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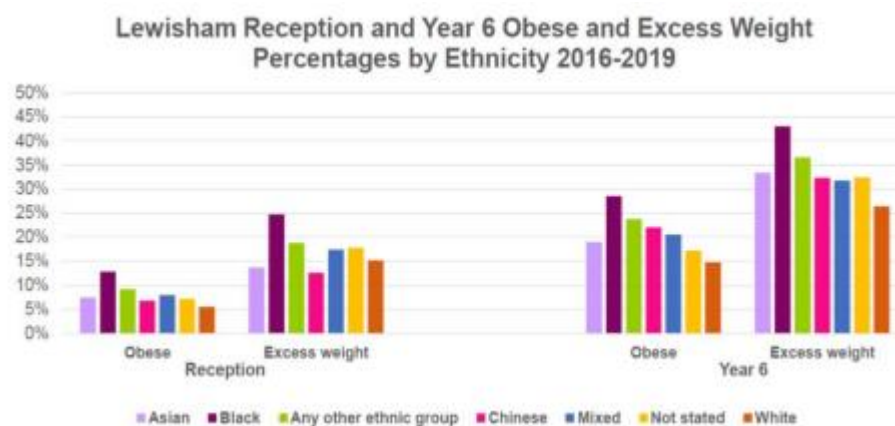
Introduction

Obesity is a condition where the body mass index is more than 30 (WHO, 2022). The wellness of families and people in Lewisham is negatively impacted by it, making it one of the most serious health problems. It is more frequently linked to a wide range of serious health risks in both adults and children, including certain cancers, type 2 diabetes, cardiovascular issues, osteoarthritis, fertility problems, respiratory issues, and psychological problems like low self-esteem, disordered eating, and depression.

Furthermore, obesity is not only a personal issue; rather, it is a public health concern that has an influence on the entire community since it has a negative impact on productivities and raises the expense of healthcare for the general population. Obesity is one of the diseases that dramatically lowers life expectancy, decreasing one's life by between 3-13 years (Obesity Statistics, 2022).

One of the most serious health problems in Lewisham is obesity, which has an effect on both the welfare of families and individuals. According to the NHS Digital (2020), the prevalence of overweight and obesity in Lewisham is 61.2% for adults, 18% for children in reception, and 23.3% for children in year 6.

Figure1: Prevalence of obesity in Lewisham community

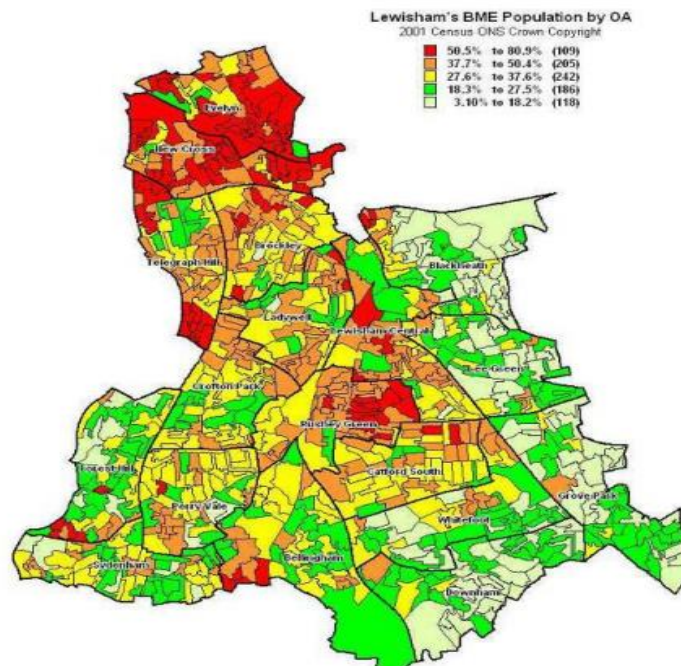


1.0 Demographic of Lewisham Borough

The borough of Lewisham is located in the inner region of southeast London, England. The local government is Lewisham London Borough Council, which has its administrative centre in Catford. According to Vision of Britain (2011), the London Government Act of 1963 caused the Metropolitan Boroughs of Deptford and

Lewisham, which had been founded in 1900 as divisions of the County of London, to merge to become the Lewisham borough in 1965.

Figure 2: Lewisham population distribution



Source: Office for National Statistics, 2001 census

Similarly, South-east London's Lewisham is home to a diverse, creative, and energetic community. According to the latest estimates from the Office for National Statistics (ONS) in 2021, Lewisham Borough has a population of approximately 310,800 people. The ethnic composition of Lewisham Borough consists of 35.4% white British, 27.2% black British, 15.5% Asian British. Likewise, the combination of black people from the Caribbean and Africa makes up 21.9% of the population (Office for National Statistics, 2022). Furthermore,

1.1 Definition of a community

A community is a collection of individuals who share a geographical area, a common interest, a culture, or a common goal. It might be an actual or virtual gathering, huge or tiny. The members of a community usually engage with one another, communicate with one another, and work to achieve common objectives and solve issues (Macqueen, et al., 2002). A community may give its members a sense of belonging, social support, and identity. It may also be used to exchange information, share resources, and promote social change (Zakus & Lysack, 2008).

Additionally, to realise its objectives, a community must have access to resources such as volunteers, finance, and expertise. External groups, governments, and corporations can also assist a community's growth and development. Communities should be resilient in the face of setbacks or crises and be able to adjust to changing conditions such as new challenges or opportunities (Flaskerud & Winslow, 1998).

1.2 Causes of Obesity

Obesity is a complex condition that results from a combination of genetic, environmental, and behavioural factors. It occurs when a person's body develops an excessive quantity of fat. It occurs when total energy intake surpasses total energy expenditure over time (Wilding, 2012). A variety of reasons may be contributing to the escalating obesity pandemic. They are as follows:

- **Genetics:** Obesity runs in families, implying that genetics have a role in the development of obesity. Obesity genetic propensity can be polygenic, monogenic, or syndromic (Thaker, 2017). Also, Melano-cortin 4 MC4 receptor insufficiency caused by a polymorphism on chromosome 18.8 is the most well-known monogenic disease producing obesity (Montague, et al., 1997).
- **Socioeconomic and Individual Factors:** The environment has had a crucial role in the recent dramatic increase in the incidence of obesity (Wilding, 2001). One of the main causes of the obesity epidemic is the abundance and simple accessibility of a range of high-calorie meals that are heavy in fat and processed carbohydrates (Nguyen & El-Serag, 2010). Soft drinks, alcoholic drinks, and fast meals frequently include a lot of calories.

Throughout the past 50 years, there has been a noticeable increase in the quantity of fat consumed in Lewisham, by more than 50% (Prentice & Jebb, 1995).

Environmental Factors: It is known that the atmosphere at work has an impact on the prevalence of obesity. Due to the lack of time for exercise and physical activity, long workdays might lead to a rise in BMI. Also, it may lead to a movement away from making meals from scratch and toward ready-made meals and fast food (Cohen & Lesser, 2016).

1.3 Theories on Childhood Obesity

Childhood obesity is caused by a lot of factors. A complex collection of variables from many settings interacts with one another to increase a child's chance of being. The Ecological Systems Theory may be used to conceptualize this complex system. As the ecological systems theory acknowledges the intricate interaction of several elements that contribute to the emergence and maintenance of the condition, it may be used to the problem of obesity (Davison & Birch, 2001).

Microsystem: The child's immediate surroundings, such as their family, school, and friends, are referred to as the microsystem. Also, the routines and actions of a child's family have an impact on their food and exercise habits.

- **Mesosystem:** The term "mesosystem" describes how several systems interact in the child's life. For instance, a child's eating patterns, and degree of physical activity may be impacted by the interaction between their home and school. To encourage healthy habits at home, schools can collaborate with parents.
- **Exosystem:** The term "exosystem" refers to social systems that have an indirect impact on a person, such as their parents' place of employment or local government regulations. Government initiatives like healthy food subsidies and legislation requiring food labels may influence the food environment.
- **Macrosystem:** The greater cultural framework in which a persona child lives, including their values, beliefs, and habits, is referred to as the macrosystem. Eating habits and attitudes about weight might be influenced by cultural beliefs about food and body size.

2.0 Health, Social, Cultural, and Economic Needs of Lewisham Black Community

Lewisham's black community suffers a variety of health concerns driven by social, economic, and environmental factors. The health risks include a high prevalence of chronic disease, a high prevalence of mental health issues, a high infant mortality rate, a high prevalence of infectious disease, and higher rates of obesity, which can increase the risk of developing a variety of chronic diseases such as diabetes and cardiovascular disease.

2.1 Health Needs

The Lewisham Borough population, like many other ethnic minority communities in the UK, suffers a variety of health difficulties that can be impacted by variables like as prejudice, cultural beliefs, financial position, and access to healthcare. Obesity, mental

health disorders, and chronic diseases including asthma, diabetes, and high blood pressure are the most prevalent health problems in Lewisham (Office for National Statistics, 2022). In Lewisham, 40% of kids and 63% of adults are considered to be overweight or obese, which is a developing concern.

Furthermore, the black population has a higher risk of cardiovascular illness, including high blood pressure, stroke, and heart disease, than other ethnic groups. This might be attributed to variables such as a high salt and saturated fat diet, as well as hereditary susceptibility. Additionally, obesity rates in the Borough's black community are greater than in the overall population.

2.3 Economic Needs

The Black community in Lewisham offers unique economic opportunities, including grants, loans, and investment to establish and expand enterprises.. Similarly, the Black population in Lewisham requires access to education and training programs that may assist them in developing the skills and knowledge required to excel in the job and start enterprises.

3.0 Existing Means of Communicating Health and Social care needs in Lewisham Community

Lewisham's health and social care practitioners use a variety of internal and external communication channels to communicate obesity within the community healthcare service centres, and organizations (Lewisham, 2023). Some of the existing internal communication channels used by health and social care professionals are as follows:

- **Display screens:** Display displays are used by certain Lewisham health and social care providers to interact with patients and service users. These screens can provide relevant information, health promotion initiatives, and other vital topics.
- **Patient portals:** Several Lewisham health and social care providers provide patient portals, which are safe online platforms that enable individuals to access and connect with their health care professionals.
- **Instant messaging and Phone:** Employees at Lewisham's health and social care organizations connect with one another using phones and instant messaging services. These modes of communication are especially beneficial for urgent or time-sensitive messages.

- **Email:** Email is a popular way of communication in Lewisham's health and social care institutions. Email may be used by employees to interact with colleagues within their own business as well as with other organizations and stakeholders.

Similarly, existing external means of communication of health and social care providers are.

- **Health websites and social media:** Several Lewisham health and social care providers have websites and social media profiles where they communicate health-related information with the community.
- **Community outreach:** Providers engage in community outreach activities such as door-to-door visitation, health screenings, and health education workshops. These actions aid in connecting with the community and delivering health-related information and services.
- **Health campaigns:** Healthcare professionals also start health programs centered on specific topics such as smoking cessation, vaccines, and good diet. These campaigns frequently employ a number of media platforms to transmit messages to the community, such as print, radio, and television.
- **Public advertising:** Lewisham's health and social care providers also employ public advertising to deliver health-related information to the population. This includes advertising on buses, billboards, and other public places (Terms, 2020).

4.0 **Legislation and Policies for Reduction of Obesity in Lewisham**

Community

This section identifies a distinct approach and initiative that is necessary for improvement of obesity in Lewisham. The approaches for improving obesity in Lewisham community include healthy weight, healthy lives policy, healthy school program policy, and sugar smart policy.

A council-led program called Healthy Weight; Healthy Lives aims to lower the obesity rate in Lewisham. The policy was introduced in 2015 and is a component of the council's overarching plan to enhance citizens' health outcomes. It includes programs like increasing the use of healthy food alternatives in workplaces and schools, cutting back on sugar intake, and boosting the use of fruits and vegetables.

Moreover, the strategy includes programs targeted at encouraging inhabitants to engage in more physical activity. These programs include building new sports facilities, encouraging walking and cycling, and providing no-cost exercise courses (Dept of Health, 2008).

5.0 Approaches and developments for raising awareness and effecting positive change in Lewisham Community

A range of strategies and innovations are needed to effectively raise awareness and bring about good change in Lewisham, which is a difficult and varied process. The secret to increasing awareness and bringing about good change in Lewisham is to adopt a holistic strategy that includes a variety of initiatives (Ramey, 2013). The strategies include spreading knowledge and information, community empowerment, grassroots action, social media outreach, and digital outreach (Meredith, 2012).

6.0 Intervention for reducing obesity in Lewisham.

Obesity is a complicated disorder with major health effects. To combat obesity, a multimodal strategy that includes dietary and physical activity improvements is required. These are some of the obesity-reduction interventions:

- **Modification of diets:** Diet modification entails making adjustments to one's eating habits in order to lose weight or enhance one's general health. This might involve cutting back on calories, eating a well-balanced diet rich in nutrient-dense foods, and avoiding high-fat and sugary meals.
- **Physical Activities:** Any physiological motion that needs an energy expenditure is referred to as physical exercise. Examples include walking, jogging, cycling, swimming, and weightlifting.

7.0 Recommendation for reducing obesity in Lewisham.

A multifaceted strategy that encompasses changes at the individual, community, and policy levels is needed to reduce the prevalence of obesity. The following suggestions are made to lessen the prevalence of obesity:

- Individual should be advised to consume a balanced diet that includes a range of nutrient-dense foods, such as fruits, vegetables, whole grains, lean meats, and healthy fats. It will help to promote good eating habits and could be

accomplished by running educational and awareness efforts, improving access to and affordability of nutritious meals.

- Policies like nutrition labelling, menu labeling, and levies on sugar-sweetened beverages that can encourage people to make better decisions should be adopted.
- Communities may encourage access to nutritious meals, safe and accessible places for physical exercise, and by restricting access to harmful foods and beverages. These actions can help communities promote healthy habits.

Conclusion

The effects of obesity are discussed on Lewisham's black population. One of the problems that significantly shortens lifespan by between 3 and 13 years is obesity. Moreover, the Healthy Weight, Healthy Lives initiative, run by the Lewisham council, tries to reduce the obesity rate in Lewisham. The policy also includes recommendations for a healthy diet and consistent exercise, as well as programs for managing one's weight and support groups.

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