

Portfolio

I have not used AI in this assignment

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Obesity script

Firstly, the topic that will be discussed throughout this presentation will be childhood obesity. Childhood obesity is a common topic that is occasionally brought to people's attention as the number of children increases. According to World Health Organisation, (2025) childhood obesity is when a child's BMI is increased more for their usual age. Throughout children's childhood, in order to support all children's physical health, children should be exposed to different physical activities. Physical activities are important for all children to complete, as not only do they improve their physical lifestyle, but they also improve their mental health. It is also important, as it provides children with an opportunity to develop and improve on a new skill to use in their later life and improve their health (Hills, A., King, N. and Byrne, N., 2007). According to BBC, (2024). The meaning of good health is not only to protect yourself from illnesses it is also to ensure you're physically healthy and your mental health is safe and positive. All these different versions of your health can be secured by having balanced meals, being physically active and avoiding damaging your insides with harmful substances.

In addition, studies have shown childhood obesity rates have increased more since "2018". The source also states children are more likely to become obese as more children are found to be drinking more fizzy drinks and are found to not complete as much exercise. Also, if children have spent a lot of their lives in any other countries, they may also struggle, as other foods often contain a lot more oily substances, which contains more calories (GOV. 2022). According to O' Dea. J, A and Eriksen. M, (2011). In order to help prevent childhood obesity, healthy foods can be used positively, for example, displayed in various ways to engage the children to encourage the children to eat the food. This will allow the children to experience new foods. However, GOV. (2017) disagrees with this, as this source believes children will not respond to the healthy foods, as children's calorie intake is already found to be considerably high and the children will be found to snack more. Therefore, Public Health England has suggested a "20% deduction on sugar" in products to attempt to decrease in the number of children who are obese. This deduction will reduce the amount of sugar in soft drinks however, soft drinks with the usual amount of sugar will still be on sale but will be more expensive than the less sugar ones. This is attempting to encourage people buying the drinks to buy the ones with less sugar in them (GOV, 2017).

Also, adding to this, schools are also providing support to encourage children to become healthier. For example, schools provide all children with physical education lessons to improve children's wellbeing and gross motor skills. Schools also organise after-school clubs which allow the children attending to access more physical education and learn new skills (GOV, 2017). Also, Gov. Wales, (2017) also agrees with this, as they state schools have begun using a mile-a-day scheme which consists of children completing a mile every day in school. The mile a day doesn't only support children physically the scheme also provides children support with their mental health, as it encourages children to focus on completing the mile a day. Schools also use the Eatwell plate to ensure all children having school dinners are able to access at least one balanced meal a day. This will also help reduce the amount of child obesity, as schools often display the plate around the school to show the children what a balanced meal looks like (NHS, 2022). The Eatwell plate is also followed if children attend breakfast club. Breakfast Club allows children who are

unable to have breakfast in the morning to have a nutritional breakfast to get themselves ready for the school day (Welsh Government, 2014). The meaning of nutrition is an important part of a lifestyle that encourages young children to create a more powerful immune system (World Health Organisation, 2022).

Adding to this, childhood obesity is mostly found to be encouraged by children eating unhealthy and convenient foods and observing what their guardians are eating, as many children often copy and react to what their parents and guardians eat (Mayo Clinic, 2025). This links to Bandura, as Bandura believes children copy behaviour from people who are close with them (Heald, S. 2017). According to the Mayo Clinic , (2025), another reason childhood obesity is on the rise is because children are more likely to play video games instead of completing physical activities. This shows children prefer to be less physical. Another source also states obesity is increasing more as healthy foods are found to be more expensive than unhealthy foods. In most shops foods with more sugar and calories are found to be a lot more cheaper than foods with less sugar and more protein parents/guardians may be unable to purchase these items (BBC, 2025). If guardians are in poverty, they may be unable to purchase food items, which can lead them to feel disappointed in themselves and may affect their wellbeing (Beckett. L, 2023). However, the child poverty strategy is put in place to support families in finding a career, supporting their health and ensuring all children have access to strategies to provide a brighter future (Welsh government, 2015).

Adding to this, a strategy that links to childhood obesity is the United Nations Convention on the Rights of the Child. The UNCRC links to childhood obesity, as article "24" states all children's health and wellbeing should be cared for and protected by people they feel secure with (UNICEF, 2019). Another strategy that links to childhood obesity is The Healthy Child Wales Programme. This programme supports all families in Wales with children to support children's development. This strategy links to childhood obesity, as different professionals, for example, nurses, guide families in the right direction to support their children throughout their lives (GOV. Wales, 2022). Also, the Eatwell policy can support the decrease in childhood obesity, as the Eatwell policy is a strategy put in place in all schools and childcare settings in the UK to visually support all children in understanding the perfectly balanced plate. The policy also provides children with a clear view of the food groups and helps them understand which food groups are more beneficial to see more of on their plates (Gov, 2016).

In addition, with families support, parents and guardians may be able to encourage the decrease in childhood obesity. Parents and guardians may be able to support children by being physically active every day for example, if a family set a target to complete a certain amount of steps a day, the family can support and have rewards at the end. Healthy eating can also be influenced for children by talking about the importance of a balanced diet (NHS, 2023). According to, GOV. UK, (2017) while parents and carers are completing their weekly food shop it may be useful to scan labels to assess how much sugar is in products and see if there are any products with less sugar in. Also, children may spend a lot of time sitting down as technology is children's main priority. Sitting down for extended periods is believed to reduce digestion, which impacts the body's capacity to control blood pressure, blood sugar, and the breakdown of body fat. By sitting down for a lesser amount of time, children will be able to complete more physical activity to decrease their BMI. Parents may be

able to create a screen limit and a ban from technology after a particular time (NHS, 2022).

In addition, the rate of children, adolescents and adults with mental health issues is on the rise many of those people are found to be struggling with their mobility. This is linked to childhood obesity, as children often continue to follow what they have been taught (Public Health England, 2017). As obesity can affect children's, adults' and adolescents mental health and their wellbeing. Obese children may become anxious about their appearance, which can also lead to them feeling depressed and uncomfortable. By children feeling this type of way, it may affect children's and adolescents brain development (Logan. N and Ward- Ritacco. C, 2022). Another source that also agrees with this is NHS, (2023) this source also states obesity can lead to low self-confidence and many other mental health problems, for example, being unhappy with themselves. Obesity can also lead to eating disorders, as children and adolescents may be embarrassed of their bodies and what they are eating this can then lead to them, in their later lives, being unable to eat in front of others (Mayo Clinic, 2023).

To add to this, if a child is obese in their later life, they may notice an increase in health issues for example, childhood obesity may lead to having cancer, type two diabetes, or heart disease, and it can also affect your bones (World Health Organisation, 2025). Adding to this, another source also agrees with this, as this source states childhood obesity can be a major problem in their future for example, when children become older, they might have a type of cancer. Obesity may also affect your standard living conditions and can lead to feeling unhappy about your lifestyle (NHS, 2023). According to BBC, (2024) when children become older and attempt to find a job, research has found more obese adults struggle to complete their job or query days off or have had multiple months on the sick with an ongoing health condition, which also impacts the increase of child poverty. According to NHS, (2023). In order for adolescents and adults to not have these health issues, it may be useful to think about setting realistic targets which are able to be achieved and managing your stress in a more beneficial way, for example, through meditation, going to the gym or going for a walk.

To conclude, as this presentation has presented, childhood obesity is definitely on the rise as more children are found to be on more technology than completing physical activities. If the government implements all these changes that have been stated above, for example, sugar reduction and encouraging more healthy foods, childhood obesity may be able to be more manageable, and they may attempt to decrease the amount of children who are struggling with obesity. Also, with schools providing support for all children to be more active and providing them with a healthy, balanced meal, when the children grow older, they may be able to avoid all the health issues other adults have experienced in their later life. As stated above, there are many different strategies that are able to support childhood obesity by schools and parents and careers. Following these strategies, there may be a decrease in childhood obesity, which will decrease the number of adults with mental health issues.

Video link

https://uowtsd-my.sharepoint.com/:v:/r/personal/2416820_student_uwtsd_ac_uk/Documents/Obesity%20video/20250612_164508000_iOS.MOV?csf=1&web=1&nav=eyJyZWZlcnJhbEluZm8iOnsicmVmZXJyYWxBcHAIoiJPbmVEcmI2ZUZvckJ1c2luZXNzliwicmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldlYiIsInJlZmVycmFsTW9kZSI6InZpZXciLCJyZWZlcnJhbFZpZXciOiJNeUZpbGVzTGlua0NvcHkifX0&e=ZZ1C7T

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