



Community Care and Development

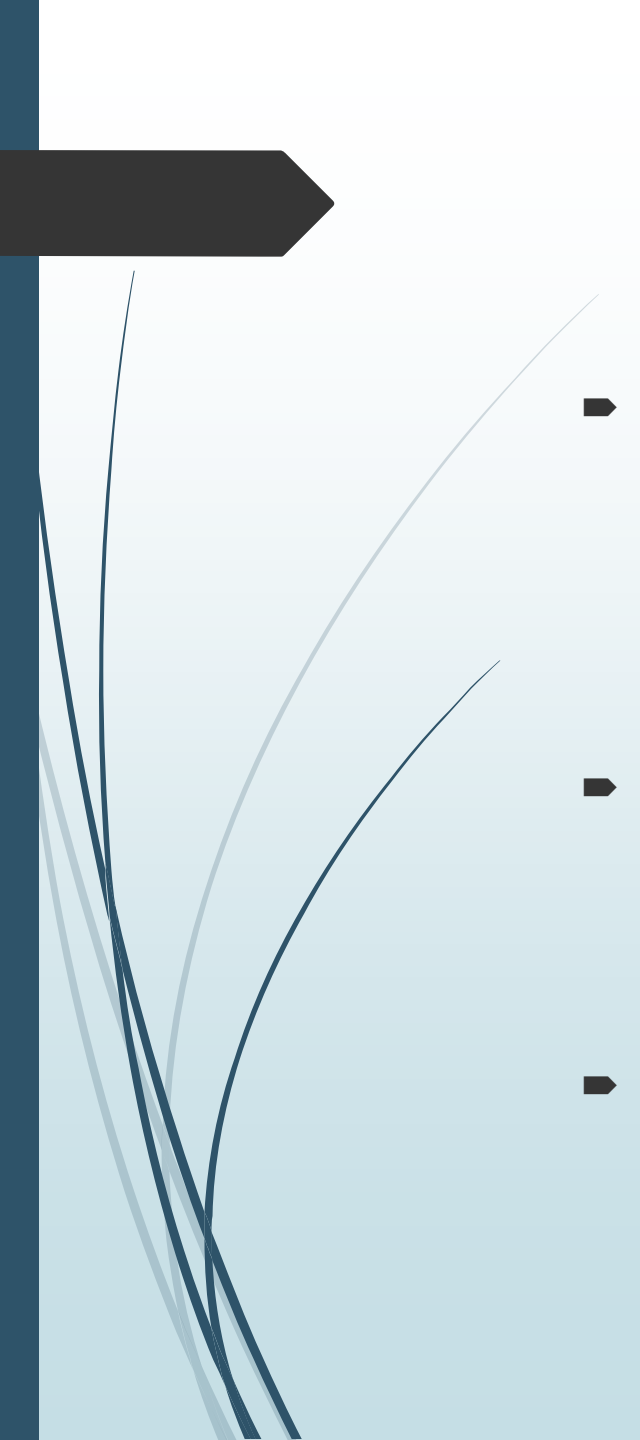
BMHP6022

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**Obesity and obese people at borough of
Waltham Forest**



Introduction

- According to the World Health Organization (2023), obesity itself is a multifactorial disease characterized by the accumulation of excess adipose tissue in the human body.
- According to NHS (2023), show that in the United Kingdom around 1 in 4 adults and around 1 in 5 children aged 10 to 11 are living with obesity.
- According to the WHO (2023), the problem of obesity has become a global epidemic, with annually over 4 million people die due to obesity.

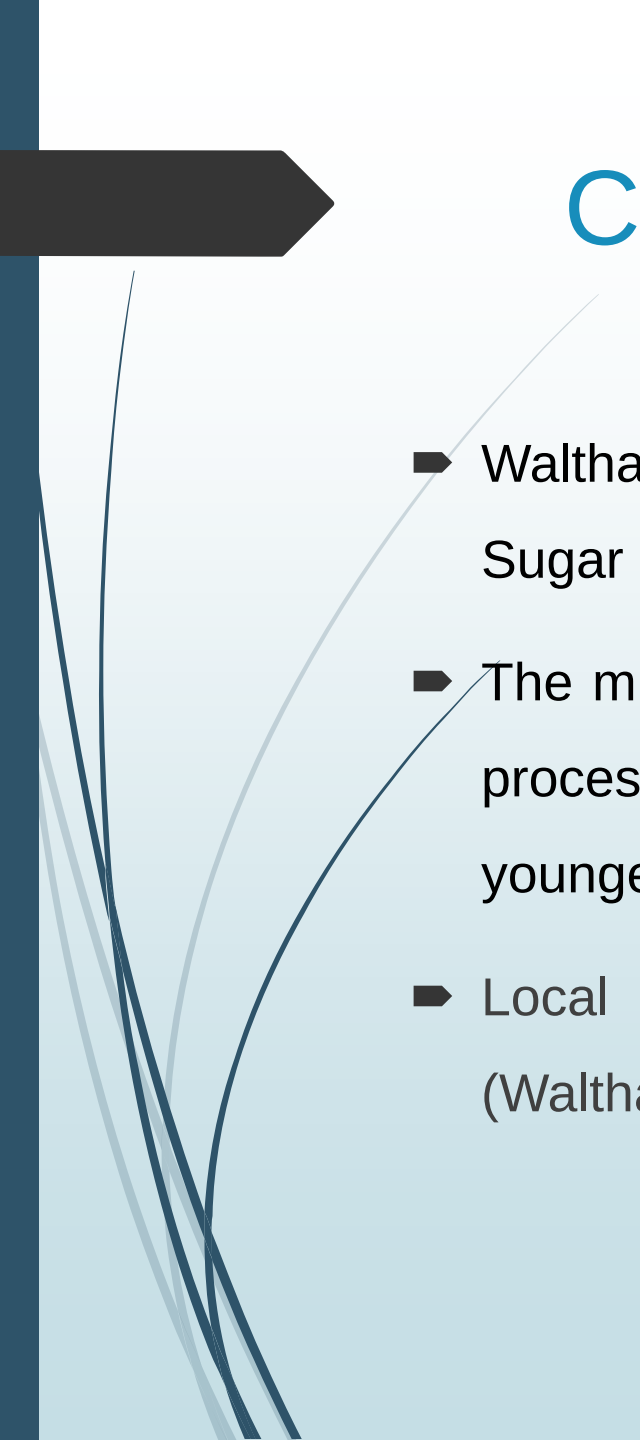
Demographic Characteristics of the location

- Name: Borough of Waltham Forest
- Area: 38.82 km²;
- Population: 278,400;
- Males: 49.0%;
- Females: 51.0%;
- Ethnic Group: White British/Irish other White, Black, Asian, Mixed/Other;
- Religion: Christian, Muslims, Buddhist, Hindu, Muslim, Sikh, Other (Varbes, 2023).

In the borough of Waltham Forest, it is clear that more than half of people living in the area are overweight or obese (East London and West Essex Guardian Series, 2021-2023).

Obesity in London Borough of Waltham Forest

- According to Waltham forest, (2023) 58.6% of adults in are estimated to be overweight or obese.
- According to Waltham forest, (2023) overweight and obesity are a problem for all age groups in the community of Waltham Forest. More than 40% of children by the age of 6 are affected, with the percentage reaching 60% in adults.
- According to Waltham forest, (2023) 40% of pupils aged 10-11 years are either overweight or obese.
- Nearly 24% of reception children were overweight or obese in Waltham Forest (Sustain, 2023).



Current legislation and policy

- Waltham Forest Council supports and is a signatory to the Healthier Foods and Sugar Reduction Declaration (Walthamforest, 2023).
- The municipality supports mothers living in the area through the HENRI training process. Henry in a program that helps families of children five years old and younger who are overweight (thetHub-betawalthamforest, 2019).
- Local Authority Declaration on Healthier Food and Sugar Reducing (Walthamforest, 2023).



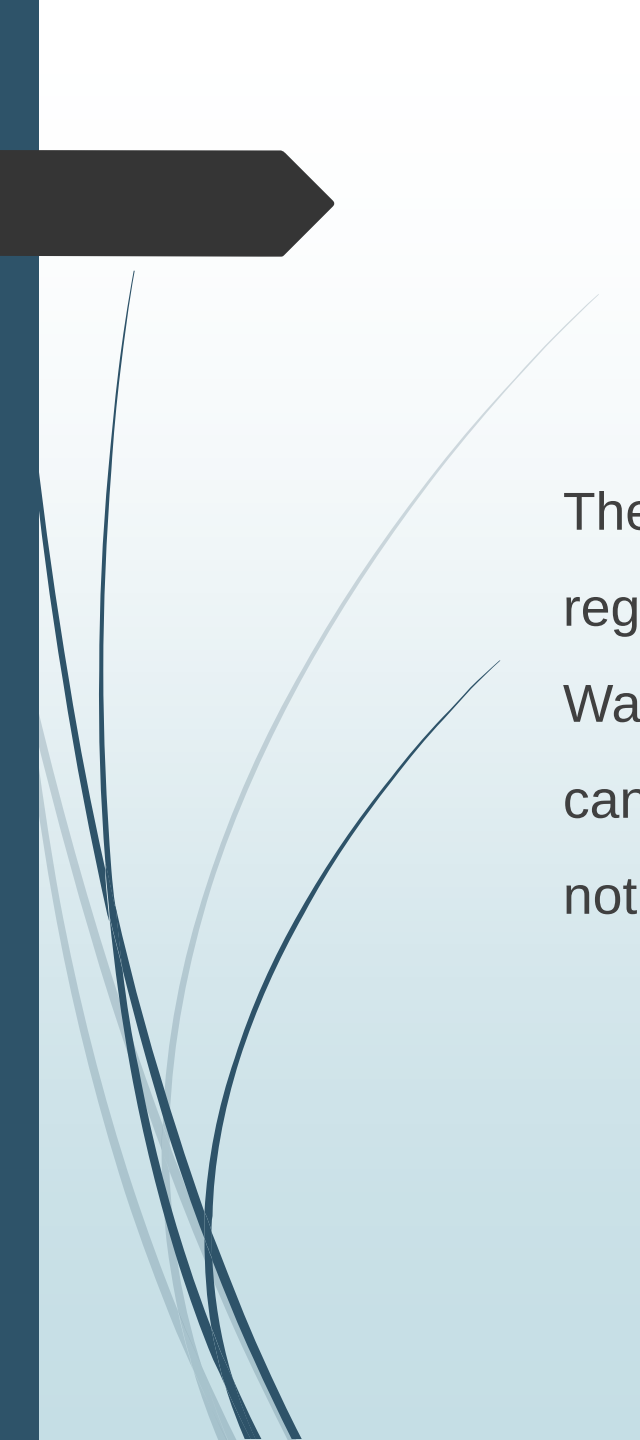
Causes of Obesity in Borough of Waltham Forest

- People living at the area eat unhealthily (junk food) instead of cooking home meals (Walthamforest, 2023).
- Residents at Waltham forest are not enough physically active.
- There are many people in the area who are in desk bound employment.
- The access to processed foods high in unhealthy ingredients such as sugar, salt and saturated fat is all too easy.



Addressing issue

- Waltham Forest borough limit the marketing of unhealthy drinks and foods that are full of sugar (Walthamforest, 2023).
- The Borough makes the access to information on healthy eating and what is harmful easier by distributes information about the damage through flyers and leaflets as well as in the municipality's newspaper (Walthamforest, 2023).
- The council has set up a food-growing co-op on the edge of London in the Lea Valley. Local volunteers work there to promote food growing and healthy eating culture (Sustain, 2023).
- The municipality is opening new establishments for hot food to be bought to take home near a school, youth center or park (Local, 2023).



Conclusion

The conclusion of the topic Obesity in Waltham Forest Community is that regardless of the ethnicity, race, class, age and culture of individuals living at Waltham Forest, they should have support and knowledge regarding what can cause obesity and how to prevent it from occurring. The subject should not be neglected because it is of extreme importance to humanity.

Thank you for your time and attention!

Recommendation

- Access to healthier food will significantly reduce obesity in the municipality.
- The ban on fast food restaurants in close proximity to schools and youth centers.
- Vending machines in schools and parks should contain healthy foods rich in nutrients instead of sugars and fats.
- Parks improvement programme and places for children to be active.
- Making more swimming pools and free program to encourage people to use them.
- If necessary, restaurants that do not comply with the norms and tolerate harmful food accessible to children, without parental control, should be closed.

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