

Module: Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

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Introduction

- Prevention of childhood obesity in the UK. The reason for this research is because obesity level has increased mainly children aged 10-11 , 34.3% suffer obesity or overweight(GOV.UK,2022)
- Aim: Investigate the mechanisms of prevention of childhood obesity in the UK
- Objectives: *Define main concepts of this study of prevention of childhood obesity*
 - Analyze data policies, services of the childhood obesity*
 - Conduct systematic literature review of academic articles about the childhood obesity in UK*
 - Provide Recommendation about prevention in childhood obesity*



Methods

- Systematic: literature review
- Database: ProQuest, UWSTD library , Plos medicine, NIH
- Key Words: Obesity ,childhood, UK, prevention
- Inclusion criteria: data of publication less than 10 years , UK location, language English, academic general article
- Exclusion criteria: non- UK publication , journal, non –UK languages, data of publication more than 10 years, book or journal
Any other: children aged (4 to 11)
- Data analyzes: methods, thematic analyzes



Literature Review

Source citation	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Gray et al. (2018)	Exploring the link between family lifestyle and childhood obesity during early childhood.	The longitudinal Millennium Cohort Study (MCS), Sample 19,517 children	Family lifestyle directly affects all study outcomes, such as parental diet, exercise, and weight status.
Johnson et al. (2015)	Analyse the Age-Related Process of Overweight or Obesity Development Changed over Time	The 1946 Medical Research Council National Survey of Health and Development , 56,632 participants	In the 21st century, the general probability of developing childhood obesity or obesity increased 2 to 3 times than in the previous century.

Literature review

Wilkie et al. (2016)	Explore lifestyle behaviours and overweight and obesity among children aged 9–11 years	the ISCOLE study, 374 participants	Physical activity (BP), sleep, screen time (ST) (eg, watching TV) and eating habits are four lifestyle behaviour variables that affect body weight.
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Results

Theme 1. Family lifestyle have significant influence on childhood obesity

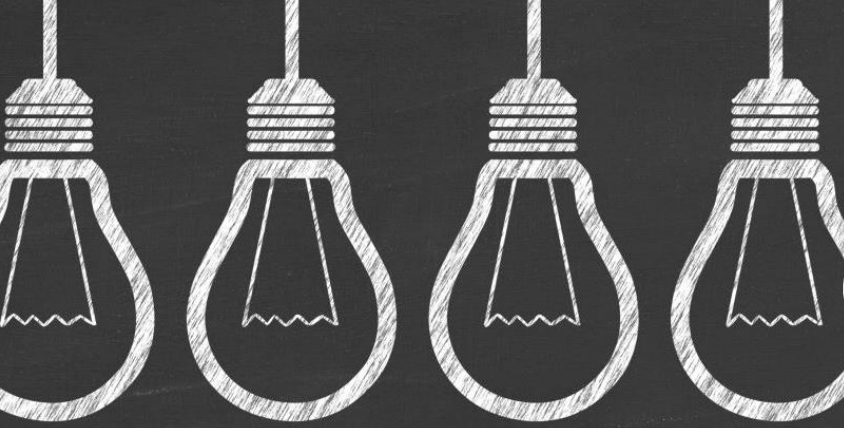
- Estimates whether children from privileged backgrounds are more likely to have access to healthier lifestyles and which leads to inequalities in the prevalence of obesity
- Our results show that MVPA, sleep duration, ST and a healthy diet independently affect overweight and obesity.



Theme 2. Lifestyle behaviour and childhood obesity

- Median BMI and the prevalence of overweight and obesity generally increased with age after mid-childhood in each study.
- Family lifestyle directly affects all study outcomes, such as parental diet, exercise, and weight status.





Discussion

- **Strengths of secondary research :**

- Easy to access internet
- Saving time effort
- Cost effectiveness

- **Limitations secondary research:**

- Difficult to find primary research in UK
- Different requirements
- Lack of resources



Recommendation

- Improving the nutritional content of the food and drink our children consume
- Strengthening the information available to parents about those product
- Changing the way that unhealthy food and sugary drinks are promoted
- Activate intervention plans to interact and help families and disadvantaged families
- Implementation of programs in the school calendar that link nutritional guidance and physical activities for school (Gov.uk,2017)



Conclusion

Lifestyle is one of the predominant factors that allows us to control and implement future interventions and policies can be developed appropriately. The problem of childhood obesity is relevant in school adolescents and the disclosure of these data becomes necessary so that alert to the dimension of this problem.

References

- Gov.UK(2022) *Childhood obesity, applying All Our Health*. Available at: <https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health/childhood-obesity-applying-all-our-health>. (Accessed:9 august 2023)
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