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Annotated Bibliography

*Fed Up*. Stephanie Soechtig. Perf. Michele Simon, Katie Couric, Bill Clinton, Michael Bloomberg. Atlas Films,   2014.

Summary: The documentary presents knowledge on overweight in children and problem caused by it. Overweight is mainly caused by high calories diet and family food habits which is transfer to generation. Lack of exercise and uncontrolled dining habits in children leads to weight gain.

Evaluation: I thought this documentary provides the cause and effects of overweight on individual lifestyle, family, and society. I like the way author collects idea about parenting skills needed to control what children eat.

"How To Keep Santa From Making Our Kids Fat: Three Ways to Reduce Childhood Obesity." *Forbes.com*. Forbes, 23 Dec. 2016. Web. 24 Jan. 2017.

Summary: In this article, author talks about the effect of driving kids to fast food restaurants causing overweight. Often kids dine saturated fat, high sodium and sugary food which makes kids to gain weight. Fast food chain like Burger King and Mc Donald have only 3 percent nutrition standard meal for kids which are healthy for kids.

Evaluation: I found this article interesting because it provides information about how fast food advertisement affects kids eating habits. I will use this article to demonstrate how fast food restaurant can affect personal health.

"So this is Why Children Are Craving That Fast Food Burger." *Huffington.com*. Huffington Post, 5 Nov. 2013. Web. 2 Sept. 2016.

Summary: Weight gain is preventable by serving kids with the balanced diet, which will help them to maintain good eating habit throughout their life. Implementing effective policies on foods and kids meals nutrition label at school helps to control overweight. Having knowledge of proper nutrition calories label and wise thinking helps individual to control the overweight.

Evaluation: I found this article meaningful because author craves idea about implementing policies on sugary items and kids meals at school. I support author statement, if we need to control weight we need to start with children. Controlling children eating habits will control habits when they grow up as an adult and help to control obesity problem.

Vittrup, Brigitte and Danielle McClure. "Barriers to Childhood Obesity Prevention: Parental Knowledge and Attitudes." *Pediatric Nursing*, vol. 44, no. 2, Mar/Apr2018, pp. 81-94. *EBSCOhost.*

Summary: Lack of awareness of parents regarding their children and own health, childhood obesity is considered problematic to individual health. Diabetic, heart diseases and high blood pressure are more likely to occur in an overweight individual. Parents can play the essential role in controlling their children diet and eating habits. Educating parents regarding the risks of overweight could solve the overweight problem in children.

Evaluation: I will use this information to give the knowledge on the effect of overweight on individual, family, and society in general. I will also explain how bullying and self-confident level affect individual lifestyle due to overweight. I will also demonstrate how family health is affected by curing overweight and result in the family economic condition.

While, Alison. "'No Action Today Means No Cure Tomorrow': The Threat of Antimicrobial Resistance." *British Journal of Community Nursing*, vol. 21, no. 7, July 2016, pp. 344- 347. *EBSCOhost.*

Summary: In this article author focus on bacteria resistant to antibiotic medicines. Community nurses and primary care provider need to play the vital role in educating patients regarding healthy habit, which will control the spread of bacteria. In return, it helps to reduce the need for antibacterial medicine. Preventing bacterial infection in the single most goal to reduce the use of the antibiotic drug.

Evaluation: I like the article view because of it aware individual how important in personal hygiene is. Furthermore, it will educate people that more use of antibiotic drugs will increase the bacterial resistance and drugs are less effective. I do agree that we need to control unhealthy habits to prevent infection. I will use this article as warning conclusion in my essay.

Morgan, Bradley, et al. "Introducing the National Workforce Centre for Child Mental Health: Improving the Lives of Infants, Children, and Families." *Family Matters*, no. 100, Jan. 2018, pp. 51-59. *EBSCOhost*.

Summary: The article outlines mental health condition in Australian children. Mother's lifestyle after baby birth play vital role in infants mental health. In infant's development process, positive social economic condition, effective parenting, and infants mental health knowledge help to improve mental health in Children. Individual child condition, parenting, and social environmental factors affect the children mental health conditions. Many workgroups are working to improve mental health condition among Australian children.

Evaluation: I found this article worthy because it broadens my knowledge of how children mental health is affected by parenting, social environment and mother mental health. I plan to use this article as a risk factor that causes mental health conditions in children and the good aspect to develop mentally healthy children which will support the main idea and give reader interesting facts.

Goncharenko, Maria. “Impact of the Health Complex Physical Exercise ‘Anzheletika’ on the Functional State of the Human Body.” *Journal of Physical Education and Sport*, vol. 16, no. 2, 2016, pp. 519+. *Questia*.

Summary: In this article, the author describes the need to physical exercise to stimulate the various function of human body. Human brain continuously emits electric impulses which have a significant relationship with the various state of mind. Exercise provides the coordination between brain and body.

Evaluation: I found this article interesting because it states various state of our brain while emitting electric impulses and its relationship with our mind activities. I will use this article to support, need of exercise to be healthy as supporting detail in the body paragraph.

Feldheim, Mary Ann. “Developing Healthy Communiites: Civic Health Symposium.” *Journal of Health and Human Services Administration*, vol. 39, no. 04, 2017, pp. 428+. *Questia*.

Summary: In this article, the author outlines the various scope of health which is the key factor for developing healthy communities and healthy individual. Civic health, environmental health, individual health, community health, and economic health are the five measurable elements related to health.

Evaluation: I found this article interesting because it provides a broader knowledge of health-related to individual and community. It describes economical health is the most important factor in the development of healthy individual and community.

Bornstein, Maya. "Learn, Eat, Grow: The Healthy Living Initiative."*International Public Health Journal*, 2017, pp. 241-249*. ProQuest*.

Summary: In this article, the author provides detail information about food insufficient among communities. It describes the consequences of poor nutrition causing a high rate of overweight and heart diseases. Secondly, the author provides knowledge about the need for community gardening in producing fresh and nutritious food at home. Community gardening knowledge in school children helps the community to grow vegetables and fruits on their own.

Evaluation: I found this article interesting because it focuses on the way to grow fruits and vegetables in a home garden. It focuses on educating school children to participate in growing nutrition fruits and vegetables which helps to overcome food insufficiency and poor health.

Akilah, Dulin K., et al. "Feasibility and Acceptability of an Early Childhood Obesity Prevention Intervention: Results from the Healthy Homes, Healthy Families Pilot Study."*Journal of Obesity*, 2014*. ProQuest*.

Summary: In this article, the author describes parent engagement to determine children eating patterns. Obesity in children can be prevented if parents play the vital role in determining food and activities, which can be done by monitoring children activities towards food, exercise, and behavior.

Evaluation: This article is interesting because the author explains how obesity in children is preventable. I also like the author interpretation of children behavior and limiting screen time for children. I think this article will provide supporting information in the body of my essay.