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HLTH 6110

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App 2

Health education

Increasing levels of childhood obesity associated with adult onset type II diabetes is one of the potential health issues in the Point Mar community. Obesity is defined as excess of fat. Obesity thus occurs when amount of food intake is more that its use. Some of the main cause of obesity in children are; excess food consumption, low physical activity, genetics, metabolic rate, intake of foods with high calorific value and low nutritional value, and community design and policies (Bhadoria et al., 2015).

The consequences of child obesity are both physiological and medical. Some of the physiological consequences include; low self-esteem, emotional problems, eating disorders, poor academic performance, and body dissatisfaction. Medical conditions include asthma and type II diabetes (Pulgaron & Delamater, 2014). The prevalence rate of Type II diabetes in obese children is 1%. Research shows that the prevalence rate is on an upward trend. The consequences of type II diabetes include; hypertension, glucose imbalance, nerve damage, heart disease and strokes, kidney disease, and foot problems (Reinehr, 2013).

The issue of child obesity is thus important to the health education profession as it is preventable through primary prevention although it has disastrous consequences as seen above. Primary preventive care can be used to deal with risk factors of obesity such as; excess food consumption, low physical activity, intake of foods with high calorific value and low nutritional value, and community design and policies. For the Point Mar community, the obesity health education and prevention program will deal with the above risk factors.

Children’s food intake and care is mainly influenced by their parents, school and community. The program will thus focus on creating awareness on the above groups and also installing good health practices among the children. The first phase of the education program will target parents. The education program will aim at showing parents the negative consequences of obesity and showing them ways in which they can change their home menus and influence the intake of food by their children. The parents will also be shown ways in which they can encourage their children to carry out outdoor or in door physical activities. Parents will also be encouraged to allow their children to walk or cycle to school other than just taking the bus.

The second phase of the program will be targeted at schools and the point Mar community. The program will aim at encouraging schools to create programs that encourage children to carry out physical activities and also to create a school feeding program that is mostly composed of healthy foods. Teachers will also be shown ways within which they can encourage and assist children with obesity to take up physical activities while at the same time deal with the psychological effects. School will be imparted with the knowledge that they can increase performance by reducing cases of obesity. The local community will also be included in the health educational program to reduce cases of obesity. The community will be encouraged to carry out physical activities such as cycling or running thereby encouraging the children to take up the same.

The third phase of the program will target the children. Children will be educated about healthy foods and non-healthy foods, and encouraged to consume healthy foods. They children also be shown fun games that involve physical activities. Children will also be taught on how they can positively encourage their fellow obese classmates to carry out physical activities and eat healthy. The program is expected to be continuous so as to ensure obesity is reduced in the Point Mar Community.

References

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