

Qualitative causes
and consequences.
background of study
this



Qualitative Study: Sahoo, K., Sahoo, B., Choudhury, A. K.

, Sofi, N. Y., Kumar, R., & Bhadoria, A. S. (2015). Childhood obesity: causes and consequences. Background of Study This study is based on the fact that people's nutritional habits have changed and these changes have come along with negative changes.

The world today has been undergoing a very fast nutritional and epidemiological transition which is characterized by nutritional deficiencies, evidenced by the increase in nutritional deficiency illness and comorbidities. Metabolic disease have been increasing by the day and they can be directly attributed to poor nutrition and lack of physical exercise. A more serious problem has been identified, and that is childhood obesity. Very young children are developing obesity due to poor feeding habits and lack of proper parental care in regards to nutrition watch and encouraging physical exercise (Sahoo, K., et al, 2015).

Past research has covered the issue of obesity, how its prevalence in adults can be reduced and how it can be prevented. Interestingly, the efforts to curb this problem has not been quite effective and for this reason, a more comprehensive approach to the problem is. This paper focuses on the causes of childhood obesity in developed and developing countries. The authors established the significance of their study by giving facts about diseases which were initially believed to be suffered by adults but which are now found in small children. Coronary Heart Disease and Type 2 Diabetes were for instance believed to be suffered in adult hood but it has been revealed that they actually start at childhood and are mainly attributed to obesity and

overweight. Obese children are also more likely than not to grow into obese adults, making the efforts to prevent adult obesity without addressing childhood obesity futile (Sahoo, K., et al, 2015). This study therefore becomes important because it will ensure that the problem of obesity is tackled from the grass root.

Preventing childhood obesity will reduce adult obesity in the long run as well as the physical and psychological issues associated with obesity. The purpose of this paper was to shine light on the issue of childhood obesity and its causes. The focus audience are people who are interested in finding out more about the epidemiology of childhood obesity and its causes. The research questions answered in this research paper were; what are the causes of childhood obesity and what are the consequences of childhood obesity? Research MethodsThe researcher have used a qualitative research method, where they review existing studies related to obesity to identify the cause of childhood obesity and its consequences. The author has included both qualitative and quantitative research studies which have extensively discussed the issue of obesity and related the issues discussed with childhood obesity. The researchers have used a variety of sources, most of which are current and others which are older than 10 years. The purpose of using such sources was to build a comprehensive background to the issue.

They have identified past study results to come up with the research gap and using current studies, they have explained the progress towards filling the research gap identified. The authors only summarize the findings of the available studies but do not give any weaknesses associated with the

studies. FindingsThe researchers identified several causes of childhood
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obesity including; excess consumption of snacks and sugary foods, increased portion sizes, reduced physical activities, environmental factors, family factors and socio-cultural factors. The choice of foods that parents choose to feed their children as well as the portion sizes are the key determinants of whether a child will have a healthy weight or not (Sahoo, K., et al, 2015).

Children are usually very active. However, the environmental factors such as orientation to sedentary lifestyle can make children less active. The availability of video games and child television programs are among the environmental factors that encourage small children to lead a sedentary lifestyle (Sahoo, K., et al, 2015). Family factors include the types of foods that family feeds on. If the family has a habit of feeding on certain foods which are considered unhealthy, the children are more likely to be fed on the same foods.

They are also more likely to grow with such eating habits. Socio-cultural factors such as the use of food as form of reward also contribute towards obesity. For instance, when a child does something good, the parents might want to take that child to a nice restaurant for food. This child will grow with the habit of eating food s they don't need and which are not well selected.

The consequences of childhood obesity identified by the researchers include, low self-esteem, nutritional deficiencies which lead to other health complications, emotional problems among others. The greatest risks associated with childhood obesity according to the researchers include; type 2 diabetes, sleep apnea, asthma, fatty liver disease and cardiovascular disease among others (Sahoo, K., et al, 2015). With these findings, the

researchers discuss the importance of preventing childhood obesity. Ethical Considerations There are several ethical considerations which must be made when conducting a research and publishing it for public use. Some of the most pronounced ethical considerations include; Patient consent- this study did not involve any contact with the patients. It therefore is not affected in any way by the issue of patient consent.

The research uses past research studies to analyze the issue of childhood obesity and identify its consequences. Privacy protection- patient protection issue are were not among the considerations which were to be made in this research study. The reason is because there was no point in the study where the researchers came into direct contact with the patients Approval by a review board to ensure it is authentic- this research article has been peer-reviewed to ensure that it is authentic and that it presents correct information on the topic. This makes it reliable and fit for dissemination. Use of other researchers' work- in this paper, the authors relied heavily on other researchers' works to gather information on their topic of discussion and to answer their research questions.

It is considered unethical to use another person's work without acknowledging them. The researchers were keen to acknowledge all the sources of their information. They have used in-text citations and given a reference list showing all their sources of information. Conclusion In conclusion, the researchers in this paper sought to shine a light on the issue of childhood obesity and its consequences. They identified other research works which had been completed earlier on the issue of obesity and combined the information to give the reader a comprehensive view of the <https://assignbuster.com/qualitative-causes-and-consequences-background-of-study-this/>

issue of obesity and specifically childhood obesity. The researchers suggested that if the problem of childhood obesity was solved when the children were still young, then we would be looking at a better future, with reduced obesity prevalence among the children as well as adults. The findings of this paper are important in the nursing field because they provide a basic understanding of the issue of childhood obesity for nurses.

Such information can be used in the formulation and development of an intervention to curb the problem. It gives healthcare providers a new perspective of the issue of obesity and encourages them to tackle the issue from the grass-root. The research findings will be important in building a basis for my intervention project which proposes targeted parent health education to help reduce childhood education.