

OBESITY IN CHILDREN IN EAST LONDON (10 TO 16 YEARS OLD)

When a child has too much fat in his/her body, they are overweight or obese. By the time they graduate from primary school, 4 out of 10 kids are dealing with this issue. Health issues can arise from being overweight, especially later in life. It may also impact your child's emotional wellbeing and sense of self-worth.



There are some causes which are the main reason for obesity in children in East London.

- Sedentary lifestyle (WHO, 2021)
- Genetics (WHO, 2021)
- Junk-food (WHO, 2021)
- Environment(WHO, 2021)
- Medical condition(WHO, 2021)



We have chosen some activities on treadmill with Virtual Reality Spects.

This will help child to do a physical activities as well as help to choose a right food intake.

VR spects will make it more interesting.

It will also help to prevent obesity as well as help to reduce overweight in children.

Virtual Reality Spects with Treadmill



- Virtual reality spect(s)(VR SPECTS) will be used to manage or prevent the obesity in children.
- It is a technology which is easily used by children and will be attached with the bluetooth device and treadmill.
- VR SPECTS will be work as real world scene because there will be some programs inserted like beach view, river view, mountain climbing and many more activities.
- Treadmill will be attached to this device and will work according to fixed program which would be chosen by child.

Address the obesity

Children living with obesity also faces some emotional and social issues such as:

- Worse body image and self-esteem,
- Being more susceptible to depression,
- Developing an eating disorder in older children,
- Being teased or bullied,
- Having behavioural issues (GOV.UK, 2023)
- Children who are overweight or severely overweight have a higher chance of developing a number of diseases both as children and as adults, including high blood pressure, high cholesterol, and type 2 diabetes (pre-diabetes) (GOV.UK, 2023)





Consequences

Children who are overweight or severely overweight have a higher chance of developing a number of diseases both as children and as adults, including high blood pressure, high cholesterol, and type 2 diabetes (pre-diabetes) (GOV.UK, 2023)

cardiovascular difficulties, bronchial asthma, obstructive sleep apnea (OSA), hepatic steatosis, gastroesophageal reflux disease (GERD), and psychological problems could be lead by childhood obesity (Balasundaram and Krishna, 2022).

Musculoskeletal disorders (especially osteoarthritis) (WHO, 2021).

Interventions of VR specs:

VR specs will be work as a food scanner also so that children would manage food intake.

It will be helpful for physical activity as well as diet and nutrition.

To promote this technology we will use:

- Stakeholders
- Get engage with different kind of NGO related health and management
- Family involvement and school collaboration
- Take a support from obesity champaign organization

Main aim is to promote this technology regarding obesity prevention and reduce the rate in childhood obesity to prevent present and future health complications in child.