

Jack Benney

Student number: 2104744

ECEY5009/C

Word Count: 2057

(AI was not used in this assignment)

Link to recording - [Presentation.pptx](#)

Hi, my name is Jack Benney, Student number 2104744. This presentation will be about understanding obesity in young children and how it effects wellbeing, it will also cover how it can be prevented and ways to improve health. This will be supported by sources of evidence and practical approaches to prevent it.

INTRO

Firstly, it is important to understand what exactly obesity is. World health organization (2025) defines obesity as a medical condition which is characterized by excessive accumulation of body fat, which can negatively impact a person's health. Similarly, Kiran (2023) defines obesity as the result of an imbalance between daily energy intake and energy expenditure, resulting in excessive weight gain. Other causes of obesity include reduced physical activity, insomnia, endocrine disorders, medications, the accessibility and consumption of excess carbohydrates and high-sugar foods, and decreased energy metabolism. According to American Academy of child & adolescent psychiatry (2023), obesity happens when a person eats more calories than the body burns. American academy of child & adolescent psychiatry (2023) also states that if one parent has obesity then their child will have a 50% chance, they will be obese. However, if both parents are obese, their child has an 80% chance of being obese. Certain medical disorders can cause obesity, however that is less than 1% likely caused by physical problems. Obesity in childhood and adolescents can be related to many things such as eating habits, lack of physical activity and exercise, genetics, lack of sleep, living conditions like not having access to healthy foods,

medical illness, medication, stress, family problems, low self-esteem and even depression. NHS (2023) explains that obesity is measured by using the widely used method of measuring body mass index, commonly known as BMI. BMI is calculated as weight in kilograms, divided by the height in metres squared. In adults, overweight or pre obese is defined as a BMI of 25-29.9 KG/M squared. While obese is a BMI surpassing 30KG/M squared. It is also measured by taking in other factors such as sex, age and height. For example, if a person who is male, 25 and 6'0 tall is 12 stone, they are considered to be solidly in the healthy range. However, a person who is the same weight but is a female, age 40 and 5 foot 2, they would be considered as obese due to their BMI calculations and category.

Preventing obesity

Obesity is becoming more common, but the truth is it can often be prevented with a few simple, long-term habits. It's not about crash diets or intense exercise routines. It's about making small, steady changes that fit into everyday life. Eating well doesn't mean cutting out everything you enjoy. It's more about balance. Introducing and include fruits, vegetables, whole grains, lean protein, and healthy fats in your meals can help to balance your diet and begin the process of getting healthier. Cutting back on processed foods, sugary drinks, and larger portions of foods can help to speed up the weight loss and healthy eating habits. Taking the time to eat slowly and listen to your body can help prevent overeating.

Staying active is just as important. CDC (2023) states that physical activity is crucial and is one of the most important things you can do for your health. Adults need to get around 150 minutes of moderate exercise each week. This could be separated by doing 30 minutes a day for 5 days of the week. Some recommended exercises could be brisk walking, cycling, or even dancing. Adding in a couple of days of strength training can also help maintain muscle and boost your metabolism. Daily movement. walking more, standing up regularly, and stretching all play a part in keeping the body active and healthy.

Getting enough sleep and managing stress also matter. Attardo (2022) states that sleep deprivation has long linked to an increased risk of becoming overweight and obese. Poor sleep and high stress levels can lead to weight gain and even unhealthy eating habits. Solan

(2023) explains that adults should be aiming for seven to nine hours of good sleep, whilst children should be aiming for at least 9 hours. Mind (2025) recommends that individuals should find healthy ways to relax, like spending time outdoors, doing something creative, or chatting with a friend. It is important to help children build healthy habits from a young age. Being active, eating well, and having less screen time, can set them up for a healthier future. Preventing obesity isn't about eating clean and doing exercise all the time. It's about doing your best to take care of your body on a daily basis.

Obesity impact on health and wellbeing

Obesity is a significant public health issue that affects millions of people globally. Thomas (2024) states that more than a billion people worldwide are obese. To add to this Craig (2020) states that obesity levels across the globe have spiked significantly, with the percentage of people in the USA going from 30.5% to 42.4% between the years 2015 and 2020. In recent years, the prevalence of obesity has increased substantially, raising concerns about its impact on both physical health and overall wellbeing. Thomas (2024) also states that from a physical standpoint, obesity is associated with a heightened risk of numerous chronic diseases. These include type 2 diabetes, hypertension, cardiovascular disease, and certain cancers such as breast and colorectal cancer. Additionally, excess weight places increased strain on the musculoskeletal system, often resulting in osteoarthritis, particularly in weight-bearing joints like the knees and hips. Respiratory problems, including obstructive sleep apnoea, are also more common among individuals with obesity. Beyond physical health, obesity can significantly affect mental and emotional wellbeing. Individuals living with obesity are more likely to experience low self-esteem, anxiety, and depression. The social stigma and discrimination that often accompany obesity may exacerbate these mental health challenges, contributing to feelings of isolation and reduced quality of life. Wellbeing encompasses more than the absence of disease; it includes the ability to perform daily activities comfortably and engage in social and recreational pursuits. Obesity can hinder mobility, reduce physical endurance, and impact self-confidence, thereby limiting participation in everyday life and social interactions. These factors may influence employment opportunities and interpersonal relationships. The impact of obesity on children and adolescents is particularly concerning. Excess weight during childhood can lead

to psychological distress, social exclusion, and bullying, with potential long-term consequences for mental health and development. Rupp (2019) backs this up by stating that obese and overweight adolescents are susceptible to bullying by weight-based victimization which negatively affects their emotional health. It is important to recognise that obesity is a multifaceted condition influenced by a range of factors, including genetics, environment, socioeconomic status, lifestyle choices, and psychological wellbeing. Barriers such as limited access to healthy foods, insufficient opportunities for physical activity, and chronic stress can contribute to the development and persistence of obesity. Effective approaches to addressing obesity require compassion and understanding, emphasising support rather than blame. Sustainable improvements in diet, physical activity, sleep quality, and stress management can contribute to better health outcomes. Furthermore, access to appropriate healthcare services and community resources plays a critical role.

RESEARCH ON OBESITY

Understanding the causes, consequences, and potential solutions to obesity has been the focus of much research in recent years.

According to statistics published by UK government (2025), more than 64 per cent of adults in England are classified as overweight or obese. Approximately 28 per cent of adults are living with obesity. These figures have been rising steadily over the past decades. Similar trends are observed across the United Kingdom, with Scotland and Wales reporting increasing levels of obesity among adults and children. The rise in childhood obesity is of particular concern as it often leads to health problems persisting into adulthood.

UK government (2025) continues by stating that the health risks associated with obesity are numerous and well-documented. Individuals with obesity have a higher likelihood of developing type 2 diabetes, heart disease, stroke, and certain types of cancer such as breast and bowel cancer. The excess weight also places strain on bones and joints, frequently leading to arthritis. Respiratory issues, including sleep apnoea, are also more prevalent in people living with obesity. Mental health is also affected by obesity. Studies indicate that people with obesity are more prone to experience low self-esteem, depression, and anxiety.

Holland (2024) backs this up stating that depression and obesity can occur together and can be a result of one another. Social stigma and discrimination often exacerbate these issues, reducing overall wellbeing. This psychological impact can create a cycle that makes managing weight more difficult.

Obesity is a complex condition influenced by a range of factors including genetics, environment, diet, and physical activity levels. Socioeconomic status plays a significant role as well. Those in lower income brackets often face barriers to accessing healthy food and safe spaces for exercise. Public Health England (2025) highlights these social determinants.

NHS (2022) states that the economic consequences of obesity are considerable. The NHS and broader society face costs due to increased healthcare needs, reduced productivity, and premature mortality. Recent estimates suggest obesity costs the UK economy billions of pounds annually.

NICE (2015) shows that research into effective treatments for obesity continues to evolve. Lifestyle interventions focusing on balanced nutrition and increased physical activity remain the foundation of management. Newer pharmacological treatments and bariatric surgery are also available for certain patients with severe obesity.

CONCLUSION

To conclude, obesity remains one of the most serious health challenges faced by the United Kingdom and many other countries. It stems from a mixture of factors including genetics, lifestyle choices, the environment, and social circumstances. This condition is marked by an unhealthy build-up of body fat that can have a harmful effect on a person's health and quality of life. The number of people affected by obesity has increased steadily in recent years, affecting both adults and children. This trend places significant pressure on healthcare systems and society as a whole. The health risks linked to obesity are well established. People living with obesity have a greater chance of developing a variety of long-term illnesses such as type 2 diabetes, high blood pressure, heart disease, and some types of cancer including breast and bowel cancer. Carrying excess weight also puts strain on

bones and joints, often resulting in conditions such as osteoarthritis, particularly in the knees and hips. Breathing difficulties, including obstructive sleep apnoea, are more common in those with obesity, which can further impair daily life. The physical limitations caused by carrying extra weight can make movement more difficult, reduce stamina, and affect everyday activities, leading to a decline in wellbeing. Obesity also has a significant impact on mental health. Many people affected by obesity experience low confidence, anxiety, and depression. Social stigma and discrimination associated with body weight often worsen these issues, leading to feelings of isolation and a lower quality of life. These emotional challenges may create a cycle that makes it harder for individuals to maintain healthy behaviours and manage their weight effectively. Preventing obesity involves adopting practical, long-lasting changes to lifestyle. It is important to encourage a balanced diet rich in fruit, vegetables, whole grains, lean proteins, and healthy fats, while cutting back on processed foods, sugary drinks, and large portion sizes. Regular physical activity is essential; adults should aim for at least 150 minutes of moderate exercise each week, which can be spread across the week in manageable sessions such as 30 minutes a day, five days a week. Strength exercises are also beneficial to maintain muscle mass and support metabolism. Getting enough restful sleep and managing stress effectively are also crucial, as poor sleep and high stress levels have been shown to contribute to weight gain. Teaching children some healthy habits from a young age, including being active, eating well, and limiting screen time, is vital to prevent obesity in the future. Social factors such as income, education, and access to resources play a key role in obesity risk. Those from less advantaged backgrounds often face greater challenges in accessing healthy food and safe places for physical activity. It is important that public health policies and community programmes address these inequalities. Healthcare professionals can support patients through advice, lifestyle programmes, medication, or surgery when necessary.

Thank you for listening, if you have any questions feel free to message me.

Reference list:

American academy of child & Adolescent Psychiatry (2023) *Obesity in children and teens*.

Available at: [https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Obesity-In-Children-And-Teens-](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Obesity-In-Children-And-Teens-079.aspx#:~:text=Obesity%20most%20commonly%20begins%20between,of%20becoming%20an%20obese%20adult)

[079.aspx#:~:text=Obesity%20most%20commonly%20begins%20between,of%20becoming%20an%20obese%20adult](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Obesity-In-Children-And-Teens-079.aspx#:~:text=Obesity%20most%20commonly%20begins%20between,of%20becoming%20an%20obese%20adult) (Accessed: 10 June 2025).

Attardo, D. (2022) *Sleep, obesity and how they are related*. Available at:

[https://www.brownhealth.org/be-well/sleep-obesity-and-how-they-are-](https://www.brownhealth.org/be-well/sleep-obesity-and-how-they-are-related#:~:text=Sleep%20deprivation%20has%20long%20been,intake%20or%20decreasing%20energy%20burned)

[related#:~:text=Sleep%20deprivation%20has%20long%20been,intake%20or%20decreasing%20energy%20burned](https://www.brownhealth.org/be-well/sleep-obesity-and-how-they-are-related#:~:text=Sleep%20deprivation%20has%20long%20been,intake%20or%20decreasing%20energy%20burned) (Accessed: 10 June 2025).

CDC (2023) *Adult Activity: An Overview*. Available at: [https://www.cdc.gov/physical-activity-](https://www.cdc.gov/physical-activity-basics/guidelines/adults.html#:~:text=Physical%20activity%20is%20one%20of,muscle%20strengthening%20activity%20each%20week)

[basics/guidelines/adults.html#:~:text=Physical%20activity%20is%20one%20of,muscle%20strengthening%20activity%20each%20week](https://www.cdc.gov/physical-activity-basics/guidelines/adults.html#:~:text=Physical%20activity%20is%20one%20of,muscle%20strengthening%20activity%20each%20week) (Accessed: 10 June).

Craig, M. (2020) *Prevalence of obesity and severe obesity among adults: united states, 2017-18*. Available at:

[https://www.cdc.gov/nchs/products/databriefs/db360.htm#:~:text=From%201999–2000%20through%202017–](https://www.cdc.gov/nchs/products/databriefs/db360.htm#:~:text=From%201999–2000%20through%202017–2018%2C%20the%20age%2D,not%20significant%20(Figure%204))

[2018%2C%20the%20age%2D,not%20significant%20\(Figure%204\)](https://www.cdc.gov/nchs/products/databriefs/db360.htm#:~:text=From%201999–2000%20through%202017–2018%2C%20the%20age%2D,not%20significant%20(Figure%204)) (Accessed: 12 June 2025).

GOV.UK (2025) *Obesity profile*. Available at:

<https://www.gov.uk/government/statistics/obesity-profile-may-2025-update> (Accessed: 12 June 2025).

Holland, K. (2024) *9 frequently asked questions about obesity and depression*. Available at: <https://www.healthline.com/health/depression/obesity-and-depression> (Accessed: 12 June 2025).

Kiran, K. (2023) *Obesity*. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK459357/#:~:text=Obesity%20is%20the%20result%20of,%2C%20cultural%2C%20and%20societal%20factors> (Accessed: 9 June 2025).

Mind (2025) *Relaxation*. Available at: <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/> (Accessed: 12 June 2025).

NHS (2022) *Obesity*. Available at: <https://www.nhs.uk/conditions/obesity/> (Accessed: 12 June 2025).

NHS (2023) *Diagnosis*. Available at: <https://www.nhs.uk/conditions/obesity/diagnosis/> (Accessed: 12 June 2025).

NICE (2015) *preventing excess weight gain*. Available at: <https://www.nice.org.uk/guidance/ng7> (Accessed: 12 June 2025).

Public Health England (2017) *Health matters*. Available at: <https://www.gov.uk/government/publications/health-matters-obesity-and-the-food-environment> (Accessed: 12 June 2025).

Rupp, K. (2019) *Bullying perpetration and victimization among adolescents with overweight and obesity in a nationally representative sample*. Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7364321/#:~:text=Thus%2C%20adolescents%20with%20overweight%20and,a%20key%20period%20in%20development> (Accessed: 12 June 2025).

Solan, M. (2023) *How much sleep do you actually need?* Available at: <https://www.health.harvard.edu/blog/how-much-sleep-do-you-actually-need-202310302986#:~:text=For%20most%20healthy%20adults%2C%20guidelines,Medicine%20at%20Harvard%20Medical%20School> (Accessed: 10 June 2025).

Thomas, T. (2024) *More than a billion people worldwide are obese, research finds*. Available at: <https://www.theguardian.com/society/2024/feb/29/more-than-a-billion-people-worldwide-are-obese-research-finds> (Accessed: 12 June 2025).

World Health Organization (2025) *Obesity*. Available at: https://www.who.int/health-topics/obesity#tab=tab_1 (Accessed: 9 June 2025).