**ASS023-3 CHILDHOODS IN A GLOBAL CONTEXT**

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# 1. Factsheets

## Factsheets for the UK

**Overview**

* Improper diet plans to increase obesity issues among children in the UK due to not maintaining diet plans, physical exercise and sleeping routines. Additionally, genetic problems also cause obesity based on the NHS report (Nhs.uk, 2023).
* 10.1% of children faced obesity in England whose age was between 4 to 5 years. Additionally, 23.4% of obesity levels have been observed among 10 to 12 years of children and 14.3% of overweight issues have been found among them (Parliament.uk, 2023).
* The daily consumption of sugar intake needs to be avoided in terms of gaining overweight and obesity issues among all children so that the rate of obesity level can decrease.

**Challenges**

* Due to increasing obesity issues, many children face physical and mental health issues in their childhood. Mainly, 21% of 10-11 years old overweight children have issues due to not restricting their unhealthy food consumption from 2019 to 2020 (Parliament.uk, 2021).
* Lifestyle issues and food consumption activities are the major reasons for gaining weight. According to Patel (2022), most children intake fast food and high-calorie food products that increase their fat levels which causes diabetes and other chronic diseases. Due to increasing the obesity level, psychological and emotional health issues can be observed among children because other individuals and school students are often bullying obese children due to looking fat.

**Strategies**

* Family members and other surrounding individuals need to focus on children's physical activities and eating habits so that they can focus on obesity prevention activities to overcome physical and mental health issues.
* Children can go outside and play some outdoor games instead of indoor video gaming activities which is also a reason for gaining weight because most children are addicted to video games.
* According to Helland and Nordbotten (2021), low-calorie food consumption, healthy physical training activities, and avoiding junk food can reduce overweight issues and obesity levels.

**Framework**

* "CDC's framework for obesity prevention" is used for children based on the same gender, age and weight levels. According to Kumanyika (2019), the CDC framework has been imposed for black communities in terms of managing overweight issues among children. With the help of this framework, medical practices promote health equity by suggesting proper diet charts and physical activities so that children can focus on these areas in terms of avoiding their physical issues.

## Factsheets for Romania

**Overview**

* According to Pascu *et al.* (2023), after the pandemic situation, a major number of children faced obesity issues because they were not allowed to go outside to play outdoor games. 26.8% of obesity levels have been found among 8 years old in Romania children as per the WHO's report.
* Mainly, 31.4% of urban regional children and 21.6% of rural regional children have faced obesity issues in their lives (Karger.com, 2023). Thus, most urban regional children are majorly affected due to overweight issues.

**Challenges**

* 24% of school-aged children faced overweight issues during the pandemic situation; as a result, their mental health condition decelerated and they also felt stressed to make a relationship with their friends and teachers (Romaniajournal.ro, 2022). A higher level of obesity level is negatively impacted children and arise diabetes issues.
* The disciplinary issues among Romanian children create obesity issues because they are not following restrictions on food consumption. For this reason, children have become more obese. These challenges create difficulties to deal with bullying activities that often happen in the school and society.

**Strategies**

* As per the view of Hargreaves *et al.* (2022), nutrition-based food products can tackle obesity issues for children. In that case, parents and other family members need to focus on nutritious food so that children can learn disciplinary activities in terms of developing obesity management practices.
* Proper health checkups and diagnosis strategies are also important for obesity detection activities. It can also help to identify the actual body weight of a child. Based on the body weight, proper healthcare activities and medication procedures can be provided to Romanian children in terms of avoiding the physical issues that occurred due to obesity.

**Framework**

* The “IOM framework” can be implemented in Romanian healthcare organisations in terms of reducing high levels of obesity issues so that all children can get equal healthcare services in Romania.
* This framework is also considered ***patient-centric services, safety environment, effectiveness, time management efficiency and equitability*** so that no one is deprived of getting reliable healthcare services to reduce obesity issues (Ahrq.gov, 2023). Based on the attributes of the IOM framework, Romanian children can get proper patient-centric services where healthcare practitioners can take sufficient time to control their obesity level.

# 2. Presentation of comparison between two countries

## Critical points of comparison

In the UK, 10.1% of obesity levels have been found among 4 to 5-year-old children. On the other hand, 23.4% of 10-12 years old children face the same issues in their lives (Parliament.uk, 2023). Compared to the UK, 8-year-old Romanian children faced 26.8% of obesity issues. Additionally, 24% of school students gained weight during the pandemic situation (Romaniajournal.ro, 2022). Thus, the obesity issue is quite higher in Romania. Mainly 10 to 12 years of children majorly faced obesity issues in both countries. However, obesity and overweight issues majorly affect Romanian children. Besides that, the CDC framework has been imposed in the UK to resolve obesity issues. This framework mainly focused on the age, gender and weight levels of children. Contrarily, the IOM framework has been used in Romania to address the overweight problems among children. Mainly systematic diagnosis procedures have been followed throughout this framework in terms of addressing overweight problems of children.

## Anti-discriminatory practice

Discrimination issues cause obesity problems among children because family members are feeding their children excessively. As a result, children are facing these issues in their lives where in rural areas individuals or children do not get sufficient nutrition to overcome their health issues. Additionally, Romanian children faced problem situations after the pandemic outbreak because they were not allowed to play outdoor games. Moreover, physical inactivity created this obesity issue.

## Considering relevant models, and theories to analyse health and education services

“The Social Cognitive Theory (SCT)” has been recognised as mostly used theory related to child obesity. As per the views of Beauchamp *et al*. (2019), the SCT theory has promoted “psychological”, “educational” and “communicational” aspects of individual knowledge which has also developed from the context of social interactions. This theory has provided physical activities and nutrition education for children. These physical activities and nutrition education has helped children to reduce their weight and also reduce the chance of child obesity. However, Czogała *et al*. (2021) have stated that child obesity has promoted high blood pressure as well as high cholesterol rate among children. This has elevated the possibility of heart attack more prominent in the UK as well as Romania. On the other hand, the SCT theory can be used in rural communities to change the eating habits of children and maintain effective weight to avoid heart diseases.

## Own reflection

It can be summarised from the study that the UK has a more prominent rate of child obesity than Romania. Besides this, I have observed that children in the UK have been less physically active nowadays due to the advancement of the virtual world. Family members have to provide more attention to their children. In my opinion, this technique can help parents to effectively monitor their child’s mental and physical attributes. On the other hand, I have realised that the SCT theory can be used to mitigate the problem of obesity in both countries. The theory can be used to develop effective physical activity plans for children and mitigate their obesity issues.

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