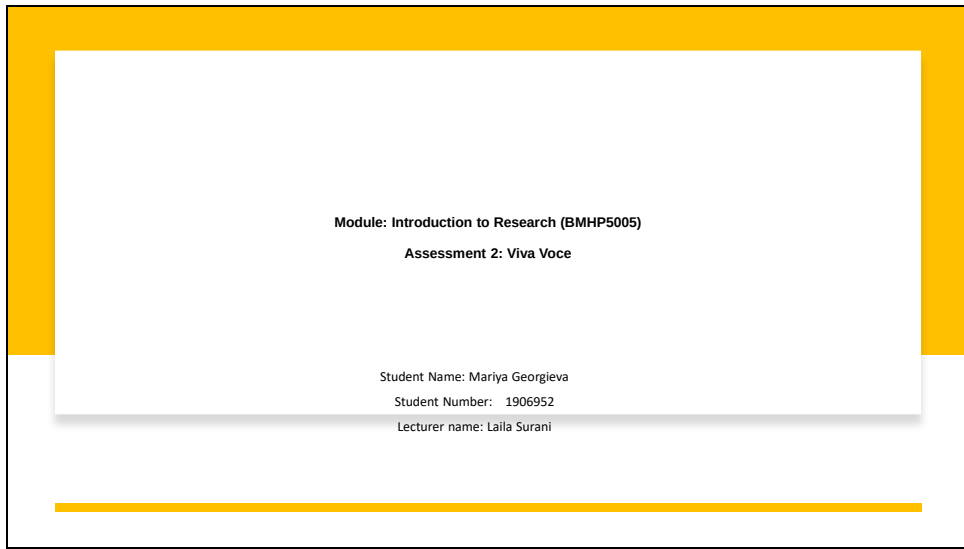


## Slide 1



**Module: Introduction to Research (BMHP5005)**  
**Assessment 2: Viva Voce**

Student Name: Mariya Georgieva  
Student Number: 1906952  
Lecturer name: Laila Surani

Hi, my name is Maria Georgieva. The purpose of my presentation today will be to introduce the audience to my research question which will be based on the topic of children obesity within the United Kingdom. This presentation includes the overview of the problem and why it is worth studying, the methods which were used for the studies conducted, and the literature review and the resources that support the statements presented. The presentation also includes discussion of the issues determined after the literature review with a follow-up conclusion.

## Slide 2

**Introduction**

- What is your literature review about?
- Topic of literature review : **causes of childhood obesity in the United Kingdom**
- Aim: **To identify the causes of obesity IN children in the United Kingdom**
- Objectives:  
**To analyse the causes of obesity between the age group between 6-15 in UK**

The topic of my research and the literature review is the question of what are the causes of child obesity in the United Kingdom with particular focus on the children that have unhealthy eating habits that result in obesity between 6 and 15. There is an observed concerning trend for children to develop unhealthy eating habits from a very early age that can depend on variety of factors which are studied in this presentation.

The scope of the topic will only use studies conducted within the United Kingdom and the broad aim here is to determine the reasons why children develop on healthy eating habits that eventually result in obesity. Deductive is to conduct secondary research review on the prevalence of obesity in children between the ages of 6 to 15 and the factors that contribute towards the development of this issue.

#### Methods

- *Explain the methods that you used*
- Type of Research: secondary research-including websites, journals, and books, all in relation to the issue in the UK
- Search technique: key words including "children age 6-15", "obesity", "causes a," "environment", "parenting", "UK"; '.
- Data base: using research papers from Google scholar.
- Inclusion criteria: Demographic criteria for children between 6-15 years age, geographic positioning (must be within the UK only)
- Exclusion criteria: children under 5 years , children outside of the UK.

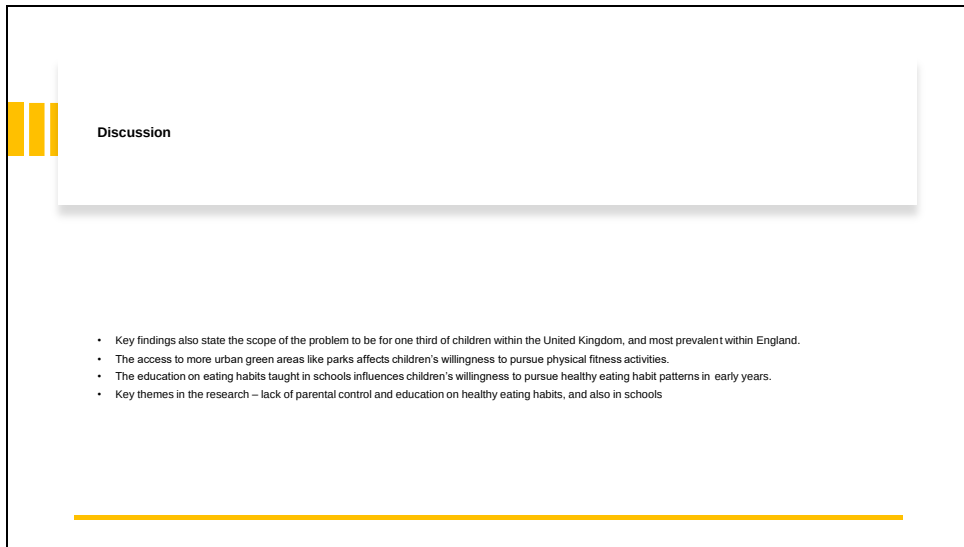
Before proceeding forward with the literature review conducted on the topic of child obesity in the United Kingdom, it was important to firstly determine the study population. This process includes taking an entire population which will be children with obesity or people with obesity in general and filtering that through inclusion and exclusion criteria. The type of research, firstly, that was conducted with secondary research which is about extraction of data from sources that already exist rather than creation of all data. This includes taking information out of certified websites, journals and books in relation to the issue in the UK. Research technique via using keywords will include child, obesity, causes of obesity in children, environment, parenting, UK. In terms of database analysis, the NHS Digital platform and Statista for statistics in the UK where are used to support the argument. English and criteria for this particular research includes demographic characteristics which is about children between ages of 6 to 15, clinical conditions in those children, and geographic positioning that means that the research must be done within the UK exclusively. Exclusion criteria for the research includes children under 6 years of age, children over 15 years of age, analysis of obesity in adults, and obesity in children that are outside of the United Kingdom. The database used is Google Scholar.

## Slide 4

| Author(s), title, and year of publication | Aim of study                                                                                                                                    | Methods and Sample size and characteristics                                                           | Summary of main findings                                                                                                                                                                                       |
|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Rosette et al. (2018)                     | Analysis on influence of school food environment policies and childhood diets on childhood obesity                                              | Comparative risk assessment                                                                           | The survey focuses on both US and UK on the cause of lack of education on child diets and improper meal setting in schools for children and teenagers.                                                         |
| Ranasinghe et al. (2020)                  | Analysis of unconventional practices in determining obesity and obesity related diseases in children                                            | A systematic review                                                                                   | Use of anthropometric parameters except the limited use of BMI indicators to not only oversee the physical condition of an overweight or obese child but to also determine long term health risk implications. |
| Faedi Duramy (2018)                       | Determining role of the school in setting eating habit patterns for children                                                                    | A systematic review                                                                                   | Schools are a significant factor in teaching children about the importance of good eating habits to minimise risk of obesity.                                                                                  |
| Valdova,V.(2020)                          | Identification of factors that may contribute to obesity in children and teenagers.                                                             | Mixed research method with a group of more than 100 individuals, including family and their children. | Prevalence of children obesity through modeling eating behaviour at home which predetermines unhealthy eating habits and latter obesity development.                                                           |
| Bozkurt (2021)                            | Analysis of children's fitness level in metropolitan areas according to socioeconomic status, access to green urban areas and physical activity | Includes 2668 students from different districts in a quantitative study                               | Lack of access green urban areas can make children discouraged to pursue physical fitness activities, as children grow older into teenagers, the less likely it is that they will pursue a physical activity.  |

## Literature Review

The literature review comprises of 5 references in total, which are displayed on this slide. They have been selected in accordance to importance to determining the size of the problem to statistical analysis and also some of the references include analysis of the factors that usually contribute towards the causes of overweight or obese children. Overall, the statistics show that obesity tends to be more prevalent in families where at least one of the parents is also overweight or obese which is a significant factor and there is also a lack of parental education on healthy eating habits. Obesity tends to be more prevalent in boys. A lack of education in school regarding eating habit patterns can also influence children to develop unhealthy eating habits. Finally, the lack of urban areas in metropolitan areas for example, as well as socioeconomic factors like age (increasing) can have an impact on children whereby they develop unhealthy eating habits as they grow.



The slide features a title box at the top left with the word "Discussion" in bold. To the left of the title box are three vertical yellow bars of varying heights. Below the title box, there is a list of four bullet points. At the bottom of the slide, there is a horizontal yellow line.

### Discussion

- Key findings also state the scope of the problem to be for one third of children within the United Kingdom, and most prevalent within England.
- The access to more urban green areas like parks affects children's willingness to pursue physical fitness activities.
- The education on eating habits taught in schools influences children's willingness to pursue healthy eating habit patterns in early years.
- Key themes in the research – lack of parental control and education on healthy eating habits, and also in schools

The results from the conducted research through the literature review has found that obesity in children has been increasing exponentially since 2017 although statistics are yet to be determined for the end of The key themes of the research include lack of parental control and education regarding healthy eating habits, and also obesity that is more prevalent in boys in comparison to girls between the ages of 6 to 15.

## Slide 6

**Results**

- Prevalence of obesity as a result of lack of parent support – children tend to model the behaviours of their parents and are most vulnerable to influence between the ages of 10 to 15.
- Prevalence of obesity in boys – through influence of more exercise parental control on girls, prevalence in obesity and girls tends to be lower than the one observed in boys.
- Prevalence of obesity in children – the contributing stress in parents can have a significant impact on children which may resort to unhealthy eating habits and to develop obesity.
- Significance of findings in health and social care – long-term solutions are required for supporting families of obese children through better education and initiatives.

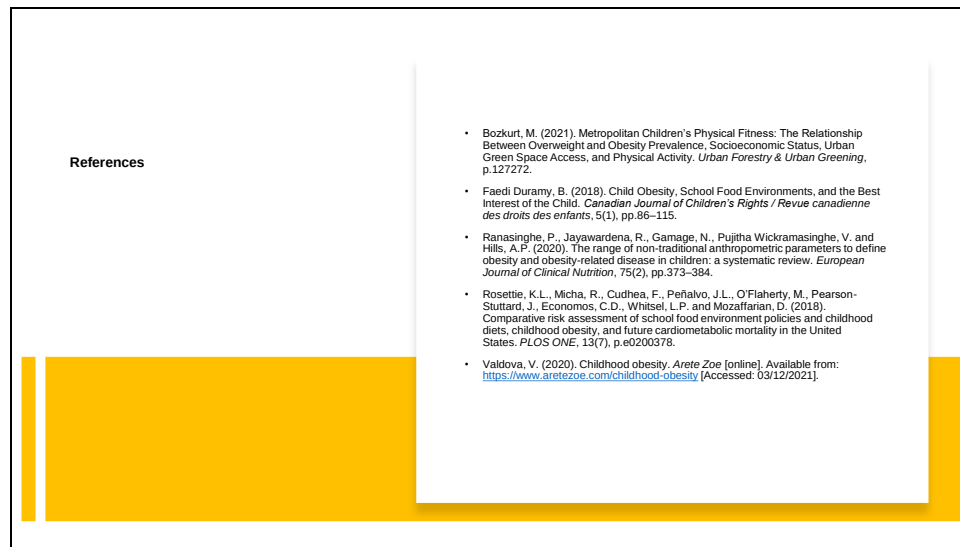
The main theme is derived in relationship to the research question firstly include the prevalence of obesity as a result of lack of parental control since children tend to model the behaviours of their parents and are most vulnerable to influence between the ages of 6 to 15 which includes the target research group which is 6 to 15. In proposition includes a long-term solution for support over families of obese children through better education and initiatives that help to minimise stress than can be potentially caused as a result of the obese through online and face to face programs and workshop.

**Conclusion**

---

- Topic of research – obesity in children between the ages of 6 and 15 and potential factors that cause the prevalence of obesity in the UK.
- Importance of research – and observed increasing trend in overweight children and as well as that obese children in the United Kingdom which has long-term impact on health and well-being.
- Potential recommendations going forward – establishment of educational programs online and face-to-face for children and teenagers in schools and encouraging parents to do the same at home.
- Additional recommendations include providing more outdoor facilities in metropolitan areas for children.

The main theme is derived in relationship to the research question firstly include the prevalence of obesity as a result of lack of parental control since children tend to model the behaviours of their parents and our most vulnerable to influence between the ages of 6 to 15 which includes the target research group which is 6 to 15. The modelling of parental behaviour has been shown in the research of a few resources of information where either one or two parents of obese or overweight children are also in the same state. The second theme is about the prevalence of obesity in children which hypothetically is as a result of more influence exercised on girls through parental control on eating habits where their prevalence in obesity tends to be lower. There is also significance of findings in terms of how health and social care specialists should approach this. The proposition includes a long-term solution for support over families of obese children through better education and initiatives that help to minimise stress that can be potentially caused as a result of the pandemic through online and face-to-face programs and workshops. Additional recommendations include providing more outdoor facilities in metropolitan areas for children.



#### Reference list:

Bozkurt, M. (2021). Metropolitan Children's Physical Fitness: The Relationship Between Overweight and Obesity Prevalence, Socioeconomic Status, Urban Green Space Access, and Physical Activity. *Urban Forestry & Urban Greening*, p.127272.

Faedi Duramy, B. (2018). Child Obesity, School Food Environments, and the Best Interest of the Child. *Canadian Journal of Children's Rights / Revue canadienne des droits des enfants*, 5(1), pp.86–115.

Ranasinghe, P., Jayawardena, R., Gamage, N., Pujitha Wickramasinghe, V. and Hills, A.P. (2020). The range of non-traditional anthropometric parameters to define obesity and obesity-related disease in children: a systematic review. *European Journal of Clinical Nutrition*, 75(2), pp.373–384.

Rosettie, K.L., Micha, R., Cudhea, F., Peñalvo, J.L., O'Flaherty, M., Pearson-Stuttard, J., Economos, C.D., Whitsel, L.P. and Mozaffarian, D. (2018). Comparative risk assessment of school food environment policies and childhood diets, childhood obesity, and future cardiometabolic mortality in the United States. *PLOS ONE*, 13(7), p.e0200378.

Valdova, V. (2020). Childhood obesity. *Arete Zoe* [online]. Available from: <https://www.aretexoe.com/childhood-obesity> [Accessed: 03/12/2021].