**Slide 1:**

Good morning everyone

My name is Haya Alsultan and today my partner (Wisam Siyamek) and I are going to discuss childhood obesity in the uk and its problems and solutions

**Slide 2:**

We’ve divided our presentation into 5 main parts…..

This presentation will last for about 7 to 8 minutes and if you have any questions we’ll be more than happy to answer them at the end of our presentation

**Slide 3:**

To begin with, a person is considered to be obese if their body mass index is 30 and above

childhood obesity is becoming a major issue in the UK

studies show that obesity levels have trebled in the UK in the last 30 years.

And while 10% of preschool children in the uk are overweight

Another study showed that between the years 2007 and 2008, 16% of children and teenagers between the ages 2 and19 were obese in the UK

**Slide 4:**

Thank you Haya

Moving on to its causes

One possible cause could be sedentary life

The convenience of modern lifestyle comes with many consequences that contribute to childhood obesity such as the fact that people now walk less and use cars more often

Also, most children now choose to spend their free time watching tv and playing video games which could also lead to weight gain

Another cause might be genetics, which could increase child’s susceptibility for obesity

In addition to that, the environment of the child could also increase the risk of being obese

Children in poor communities are more likely to be obese, as they would lack accessibility & affordability of healthy food

Slide 5:

There can be physical and psychological consequences to this issue

First, the physical effects

Childhood obesity can lead to cardiovascular diseases such as high blood pressure, Increase in Cholesterol level, type 2 diabetes, and cancer

It could also lead to respiratory problems including asthma, shortness of breathe, sleep apnea.

Another result might be discomfort due to the heavy weight that will be on joints which leads to muscle and bone disorder

Moving on to its psychological effects

Childhood obesity could reduce the child’s academic and social progress

It could also lead to low self-steam

And possibly depression

Slide 6:

Finally, there are three possible solutions.

The first one is by the government, where they can provide healthy enviornments, for example, making healthy food more accessible to the public by reducing the cost. They can also build more playgrounds for children and bike and walk paths.

The second solution could be come from Food Manufactures and businesses; for instance improving the labeling by including clear description of the unhealthy ingredients and calorie counts, or cut down the high amount of sugur and fat in popular food products.

The final solution requires families’ responsibility, where parents can influence the child’s behavior and lifestyle, for example: parking the car away from when the family goes to a store in order to make the child walk more.

Slide 7: In conclusion, obesity in children is an increasing problem in the uk and it could cause some severe issues that could affect the child’s physically and psychologically; but the government, retailers, and the family of the child can take responsibility to keep the child’s health in a good shape.

At the end, there is a study was made by the national heart organization predicted that by 2020, the percentage of obese male children who aged between 2 to 11 years old would decrease from 48% to 30 percent.

On the other hand, the percentage for the girls might drop from 48% to 27%.

This our reference list if u want to check out more information, thank you for listening any questions….