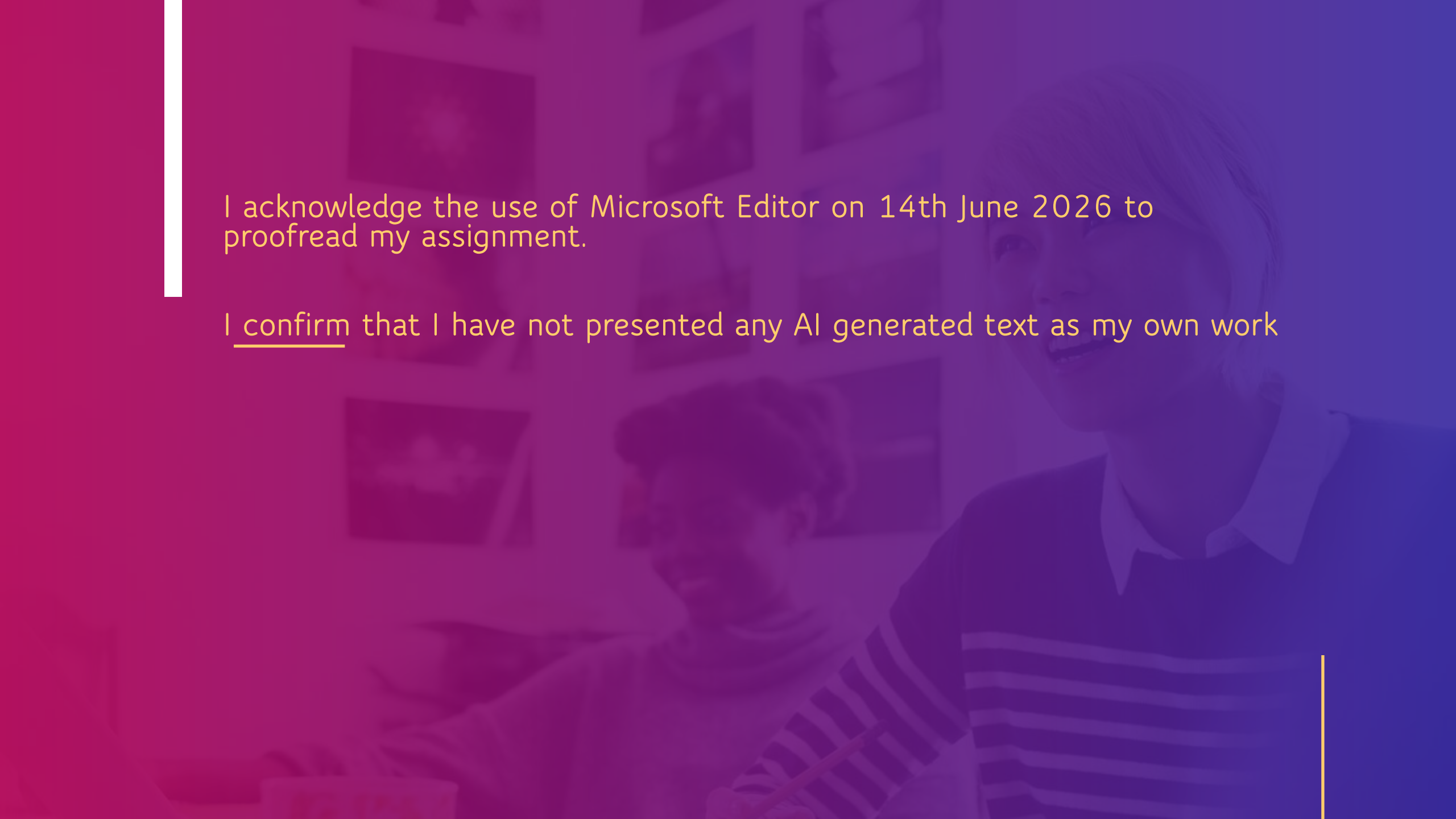




I acknowledge the use of Microsoft Editor on 14th June 2026 to proofread my assignment.

I confirm that I have not presented any AI generated text as my own work



Health, wellbeing and lifestyles

*The impact of childhood obesity on
health and wellbeing*



Both World Health Organisation (WHO) (2025) and Best Practice (2025) refer to obesity as a medical condition caused by excessive fat accumulation in the body. The condition affects people of all ages and is now widely recognised as a significant worldwide issue within public health.

The Welsh Government (2025) believe that increasing levels of child obesity are mostly due to modern eating habits and lifestyles. People are surrounded by easily accessible foods that are high in fat and sugar and busy schedules mean more reliance on fast food and ready-made meals rather than cooking at home.

Child Obesity



Why is it significant

Statistics

- With over 100 million children living with obesity, childhood obesity is regarded by the WHO (cited in Marcus et al, 2022) as one of the most significant health challenges facing modern world. health
- Public Health Wales estimates the cost of obesity to the NHS in Wales as £73m.
- 27.3% of children aged four to five years were living with obesity.
- The percentage of children in Wales living with obesity was found to be higher than those in England and Scotland.
- Children living with obesity in the most deprived areas were roughly 75% higher than those living in the least deprived areas.

The impact on children/families

- Social effects
- Eating disorders
- psychological and psychiatric problems
- Mental health



Why is it significant

Long term effects on children/families

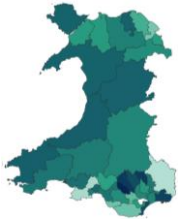
- Type 2 diabetes
- Increased risk of autoimmune diseases
- Premature death

The impact on society

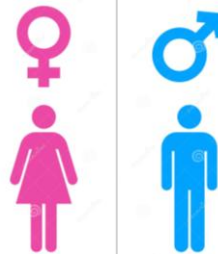
- Cost to the UK is £58 billion
- Cost to NHS is £6.5 billion



Factors that effect/cause obesity



Socio economical deprivation



Sex/gender



Genetics



Medications



Medical conditions

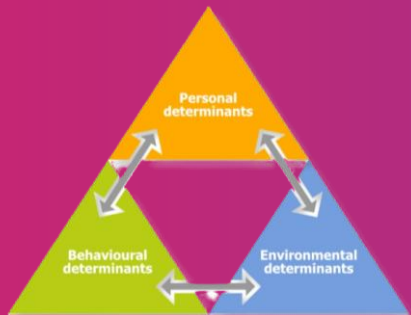


lifestyle



Theorists

Understanding obesity is more than simply examining individual choices about diet and exercise. Academics have developed a range of theories to explain how biological, psychological, social, and environmental factors interact to influence weight-related behaviours.

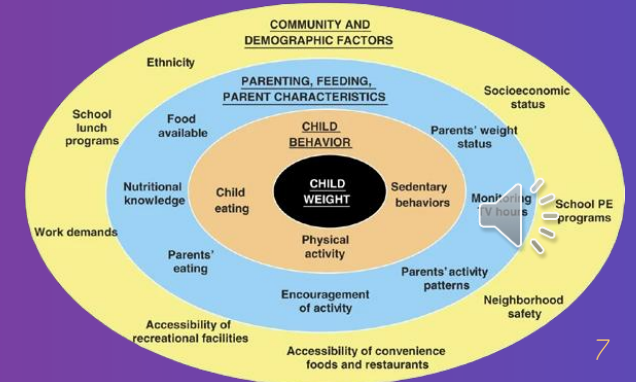


Bandura's Social Cognitive Behaviour

- Behaviour is influenced by personal factors, environment, and social influences.
- Children may develop unhealthy eating habits by observing parents, peers, or media.
- Highlights the importance of role models and healthy environments.

Bronfenbrenner's ecological Systems Theory

- Obesity is influenced by multiple levels of a child's environment.
- Factors include family, school, community, and government policies.
- Suggests interventions should target more than individual behaviors.



| Policies & legislation

Healthy weight, Healthy Wales

Healthy environments
healthy settings
healthy people
leadership and enabling change.

The Calorie Labelling (Out of Home Sector) (England) Regulations 2021

The requirement to display calorie information on food.

Universal Primary Free School Meals (UPFSM)

Free School meals for all primary school aged children,

Food (Promotion and Placement) (England) Regulations 2021

Restrictions on the promotion and placement of unhealthy foods.

The Health and Care Act 2022

Restricting advertisement of unhealthy foods aimed at children



Weight management

Evidence by Sarwer and Polonsky (2016) suggests that achieving and maintaining a healthy weight can have important psychological as well as physical benefits. Weight loss has been associated with improved self-esteem, body image, quality of life, and emotional wellbeing, while also reducing symptoms of anxiety and depression.

Research by Putri et al. (2025) indicates that effective weight management during childhood can reduce the risk of cardiometabolic diseases such as type 2 diabetes, stroke, heart attack, non-alcoholic fatty liver disease and premature death in early adulthood, particularly among children who achieve a healthy weight.



Although the WHO identifies childhood obesity as a major global health concern, the statement lacks context for evaluating the severity. The figure of over 100 million affected children does not indicate the prevalence rate. In addition, describing obesity as "one of the most serious challenges of the 21st century" is a strong claim that lacks supporting context.

The institute for Government (2023) states since 1992, every government has recognised obesity as a major public health issue. However, despite numerous strategies, policy initiatives, and institutional reforms aimed at reducing obesity rates among adults and children, targets have consistently been missed. This ongoing failure highlights the complexity of the obesity epidemic and the need for more effective, long-term solutions. In Conclusion

Conclusion



References

- Adobe Stock (2026) *Health Conditions & Diseases Icons - Dot Series*. Available at: [Health Conditions & Diseases Icons - Dot Series Stock Vector | Adobe Stock](#) (Accessed 11th June 2026)
- Ali, A., Al-ani, O., and Al-ani, F. (2024). 'Children's behaviour and childhood obesity'. *Pediatric Endocrinology Diabetes and Metabolism*, 30(3), pp.148-158. Available at: <https://doi.org/10.5114/pedm.2024.142586> (Accessed 7th June 2026)
- Animalia-life (2026) *Human Dna Stock Illustration*. Available at: [Genetics Clipart People](#) (Accessed 11th June 2026)
- Sarwer, D., Polonsky, H. (2016). The Psychosocial Burden of Obesity. *Endocrinology and Metabolism Clinics of North America*. 45(3), pp. 677-688. Available at: [\(PDF\) The Psychosocial Burden of Obesity](#) (Accessed 11th June 2026)
- BMJ Best Practice (2025) *Obesity in children*. Available at: [Obesity in children - Symptoms, diagnosis and treatment | BMJ Best Practice](#) (Accessed 24th May 2026)
- Dreamstime.com (2026) Toilet sign. Available at: [Toilet Icon. Toilet Sign. Male and Female Bathroom Sign. Gender Sign of Man and Woman in Color Isolated on White Background Stock Vector - Illustration of couple, graphic: 205765334](#) (Accessed 11th June 2026)
- Flaticon (2026) *Healthy Lifestyle free icon*. Available at: [Healthy lifestyle - Free user icons](#) (Accessed 11th June 2026)

References

- Frontier Economics (2022) *Estimating the Full Costs of Obesity*. Available at: [PowerPoint Presentation](#) (Accessed 9th June 2026)
- Gov.UK (2019) *Government Response to the House of Commons Health and Social Care Select Committee report on Childhood obesity: Time for action, Eighth Report of Session 2017-19*. Available at: [Childhood obesity report](#) (Accessed 24th May 2026) (2025)
- Hayes, N., Halpenny, A.M. and O'Toole, L. (2017) *Introducing Bronfenbrenner : a guide for practitioners and students in early years education*. 1st ed. London ; Routledge. Available at: <https://doi.org/10.4324/9781315646206> (Accessed 9th June 2026)
- Institute for Government (2023) *Tackling obesity Improving policy making on food and health*. Available at: [tackling-obesity.pdf](#) (Accessed 7th June 2026)
- istockphoto.com (2013) *Medical icons stock illustrations*. Available at: [Medical Icons Stock Illustration - Download Image Now - Healthcare And Medicine, Adhesive Bandage, Ambulance - iStock](#) (Accessed 11th June 2026)
- Legislation.gov.uk (2022) *The Food (Promotion and Placement) (England) Regulations 2021*. Available at: [The Food \(Promotion and Placement\) \(England\) Regulations 2021](#) (Accessed 9th June 2026)

References

Lindberg, L., Danielsson, P., Persson, M., Marcus, C., Hagman, E., *Association of childhood obesity with risk of early all-cause and cause-specific mortality: A Swedish prospective cohort study*. Available at: [Association of childhood obesity with risk of early all-cause and cause-specific mortality: A Swedish prospective cohort study | PLOS Medicine](#) (Accessed 7th June 2026)

Lindberg, L., Hagman, E., Danielsson, P., Marcus, C. and Persson, M., (2020). 'Anxiety and depression in children and adolescents with obesity: a nationwide study in Sweden'. *BMC Medicine*, (18), pp. 1-9. Available at: [\(PDF\) Anxiety and depression in children and adolescents with obesity: A nationwide study in Sweden](#) (Accessed 7th June 2026)

Marcus, C., Danielsson, P., Hagman, E., (2020) 'Pediatric obesity - Long-term consequences and effects of weight loss'. *Journal of Internal Medicine*, 292(1). Available at: [\(PDF\) Pediatric Obesity - Long-term consequences and effect of weight loss](#) (Accessed 28th May 2026)

National Institution for Health and Care Excellence (2025) *Obesity:What are the causes and risk factors?* Available at: [Causes and risk factors | Background information | Obesity | CKS | NICE](#) (Accessed 9th June 2026)

Puhl, R.M. and Latner, J.D. (2007) 'Stigma, Obesity, and the Health of the Nation's Children', *Psychological bulletin*, 133(4), pp. 557-580. Available at: <https://doi.org/10.1037/0033-2909.133.4.557> (Accessed 9th June 2026)

References

- Putri, R., Danielsson P., Ekström, N., Ericsson, A., Lindberg, L., Marcus, C., Hagman, E. (2025) 'Effect of Pediatric Obesity Treatment on Long-Term Health'. *JAMA Pediatr*, 179(3), pp. 302-309. Available at: [Effect of Pediatric Obesity Treatment on Long-Term Health | Pediatrics | JAMA Pediatrics | JAMA Network](#) (Accessed 13th June 2026)
- Public Health Wales (2026) *Child Measurement Programme annual report 2024 to 2025*. Available at: [Child Measurement Programme annual report 2024 to 2025 - Public Health Wales](#) (Accessed 26th May 2026)
- Reilly, J., Methven, E., McDowell, Z., Hacking, B., Alexander, D., Stewart, L., Kelnar, C. (2003) *Health consequences of obesity* (2003) Available at: [v088p00748.pdf](#) (Accessed 7th June 2026)
- Sarwer, D., Polonsky, H. (2016). 'The Psychosocial Burden of Obesity'. *Endocrinology and Metabolism Clinics of North America*, 45(3), pp. 677-688. Available at: [\(PDF\) The Psychosocial Burden of Obesity](#) (Accessed 13th June 2026)
- Senedd Cymru (2024) *Map 1*. Available at: <https://research.senedd.wales/media/a5dpy211/map1-en.png> (Accessed 10th 24th May 2026)
- Senydd Cymru (2024) *Prevention of ill health - obesity*. Available at: [Prevention of ill health - obesity](#) (Accessed 26th May 2026)
- Scienceinsights.org (2025) *What Are Cardiometabolic Diseases and Their Risks?* Available at: [What Are Cardiometabolic Diseases and Their Risks? - ScienceInsights](#) (Accessed 13th June 2026)

References

- Shah, B., Tombeau Cost, K., Fuller, A., Birken, C S., Anderson, L N.' (2020) Sex and gender differences in childhood obesity: contributing to the research agenda'. *BMJ Nutrition, Prevention & Health*, 3(2). Available at: <https://doi.org/10.1136/bmjnph-2020-000074> (Accessed 9th June 2026)
- Stabouli, S., Erdine, S., Suurorg, L., Jankauskienė, A., & Lurbe, E. (2021) 'Obesity and Eating Disorders in Children and Adolescents: The Bidirectional Link'. *Nutrients*, 13(12), pp. 4321. Available at: <https://doi.org/10.3390/nu13124321> (Accessed 9th June 2026)
- Tony Blair Institute for Global Change (2023) *Unhealthy Numbers: The Rising Cost of Obesity in the UK*. Available at: [Unhealthy Numbers: The Rising Cost of Obesity in the UK](#) (Accessed 10th June 2026)
- Wingreen, S., Blanton, J., Kittner, M., Fentriss, R. (2003). Toward a Social Cognitive Basis for the IT Professional's Person-Organization Fit Research-in-Progress. Proceedings of the ACM SIGMIS CPR Conference. 179-182. 10.1145/761849.761883. Available at: [\(PDF\) Toward a Social Cognitive Basis for the IT Professional's Person-Organization Fit Research-in-Progress](#) (Accessed 9th June 2026)
- World Health Organisation (2025) *Obesity and Overweight*. Available at: [Obesity and overweight](#) (Accessed 24th May 2026)

References

Welsh Government (2021a) *All Wales Weight Management Pathway 2021 (Children, Young People and Families): Core Components*. Available at: [all-wales-weight-management-pathway-2021-children-young-people-and-families.pdf](#) (Accessed 9th May 2026)

Welsh Government (2021b) *The Calorie Labelling (Out of Home Sector) (England) Regulations 2021*. Available at: [The Calorie Labelling \(Out of Home Sector\) \(England\) Regulations 2021](#) (Accessed 9th June 2026)

Welsh Government (2022) *Health and Care Act 2022*. Available at: [Health and Care Act 2022](#) (Accessed 9th June 2026)

Welsh Government (2022) *Universal Primary Free School Meals (UPFSM)* Available at: [Universal Primary Free School Meals \(UPFSM\) | GOV.WALES](#) (Accessed 9th June 2026)

Welsh Government (2023) *Healthy Weight, Healthy Wales*. Available at: [Healthy weight strategy \(Healthy Weight Healthy Wales\) | GOV.WALES](#) (Accessed 9th June 2026)