



Community Care and Development Wandsworth: Obesity

Student Name: Myrna Morales

Student ID: 1917110

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Module lecturer: Dr. Laila Surani

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Introduction

This paper is focus on one issue which is obesity for adults and its impact especially in Wandsworth Borough and in community care development. Community care and development defines as practice and effort to make certain people avail for others who are living in their homes more than providing or offering services in residential organizations (Gettel, C. and et. al.,2022). Promotes equality egalitarianism, classlessness', consensus, fairness, human rights, and social justice through education and empower of people within their communities, whether these be locality, identity, or interest in urban and rural settings. (PHE,2017)

This assignment also considered the precise definitions of obesity. Exploring the causes, cost, and effects to the people with issues of obesity. The policies and legislations approach within the community care development. With the help of this principle's individuals should also contribute to enhance the hope among people to live healthier and better lives.

This report also explores the diversity and demography, health needs, social economic, cultural issues faced within adult community. Lastly, this assignment will highlight approaches and development to raise awareness and effect positive changes using on methods and actions including recommendations.

Demography and diversity in community

- ◆ Empowerment -People should be able to control and use their own resources and means to influence others. The characteristic of adult community is high morale as they confident about going any practice and conducting action in practical manner (Chan and Mehta,2022). With the current characteristic adult community takes pleasure of achieving aims and objectives with patience that eliminate the cause or reason.
- ◆ Self- directed –Another characteristic relates to adult community with obesity in Wandsworth Borough is self-direction and take decision for their lives independently. Thus, adults take decision according to situation and direct themselves accordingly, which enable to reach targets and obtain desire outcomes.
- ◆ Practical and outcomes oriented –Along with above two, practical and results oriented is the best examples of characteristic that adult community have. Adults believe to conduct practical things so that they can get access of desires results and meet targets, which is quite essential for them to do so. With current form of features adult community take benefit in varied ways. For example, they can take pleasure of improving skills and boosting self-confidence at high extent that hep to take further actions appropriately, with consideration of key factors.

Wandsworth Borough

Wandsworth is London Borough is in Southwest London with the population of 328,367 people according to the latest survey of ONS 2021. Life expectancy is 8.8 years lower for men and 4.9% for women, which means is 82 years for women and 80 years for men.

Statical data, race, and ethnicity in Wandsworth

- ♦ White- 222,090 people or 67.8%
- ♦ Asian –38,314 people or 11.7 %
- ♦ Black- 33,062 people or 10.1%
- ♦ Mixed -20,598 people or 6.3 %
- ♦ Other- 13,442 people or 4.1%

Religion group

- ♦ Christian –46%
- ♦ Muslim – 7%
- ♦ Hindu –2%
- ♦ Buddhist, Sikh, and Jews is 1%

Age;

10 to 11 years aged adults in the Wandsworth classify as obese as it has been found that more than 52 percent of adults' overweight as compared to 57 %found in London.

Gender;

Females are 58% out of 100, Men are 68 % both are faces issues relate to health because obesity.

Education-

Wandsworth team put together useful resources & Information Pack about all things in Borough. It is a list were to get support, help, training funding for anything to assist in whatever the community needs of information.

Employment:

The permanent residences of Wandsworth 196,800 (83.5%) from aged 16 to 64 years are employed actively. While in London are (78.2%) and England (79.1%) which is above to both in employment.

Health and social care needs-

Aged 10 to 11 years' adults tend to get access of the best health and social care services to full fill their basis needs such as need to be love by family members, accepted by peers and to be respected by other learners in the

educational institute where they study together(Roser, Bajaj and Stanford ,2022) .Better care plan ,useful treatments and experts care are those health care needs that adult with the chosen health issue tend to obtain ,because it benefits them in varied ways.

Issue and causes:

Health and well-being are “a dynamic state, in which a person can develop their potential, work –productively and creatively, build strong relationship or connection with other, and contribute to their community.” It is also added when individual felt and can fulfil their personal and social goals and achieve a sense of purpose in society, as define by WHO (World Health Organisation) and cited by (Mackereth, et al., 2014 p. 12). There is boundless segregation and shame towards corpulent or obese individuals. They are seen to be unkeen and ailing in self-discipline. This implies that implies weight does not have just have actual impact, however, mental ramifications for those impacted which prompts disappointment in life, poor or not having relationship, low regard, and uselessness (Hamlet ,2017).

Obesity in the recent time is considered as complex chronic disease that put negative impact on health, including mental and emotional well-being of individuals who are living their life with disease and face worst situation due to that (Causes-Obesity ,2023). There are several reasons or causes avail behind obesity such calories, unhealthy diet, lifestyle, lack of physical activity and the most common is genetic disorder due to which the disease develop in human body.

Adults with obesity in Wandsworth borough expect to obtain and utilize the best health services that aid to fulfil their related needs such as medical treatment. In form of social need, adults want to obtain fair treatment either at home, nearby places or in the schools where they study for purposes of obtaining education relate to several academic courses. In the recent time due to current disease adults in the in the world faces number of issues such as they become the victim of discrimination that put direct impact on health on mental and physical well- being of adults 'community at high extent. It drives the attention toward strategic and distinct approach as well as initiatives that aid to play crucial role in form of health and social improvement within the chosen community (PHE,2021).

Due to the environment, we live in making it difficult for many individuals to eat healthy and get enough exercise, obesity is a problem that is becoming increasingly prevalent, according from the study in Wandsworth Medical Centre. (Wandsworth Medical Centre,2023) Obesity is a complex issue with major causes. Stoutness and overweight are causes when additional calories, especially from food varieties high in fat and sugar, remains as in the body as fat. **According to NHS (National Health Services) diet** which needs self-discipline not overeating fast process foods, eating out in restaurants, fizzy liquid or due of comfort eating causes of lack of self-confidence or complicated lifestyle. **Genetics** qualities can be likewise reason for heftiness, for certain individuals how the body food sources and become energy or remains sack of fats. The bad eating habit from parents also cause of these obese.

Medical reasons also contribute on this issue, by

taking medicine. Underlying conditions which heart disease, sleep apnoea, cancer, diabetes, chronic disease, heart problems, will be in progression with obese or overweight people (NHS,2023).

Approach and initiative as solutions -

Societal approach is the method or concept that apply in case of adult in community with obesity. As it that aid to consists of strategic methods that aid to improved health of individuals via policies, laws and restrictions apply in practical and systematic manner (Cockerham. ,2022) It includes the best act or law and that is **Equality Act 2010** that prevents from being a victim within schools and other places where they have been discriminated because of overweight which is ethically wrong. For examples, when students treat an adult differently because of conducting any playing activity due to obesity to requirements of them under **Equality act 2010**, then this might give rise to legal claim for discrimination (Mason and Minerva,2022). With the help of current law, management can take appropriate action as they can generate awareness among learners about providing fair chances to all about playing games and conducting any activity during academic period. Another law or policy covers under the term of societal approach as human rights. Equality act 2010 refers to set fundamental rights and freedom that individual person in the world is entitled to. The current legislation drives the concentration of individual adults with obesity toward using their right and taking benefits of for doing everything and anything like others.

In the society most of the adults faces issues because of overweight as they are restricted to play multiple games still having capability or ability to do so. Equality act 2010 and Office for Disability Issues (2011) defines obesity as disability “physical or mental impairment and the impairment has a substantial and long-term adverse effect on his/her ability to carry out normal day-to-day activities.” Research shows that most obese individual are at higher risk of being depressed: it stated that risk of depression increasing as BMI increase (Claydon et al. 2015). Social determinants of wellbeing as those are financial circumstances that effect on individual and show wellbeing position and that community, they lived in describe by (Bryan et al. 2015)

Care act 2014 is also applicable in case of obesity Adult in Wandsworth Borough as it promotes individual well-fare and effectively prevent needs for support and care in the health care sector (Crane and et.al.,2022).The accessibility of current Legislation allows adults to fulfil their needs relate to treatment and care.in the health care centre because of care Act 2014 specify general accountabilities of local authorities and care expert like provide information and care advice on the basis of health situation of a person with obesity.

Approach and developments for positive changes

It is quite essential for people to generate awareness related to solutions and approaches to apply regarding obesity among adults in the Wandsworth borough, due to which they face several social, emotional, and cultural issues. The process to raise and generate awareness includes strategic approach and method such as social media communication that help to aware adult community about taking actions ethically in form of using rights to do what they want without sitting back from being afraid of others (Li and et.al., 2022). **Social media** includes different of methods that raise awareness and effectively change varied things relate to day-to-day activities, food consumption, etc among adults who are facing issues because of obesity daily either at home school or community as they are being judged on the bases of overweight. It can be said that media and social communications benefit adult community in multiple ways. For example, Instagram is the best sources to communicate individually with adults as it enables a promote to connect with them and direct about what they can do better for purpose of solving issues they faced and overcome the negative impact that obesity had upon them.

Most of the health care experts in the recent time utilize Instagram because of generating awareness in the world about preventions to reduce and manage as well as keep themselves away from falling into the category of patient with obesity, in case if it is not genetic. It is fact that online social networking sites provides individuals great opportunity to exchange the essential information about rights and freedom of adults with current disease that put positive impact to their health including mental, physical, and emotional (Wandsworth Council,2015).

Social development campaign helps to raise awareness and aware people about positive change using societal approach that change their lives with treat or fear to do not perform multiple things as they are overweight but capable. It gives them necessary knowledge about actions that helps them prevent unethically activity that outcome positively.

Using social media and digital communication

Social media communication offers an effective medium with which information may exchange between the overweight and obese patients and their health care providers contribute to superior's weight loss outcomes. Media and social communicative provides solutions in promoting the weight control behaviours consist of devices and app that make it easy to track the calories intake and physical activity. For instance, social media communication allows people to effective medium with information which may be enhanced between weight and obese. It also provides the body mass index facilities on social media that create a

support environment to confront obesity as well as associated with non-communicable diseases. (Duong and Hopter,2023)

Conclusion and Recommendations

It has been determined from about study social as digital source plays significant role as it has generated excellent awareness in the world or all over the globe relate to methods and other prevention that has helped to improve the health among adults. Furthermore, by summing up discussion it has been summarized that social media promotion has developing new changed that has reduced the level. Adults has moved towards healthier foods that also in form of eliminating causes behind the health issue. It has been determined implementation of strategic approach has improved health. In which can avoid that can cost the UK (United Kingdom) worth 10 billion per year estimated by 2050. (PHE ,2017). The Wandsworth Borough developed the community care development which are population –oriented and policies that aimed at reducing the prevalence's of obesity. However, it can be challenging to assess local and national obesity strategies and determine which ones are effective. Potential health policies that take into account the multifaceted causes of obesity are crucial for preventing it. They should make it mandatory to provide health and wellbeing education in schools and outlaw the advertising of unhealthy foods on billboards all over the country. However, no matter how robust strategies and policies are, there is likely to be barriers. They should also make it mandatory to provide health and wellbeing education in schools and outlaw the adversity of unhealthy foods on billboards all over the country.

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