

Presentation LINK [Recap: Meeting with Georgina Matthews \(2504703\) 21 June | Meeting | Microsoft Teams](#)

Presentation script

Good Afternoon , I am Georgina and today i am going to be discussing childhood obesity and the effect that it has on children's health, wellbeing and lifestyle.

What is obesity? NHS Wales (no date) describe obesity as the body having excess fat which can contribute to health issues. World Health Organization (2025) also describe obesity as a disease which can have a range of contributing factors and being overweight as 'a condition of excessive fat deposits '. Both are measured on BMI which is body mass index, calculated by weight and height and categorised by age. World health organization outline the three ages categories and how BMI is measured to diagnose obesity. These are adults over the BMI rate of 30 are classified as obese. For children between 5-19 there is a chart which is gender and age specific that can be followed to identify obesity. Children under five have a different chart with the same principle comparing measurements against their gender and age. Therefore, having specific charts to evaluate BMI, obesity can be diagnosed and categorised to support children and their families.

You may ask how many people does obesity effect? The world health organization (2025) state that in '2022 1 in 8 people in the world were living with obesity' which is approximately 12.5% of the world population. However, when only discussing children between the ages of 5-19 160 million children were classed as obese, showing that the disease has a large effect across the world. NHS England (2026) discuss figures collected in England from 2024. '15% Children from 2 to 15 were living with obesity' whilst 26% were either overweight or living with obesity'. Which means more than one in four children were over the suggested healthy weight, highlighting the health concern for obesity.

What are the factors that contribute to obesity? National Heart, Lung, and Blood Institute (2022) state that becoming either overweight or obese is from being in a calorie surplus, meaning that the food intake is more than the energy burned, which happens over a period of time. They highlight that having a calorie surplus which can be through lack of exercise, food and drink intake and lack of sleep allowing the body to build up excess fat which is stored in the body. World Health Organization (2025) also describe the main contributing factor of obesity to be the energy imbalance, energy in from food intake being more compared to energy output from physical activity. They further highlight the other factors such as environment, medical issues and food prices. Showing that although the reason people become obese is because

of calorie surplus there are a range of factors that contribute to the imbalance making it more complex than just food and exercise..

I have discussed the percentages, now I am going to discuss the impact on children living with obesity. It an effect on health, well-being and lifestyle

Obesity effect on health

Royal College of Paediatrics and Child Health (2020) highlight that childhood obesity is a significant health issue for public health in the UK. They further add the health conditions that can come with obesity such as, heart diseases, high blood pressure and even cancers. Bradshaw (2016) also discusses the significant health issues that can be impacted from having childhood obesity including diabetes and heart attacks. World Health Organization (2025) also state that not only does having obesity in early years effect childhood it is also likely to impact adulthood and future health concerns. This highlights the major health implications that obesity can have on children and their future health.

Obesity effect on well-being

Bradshaw (2016) states that there is a link between children who are obese or overweight and low self-esteem as well as mental stress. Welsh Government (2019) also highlight this stating that obesity can impact mental health and cause anxiety and depression. Having low self-confidence and self-esteem can affect the well-being of a child. Rojas, Méndez and Watkins-Fassler (2023) discuss the importance of self-confidence stating that the role it plays in child gaining sense of belonging. Therefore, suggesting that obesity may not only impact a child's physical health but also their mental health. World Health Organization (2025) also discuss the link between well-being and obesity stating that it has a negative effect on school performance and socialising, as a child with obesity is likely to get bullied. Children who experience bullying may be less willing to go to school and therefore, have less opportunities for social and cognitive development, supporting that obesity not only has physical effects but also mental and social.

Obesity effect on lifestyle

The NHS England (2026) reference the world health organization when discussing the negative impacts that having obesity as a child has. They state that childhood experiences of obesity are highly likely to lead into adulthood and have an impact on health and earlier cases of diseases which influence lifestyle such as diabetes and cardiovascular issues. This suggests that having obesity in early years will not only

affect the lifestyle of childhood but their future lifestyle. Royal College of Paediatrics and Child Health (2020), state that children who live in disadvantaged communities in the UK have an increased risk to obesity, this could be due to less access to healthy foods due to cost and less opportunity for sports due to the expense. World Health Organization (2025) discuss that children in deprived areas or countries have more access to high calorie but low nutritional value foods, which alongside low physical activity increases chances of obesity. This indicates that children from low-income families have a higher chance of being obese from a lifestyle they cannot control limiting their access to physical activity and nutritional food.

What is being done to prevent obesity?

Welsh Government (2019) have a project called 'healthy weight: Healthy Wales', the aim is to prevent obesity through education on how to make healthy choices and to be physically active. They also state that health care practitioners should be trained to educate and support others for healthy lifestyle choices. Showing that education is the main target to reduce obesity, as without the understanding and support obesity will remain a large public health concern.

Health care professionals

Office for Health Improvement and Disparities (2022) highlight the key role that health care professionals play to help prevent childhood obesity, and the importance of working as multiagency to provide support and education to families. Bradbury et al. (2018) also discuss the importance of health professionals however, they state the limitations stating that regularly families did not take on board the information being provided and the significance effect of their lifestyle choices had on their children. This suggests that although support can be provided to parents from health care professionals, they need the knowledge and understanding to positively influence their children, demonstrating that early education and intervention is key.

Helping parents

According to Bradshaw (2016) a child's biggest influence in their development is from their parents and guardians as well as the environment that they live in. Therefore, to help children parents need to be supported also. If parents are aware and educated, they can pass on the information and teach it to their children. Centers for Disease Control and Prevention (2026) also suggest that healthy diets and routines in family's is good for role modelling for children to be able to develop and grow healthy. They further add eating nutritional meals containing the vital nutrients aids towards health and wellbeing. In the UK to support parents NHS (2025) have a page 'advice for parents of overweight children' the page has advice with tips of what to do and what not to do to when your child is overweight. The page

also highlights the importance of setting an example to children through parents themselves eating healthy and doing physical activity. Although parents may be educated Cowley (2021) highlights that parents may not be able to afford the foods deemed healthy and therefore can cause barriers when setting an example for their children.

As practitioners and in schools what is being done?

Schools and practitioners also have a duty to ensure children are aware and learn the importance of healthy eating as well as physical activity. Cowley (2021) states the curriculum in primary schools is progressive with teaching healthy eating and exercises throughout the years of 2-6 which are for imbedding the importance of healthy eating. They also state that schools provide healthy school dinners which is nutritional food with correct portion sizes, however healthy dinner time is limited with packed lunch as it cannot be controlled. In the Welsh curriculum 'food and fitness' is an important aspect as the Welsh Government believes it is a key aspect of a child's development and wellbeing. The curriculum states that children should be provided with experiences that allow them to explore exercise and food to learn the significance for their bodies (Welsh Government, no date).

Physical Education

Physical activity is seen as a substantial part of preventing obesity, National Heart, Lung, and Blood Institute (2022) state that lack of physical activity as well as other sedentary activities is linked to having a higher BMI, and therefore overweight or obesity. Welsh Government (no date) advice that being active is helpful to lose weight and help obesity and National Heart, Lung, and Blood Institute (2022) argue that children should have at least 60 minutes of physical activity per day. NHS (2025) state that not physical activity is beneficial to health and lowers risk of future illness and health issues as well as having a positive effect on mental health. This contrasts to obesity which can negatively impact physical and mental health.

Conclusions

In conclusion, childhood obesity is at the forefront of public health concerns as the consequences that are associated with obesity can have significant and life changing effects that are likely to continue to adulthood. (Department of Health and Social Care et al., 2016). There are many factors that contribute to obesity (National Heart, Lung, and Blood Institute (2022) , however with early intervention and education support, obesity can be prevented or addressed (Centers for Disease Control and

Prevention, 2026). Therefore, it is important that parents and professionals work together to help children with living healthy lifestyle.

Thank you for listening, are there any question? Thank you

References

Bradbury, D., Chisholm, A., Watson, P.M., Bundy, C., Bradbury, N. and Birtwistle, S. (2018) 'Barriers and facilitators to health care professionals discussing child weight with parents: A meta-synthesis of qualitative studies', *British Journal of Health Psychology*, 23(3), pp. 701–722. doi: 10.1111/bjhp.12312.

Bradshaw, J. (2016). *The Well-being of Children in the Uk*. (Fourth edition.). Policy Pr.

Centers for Disease Control and Prevention (2026) *Preventing childhood obesity: 6 things families can do*. Available at: <https://www.cdc.gov/obesity/family-action/index.html> (Accessed: 19 June 2026).

Cowley, A. (2021). *The wellbeing curriculum : embedding children's wellbeing in primary schools*. Bloomsbury Education.

Department of Health and Social Care, Prime Minister's Office, 10 Downing Street, HM Treasury and Cabinet Office (2016) *Childhood obesity: a plan for action*. Available at: <https://www.gov.uk/government/publications/childhood-obesity-a-plan-for-action/childhood-obesity-a-plan-for-action> (Accessed: 20 June 2026)

National Heart, Lung, and Blood Institute (2022) *Overweight and obesity: Causes and risk factors*. Available at: <https://www.nhlbi.nih.gov/health/overweight-and-obesity/causes> (Accessed: 17 June 2026).

NHS (2025) *Advice for parents of overweight children*. Available at: <https://www.nhs.uk/live-well/healthy-weight/childrens-weight/advice-for-parents-overweight-children/> (Accessed: 19 June 2026).

NHS (2025) *Exercise: health benefits*. Available at: Accessed: <https://www.nhs.uk/live-well/exercise/exercise-health-benefits/> 19 June 2026).

NHS (no date) *Overweight and obesity*. Available at: <https://www.nhs.uk/conditions/overweight-and-obesity/> (Accessed: 16 June 2026).

NHS England (2026) *Children's overweight and obesity*. Health Survey for England 2024. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2024/childrens-overweight-and-obesity> (Accessed: 16 June 2026).

Office for Health Improvement and Disparities (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: 20 June 2026)

Rojas, M., Méndez, A., & Watkins-Fassler, K. (2023). The hierarchy of needs empirical examination of Maslow's theory and lessons for development. *World Development*, 165, Article 106185. <https://doi.org/10.1016/j.worlddev.2023.106185>

Royal College of Paediatrics and Child Health (2020) *Healthy weight*. State of Child Health. Available at: <https://stateofchildhealth.rcpch.ac.uk/evidence/prevention-of-ill-health/healthy-weight/> (Accessed: 18 June 2026).

Welsh Government (2019) *A healthier Wales: Our plan for health and social care – Young people's version*. Cardiff: Welsh Government. Available at: <https://www.gov.wales/sites/default/files/consultations/2019-01/youth-community-version.pdf> (Accessed: 18 June 2026).

Welsh Government (no date) *Food and fitness in the curriculum in Wales*. Available at: <https://hwb.gov.wales/api/storage/df7c7708-330e-4c3a-b649-4722d9639cda/food-and-fitness-in-the-curriculum-in-wales.pdf> (Accessed: 19 June 2026).

World Health Organization (2025) *Obesity*. Available at: https://www.who.int/health-topics/obesity#tab=tab_1 (Accessed: 16 June 2026).