



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Introduction to Research
BMHP5005
Student: Anisoara Stoica
ID: 1909636
Lecturer: Noura Mohamed



Obesity in adolescence

Literature review focus

- This project aims to determine the impact that obesity has on growing adolescents
- What impact does being obese have on an adolescent in growing up?
- The research aim is to find out how obesity negatively affects the body and personality of the teenager
- The objective is to centralize secondary data to make it easier to understand the problem of adolescent obesity.

Obesity in adolescence

Methods

- Ten qualitatively relevant secondary data for the research topic
- Keywords: Obesity, Adolescents, Teenager obesity, BMI, Body image, Confidence, Self Image.
- Google Scholar and University Library, essential tools used in this research
- Inclusion terms: Adolescents (14-19 y.o.)
- Exclusion terms: Adults and Elderly
- Boolean search was used for more relevant results

Obesity in adolescence

Findings and Key Themes

- Obesity in adolescents is associated with a range of social problems (Bray et al., 2018)
- The high prevalence of obesity in childhood and adolescence has major public health consequences (Puhl et al., 2017)
- Treatment practices have not been effective at reducing adolescent obesity at the population level (Rancourt et al., 2017)

Themes:

- The management of teenage obesity is increasingly complicating.
- Physical exercise and avoiding enhanced BMI is important for teen wellbeing