

The Importance of Physical Activity in Obesity

Literature Review

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This literature review will examine the importance of physical activity in the health of obese individuals. Obesity is one of the most common comorbidities throughout the United States (CDC, 2020). The disease's prevalence has grown from 30.5% to 42.4% in the last couple of decades (CDC, 2020). According to the World Health Organization, obesity has more than doubled in prevalence since 1975. It is now a global problem with 1.4 billion individuals overweight and another 600 million obese (WHO, 2016). Being overweight alone puts an individual at a higher risk for comorbidities that include, but are not limited to – heart disease, type 2 diabetes, and stroke (CDC, 2020). With the statistics from the CDC and WHO, the increasing numbers of overweight and obese individuals worldwide are becoming a bigger problem every year. Obesity is a disease that can be managed and prevented, along with its comorbidities through physical activity. Increasing physical activity through the promotion of exercise has a lot of benefits with weight management. Let us see the effects of physical activity on children who are overweight and obese.

Physical Activity and Physical Competence in Overweight and Obese Children: An Intervention Study

The primary purpose is to evaluate how physical activity interventions affect obese and overweight school-aged children. The critical question that the authors of the study are addressing is: does physical activity and physical competence have any effect on a school-age child's overall health and well-being? The study consisted of sixty-four overweight or obese school-age children between 10 to 12 years old, who participated in a 7-month after school program (Morano et al., 2020). Of the 64 participants, 35 were in

the intervention group that went through the exercise regimen; 29 were part of the control group that only had their physical education class as their primary physical activity (Morano et al., 2020). The 35 participants who were the intervention group were assigned a multicomponent program focused on health-related motor activities, exercise training, and behavioral management skills (Morano et al., 2020).

The most crucial information in this article is that physical activity and increased physical competency positively affect developing healthy physical habits in school-age children (Morano et al., 2020). Children who participated in the exercise programs showed a positive outcome in physical abilities and self-perception (Morano et al., 2020). The increase in self-confidence in physical activities suggested that young people promoted physical activity (Morano et al., 2020). An increase in physical competence and physical activity not only have a positive outcome in physical abilities, but it also has a positive effect on a child's psychosocial and behavioral health.

If we take this line of reasoning seriously, the worldwide epidemic of obesity will decrease and affect controlling the comorbidities related to obesity (CDC, 2020). Preventing obesity through the schooling system and physical competency, children of our societies will grow up with proper education of healthy physical habits that will keep them healthy throughout their adult lives. Furthermore, minimizing childhood obesity in schools can be done by educating children with a comprehensive healthy lifestyle program that consists of physical, psychosocial, and behavioral factors (Morano et al., 2020).

On the other hand, failure to educate children with healthy physical habits may lead to a significant increase in the prevalence of obesity (Morano et al., 2020). The

disease rate will continue to rise without prioritizing interventions (CDC, 2020). The majority of obesity decreased with increased household head education among children and adolescents (CDC, 2020).

Key Points

The key concept we need to understand in this article is how increased physical activity can affect children's health when it is prioritized and guided properly (Morano et al., 2020). Obesity has become a worldwide issue due to the decline of fitness in school-aged children. The importance of interventions for promoting physical activity and healthy habits has never been more critical (Morano et al., 2020). Due to increased obesity in children, obese children are usually less physically active than their non-obese peers (Morano et al., 2020). The reason being is due to the self-perception of these children believing that they are less capable of physical activities than their non-obese peers.

Assumptions

The primary assumption underlying the authors' thinking is that clinical-family interaction is just as important as educating children in school systems about physical activity and competency (Morano et al., 2020). The families of the children need to have physical competency when it comes to developing children. Children in their families mirror family members' physical health habits, making it one of the key elements when designing or implementing a school-based program intervention to reduce obesity in children (Morano et al., 2020).

Deficit/Conclusion

The article's main inferences are that physical activity and competency are just as important as any other part of education in schools for children. Implementing exciting and engaging exercise programs tailored to children's interest has a higher success rate in keeping children interested in participating (Morano et al., 2020). Starting at a low-moderate intensity of physical activity amongst overweight and obese children and gradually increasing the amount of activity showed the most promising results in the education system (Morano et al., 2020). The study also mentioned a positive correlation between perception of physical abilities and physical activity in the intervention group that suggests that the increase in confidence can promote physical activity in adolescents (Morano et al., 2020). For school-age children, intense, rigorous "workouts" do not work as efficiently as fun and engaging activities. Friendly and non-competitive activities that are enjoyable and focused on mastering skills encourage a supportive environment that increased self-esteem and competence (Morano et al., 2020). Overall, the statistics showed an increase in the intervention group's physical abilities compared to the control group (Morano et al., 2020). In school-age children, promoting healthy physical habits will benefit them throughout their adult life and lower their risks for developing obesity alongside other health problems.

References

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