

Childhood Obesity: Literature Review

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Childhood obesity is a condition that has become increasingly problematic in society. An estimated 1 in 5 children in the United States is obese (Centers for Disease Control and Prevention, 2019). The purpose of this literature review is to investigate factors that contribute to this health condition and possible ways to combat obesity in children.

Perspectives and Impact of a Parent-Child Intervention on Dietary Intake and Physical Activity Behaviours, Parental Motivation, and Parental Body Composition: A Randomized Controlled Trial

Children's diet and physical activity often reflect that of their parents. If a child becomes obese, they are very likely to remain obese into adulthood which could come with many health risks. Implementing interventions that increase the entire family's physical activity and nutritional intake will lead to weight loss and better health outcomes in the children.

Key Points

This study collected a dyad of volunteers consisting of one parent and child whose parent's body mass index (BMI) was greater than 25. The researchers divided the volunteer groups into experimental and control groups. In the experimental group, the parent would receive health education and physical exercise training from a certified physical trainer, while in the control group, the parent only received health education. Data was collected from all participants before, during, and after the experiment took place.

Assumptions

Providing parents proper education on nutrition and offering physical training will promote healthier lifestyles for both the parent and the child. Giving parents nutritional guidance that teaches the effects of poor diet and creating a healthy meal planning regimen will improve the family's diet. Making parents physically active will increase the likelihood that they will try to make their children more active. By instilling these lifestyle modifications in the parental unit, the entire family will likely live healthier lives.

Deficit/Conclusion

Both the control and experimental group had positive outcomes from nutritional education. However, the group that received the hands-on coaching on physical exercise on top of the diet education stated to have the most significant improvement towards making healthy decisions. Making education and hands-on training more readily available to clients nurses will decrease the prevalence of health conditions such as childhood obesity.

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Key Points

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Assumptions

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Deficit/Conclusion

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Conclusion

Write a conclusion here in your overall paper. Follow the MEAL paragraph formatting and use Grammarly.com. Provide a summary/conclusion of the analysis of all three articles.

Discuss how the information can improve:

- Patient outcomes
- Nursing practice
- Evidence-based practice/Quality Improvement efforts
- Healthcare as a whole

References

Centers for Disease Control and Prevention. (2019, June 24). *Childhood obesity facts*. <https://www.cdc.gov/obesity/data/childhood.html>

Karmali, S., Battram, D. S., Burke, S. M., Cramp, A., Johnson, A. M., Mantler, T., Morrow, D., Ng, V., Pearson, E. S., Petrella, R. J., Tucker, P., & Irwin, J. D. (2020). Perspectives and impact of a parent-child intervention on dietary intake and physical activity behaviours, parental motivation, and parental body composition: A randomized controlled trial. *International Journal of Environmental Research and Public Health*, 17(18), 6822. <https://doi.org/10.3390/ijerph17186822>