

Script for Presentation

For this presentation, I have chosen to research the theme of obesity in young children . Obesity is a topic that will offer a great range of information and statistics and has been an issue that has been increasing over the years. I will be interested to see what areas in Wales specifically that have the increasing number of child obesity. Working in an early years setting myself, we follow guidelines that the Welsh government have put in place for the healthy start programme but it will be interesting to go into more depth on how other settings help to promote healthy eating . There is also so much more that can be researched when we look at obesity and other organisations that will be involved . The latest figures from the children's commissioner of Wales(2025) shows that one in ten children in Wales are classed as obese . They also worded this as a quarter of four to five year olds are obese which is a worry in itself as that age they have only just begun their journey in the educational system . They also state that there are multiple factors to a child being obese and not just one factor .

Under article 24 of the UN Convention on the Rights of the Child (UNCRC) all children have the right to the highest standard of health , this means that the government should provide adequate nutritious food . Article 24 also states that the government should ensure all segments of society are given guidance and information based around the correct nutrition children should be given and also information on children's health .

The children's commissioner for Wales figures show that Wales has the highest rates of obesity and their statistics show that obesity is a higher problem in more deprived areas , they have a statistic where children in Monmouthshire have a percentage of 7.9% obesity compared to Blaenau Gwent where their statistic showed a percentage of 14.3%. Although these figures do not show the answer on why more deprived areas there are questions to be raised over these figures and also looking further into detail on how the government can decrease these figures.

The NHS provides a website that has the necessary information for parents to access about what children should be eating. The information starts from newborn and provides detailed information on when a baby should be moved on to solid foods and they also state that from the age of two a child should be eating the same meals as an adult . From this information they also state that setting a good example for your children is an ideal start for a healthy living, children learn by example so if they are witnessing adult role models eating unhealthily then they will be more likely to follow .

In 2016 the healthy child Wales was introduced this incorporates elements of a healthier family approach . This programme is openly available for all families with children aged from newborn up until the age of seven and it focuses on the preventative and early intervention measures to support parents and help promote

healthy lifestyles. The healthy child Wales includes different multi organisations it includes health care staff from midwives to doctors and also used alongside schools. During a child's school time they will be offered support by a school nurse which will follow the guidelines put out by the healthy child Wales. The nurse will be able to work alone or as part of a team with confidence to be able to make their own decisions. Their role includes identifying the health needs of school aged children which will run through an ongoing programme which includes the surveillance of health so for obesity things like weight management would be considered and observed as well as diet. The child's assessment which will lead onto a plan where everyone will feel the child will benefit from, monitoring the child introducing plans into place to prevent further risk of obesity and what the child, parents and other organisations believe will benefit the child, they might have to refer to the relevant organisations for further guidance or support for the family alongside referral they may need to use some sort of intervention to delay the problem getting worse and they also work effectively alongside the child and family to a plan they feel comfortable with.

The well being of Future Generations Act Wales (2015) came into force for Wales to improve the social, economic, environmental and cultural wellbeing of Wales. Introducing this act will improve the thinking of things for the long term. Making sure that the Welsh government is working better, communities and with other multi organisations. It also works to finding solutions for problems and preventing them escalating and offering support and plans into place for prevention. This act relates to Maslow's Hierarchy of Needs with all the key stages they want to improve knowing that they all impact into a child's lifestyle and better them.

Wales also introduced the Child Measurement programme in 2011 and is used as a surveillance programme by Public Health Wales to monitor the weight and height development in children in Wales. Key findings from their last statistical survey for the year 2023/2024 shows that the proportion of children with a healthy weight was 73.5% which was a lower proportion compared to the previous year but a substantial increase from pre pandemic levels. Their records show that Wales has the highest percentage of children with obesity against the whole of the United Kingdom. It also shows that boys are showing as more overweight as a whole.

Obesity is such a world wide problem but there are so much more organisations which offer support for both children and families. Once the health organisations and others have assessed children who are showing as obese they should be given support physically and mentally, as there could be underlying issues in which are related to their obesity. I also believe that each child should be offered care plans and packages suited to the individual child and their families which will help decrease the problems caused due to obesity. I believe with all the health guidance and plans Wales have put into place they will help decrease the problem of Wales being a nation of child obesity.

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