

Assignment Title: Assessment 1

E-Portfolio

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Module code: BMHP5014

Module name: Changemakers: Creativity and Value
Creation

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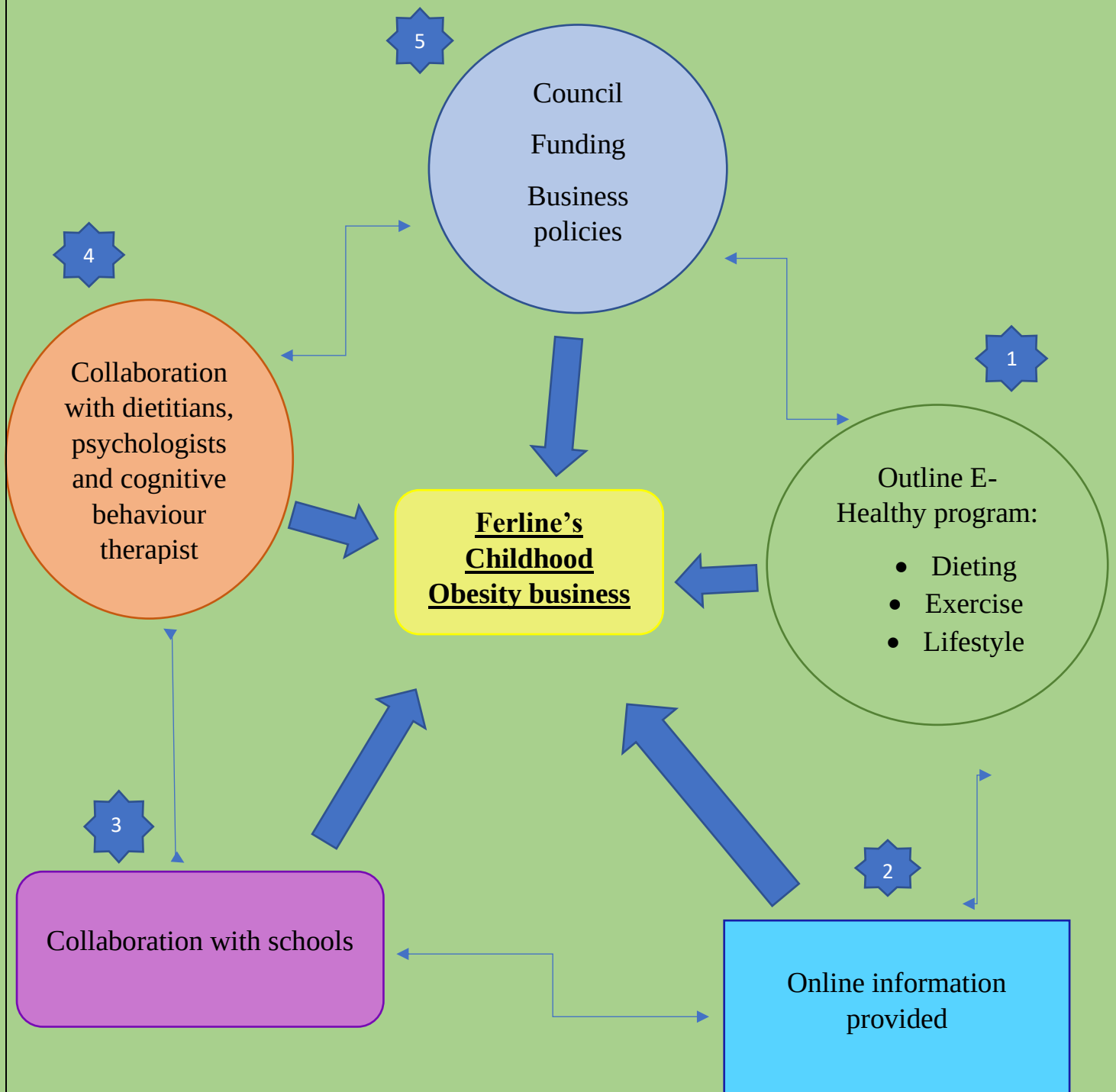
Introduction

In this E-portfolio I will present an existent project supported with news ideas and new concepts.

It will present Task 1 a Mind-Map and Task 2 a Blog.

This e-Portfolio will demonstrate a supporting project that will help to prevent and reduce the high percentage of childhood obesity in order to improve the healthcare sector.

Eat well, feel well, look well!



My idea is presented by 5 connections points and it is focused on raise awareness on the childhood epidemic to improve heath.

- ❖ Connection point 1 reflects the fact of my idea will make use of E-healthy program because, according to Redsell et al., (2011), obesity in children is a serious public health concern on a global scale. It raises the possibility of adult obesity and is linked to a number of physically and psychologically harmful, life-threatening outcomes. From 2019-2020, 35% of children aged 10-11 years are living with overweight or obesity and 21% are living with obesity in the UK as stated (Devane and Bunn, 2021).



Figure 1 The Vicious Cycle of Childhood Obesity (Theheartfoundation.org, 2019)

- ❖ Connection point 2 links to the E-healthy program providing additional information regarding the nutritional e physical exercises. The high percentage rate will decline as more people, mainly children and parents/carers, become aware of the value of engaging in daily physical activity, leading a healthy lifestyle, and eating a diet rich in fresh, wholesome foods. As a result, today's kids will grow up to be healthy adults tomorrow.

- ❖ Connection point 3 connects to points 2 collaborating with schools.

Schools play a significant part in the upbringing and instruction of children. By setting up meetings with parents, conducting inquiries, and creating nutritious menus for the upcoming weeks, schools may raise awareness of this project.



Figure 2 What parents need to know about school meals? (CDC, 2021)

- There are many factors that can increase obesity in children. They are: behavioural patterns or way of life choices such indulging in sedentary activities, being physically inactive, eating poorly, or sleeping poorly; living in a situation and family's lifestyle choices make up environment; economic issues that may affect the ability to afford certain foods and other lifestyle choices; genealogy and genetic, and the metabolism.



- ❖ The last but not least, the connect point 5 links to all connections points.
- ❖ For this project to become real, it will be necessary a partnership with the council. They can help providing adverts about this business with local settings, stores and schools.
- ❖ As well, because it will be an online business it must follow the legislation, such as data protection, to obtain customer consent for data processing; anonymize data to protect customer privacy, guarantee notification in the event of a data breach and explain careful cross-border data transfers.
- ❖ Through the Industrial Strategy Challenge Fund, I will create a fund to support this business.

Eat less sugar, you're sweet already!

How and why I came up with my plan idea?

It's one thing to have a project idea, but the idea must come from somewhere. My project idea lends itself to storytelling as a means of expression. To have access to my story, click on the link below:

<https://www.fchildhoodbusiness.com>



*Figure 4. Happy children with vegetables.
Journal Mirror*

After much thought and investigation, this project's concept emerged. Since our children are tomorrow's future, I firmly feel that their health is of utmost importance. And after giving them some thought, I made the decision to establish this online platform in order to spread the word about the significance of children obesity as well as its causes, risks, and prevention. Children and teenagers have been severely impacted by childhood obesity, which has spread worldwide.



Figure 5. Children running in the park (GOV.UK, n.d.)

This project is primarily focused at parents because they are the primary caregivers for their children.

This platform will include an online E-healthy programme including:

- **Dieting**
- **Exercise**
- **Lifestyle**

On this platform, you'll find more recent information regarding what childhood obesity is, how it affects society and the health industry, and what you can do to prevent and treat it.

How do you feel about schools?

Do you believe they are crucial for our children's diet and physical education?

You do have a point, of course. They are quite important and have a significant influence on the lives of our children's.

Along with instructing them, they also support them in developing and upholding healthy diet and exercise habits.

In the great majority of instances, these are the factors that contribute to childhood obesity development:

- ❖ **Genetic**
- ❖ **Environmental**
- ❖ **Behavioural**

Children and teenagers learn how to swap out harmful thought patterns such as **depression**, **anxiety**, for more sensible ones under the guidance of the cognitive behavioural therapist. It also helps them think more clearly and exercise more mental restraint (Information et al., 2016).



Figure 6. Feelings and thoughts (Fraser-Thill, 2010)

This project will involve more than just cognitive behavioural therapists. In collaboration with dietitians and psychologists who will do an assessment and follow children and adolescents throughout the process.

Additionally, because it will involve online activities, stakeholders will be safeguarded by the law and the data protection act that controls how the personal information is used by organisations, businesses or the government (GOV.UK, 2018).

Keeping information private and confidential is one of this business's top priorities. There will be a campaign to raise money for platform promotion and growth.

I will build a crowdfunding campaign to promote the initiative on social media platforms such as **Facebook, Instagram, Twitter, and blogs**. As a reward, I will donate a T-shirt, and the council will assist with the publication of advertisements.



Figure 7. Data protection (Lawdonut.co.uk, 2019)

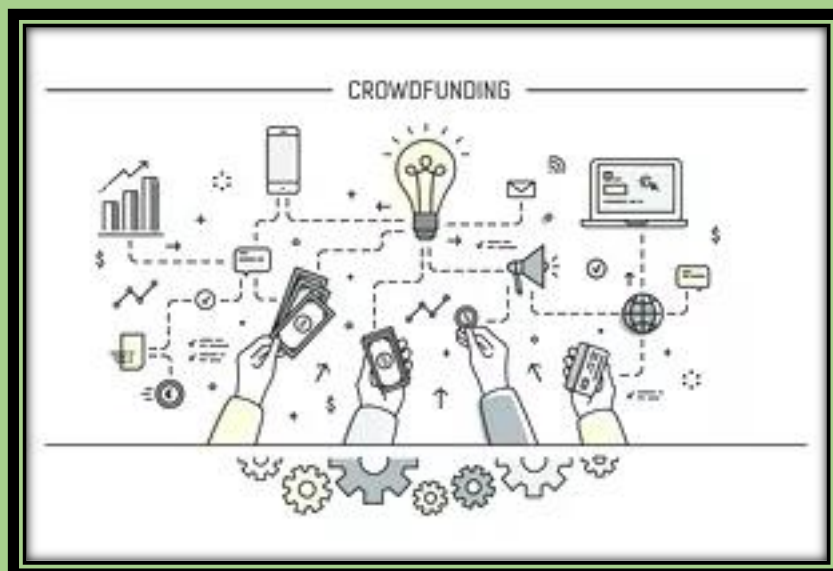


Figure 8 The Entrepreneur's Guide Maximizing Crowdfunding Platforms (Miller, n.d.)

Conclusion

I will conclude this e-portfolio by learning that every industry has flaws, and the healthcare industry is no exception. So I made these two artefacts to show how my project will benefit healthcare.

This project aims to educate young people, parents, and society about childhood obesity and its risks, so that they understand that a healthy family is also a healthy society.

References

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