**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.
* 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 because 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.

**Overview**

**Childhood obesity issues in the UK**

**References**

* "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.
* 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**

**Strategies**

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**Childhood obesity issues in the Romania**

**Challenge**

* 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.
* 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.

**Overview**

**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.
* 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.

**Strategies**

**References**

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