outside game (Nationwide children's hospital, 2023).

Obesity is a big problem, but early intervention and education Is key to preventing and managing obesity. If professionals and families work together in promoting healthy eating, regular exercise, reduced screen time and a healthy environment then children will have the opportunity to grow up healthy and have a better quality of life.

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