Childhood Obesity

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Why did I chose this Topic?

Why are some populations more susceptible to childhood obesity prevalence?
Bruins Movin'
Bruins Movin’

- Community Service program that provides fitness education to two local elementary schools
- Volunteers facilitate 20 minute physical activities during students’ lunch breaks
Bruin's Movin'

- Brockton and Norra Sterry are both Title 1 elementary schools.
- Children in these schools struggle to pass the Fitnessgram.
Bruins Movin’ & St. Johns

- Demographics of these schools are similar to the populations near St. John’s clinic.
- Thirty-five percent of the schools’ population come from low-income backgrounds and eighty-five percent are underrepresented students.
Why are some populations more susceptible to childhood obesity prevalence?
Obesity
- BMI over 30 or more

Consequences of Obesity

Health
- Increased risk of:
  - Cancer
  - Heart disease
  - Type 2 diabetes
  - Hypertension
  - Depression
  - Stroke
  - Premature death

Economic
- What was once a remote possibility is now a growing concern.
- Obese individuals and their families may experience high medical costs.
- Obese people consume more medical care and much of it paid by society.

Children
- Obese children are most likely to become obese adults.
- Childhood obesity is a social justice issue.

What Causes Childhood Obesity?
- Too many high calorie, low nutrient foods
- Genetics
- Sedentary Lifestyle
Obesity

- BMI over 30 or more
Consequences of Obesity

Health

Increase risk for:
- Coronary heart disease
- Type 2 diabetes
- Hypertension
- Depression
- Stroke
- Premature death

Economic

- Affect social work by reducing productivity and increasing absenteeism
- Obese individual will have higher medical costs
- Obese people consume more medical care and much of that medical is paid by society
Increase risk for:

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Children

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• Childhood obesity is a social justice issue
What Causes Childhood obesity?

- Too many high calorie, low nutrient foods
- Genetics
- Sedentary lifestyle

But...these factors don’t tell the whole story
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Conceptual Framework

SOCIOECONOMIC & POLITICAL CONTEXT
- Governance
- Policy
- Macroeconomic
- Social
- Health
- Cultural and Societal norms and values

Social Position
- Education
- Occupation
- Income
- Gender
- Ethnicity / Race

Material Circumstances
- Social Cohesion
- Psychosocial Factors
- Behaviours
- Biological Factors

Health Care System

DISTRIBUTION OF HEALTH AND WELL-BEING

SOCIAL DETERMINANTS OF HEALTH AND HEALTH INEQUITIES
Parent's education level may impact the home food environment through:

- Financial income
- Money management
- Nutritional knowledge
- Parenting skills
- General resources
Parent’s education level may impact the home food environment through:

- Financial income
- Money management
- Nutritional knowledge
- Parenting skills
- General resources
Income

Poverty and Obesity
- Many communities in the South Los Angeles are characterized as low-income neighborhoods
- Data shows an inverse relationship between family income and obesity prevalence among children
- Obesity prevalence was 70% higher among adolescents with family income below the poverty line
- Increase in obesity prevalence among African Americans and Latinos

Financial Insecurity leads to Food Insecurity
- Food insecurity: limited or uncertain availability of nutritional adequate foods
- Cycles of food deprivation and overeating
- Immigrants, whom make up a large portion of the South Los Angeles community, are less likely to participate in assistance programs

Food Deserts
- Disproportionate number of fast-food restaurants are located in low-income communities
- Strong presence of fast food chains
- Lack of fresh and affordable foods

Low-income neighborhoods - schools that lack resources
- Physical education is cut from curriculum
- Low income schools have an economic agenda
- Financial gains by contracting food and beverage companies
- Access to poor nutritional foods at schools

Lower Income Neighborhoods have fewer opportunities for physical activity
- Fewer parks, green spaces, bike paths, & recreational resources
- Crime, traffic, and unsafe playground equipment are common barriers to physical activities
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Socioeconomic Context

Parent's education level may impact the home food environment through:

- Financial income
- Money management
- Nutritional knowledge
- Parenting skills
- General resources
Sustainability at St. Johns
Internship Experience

- We helped facilitate the Garden Gateway event
- Promoted healthy eating
- Provided more green space in the community
- Brought neighbors together
Sustainability at St. Johns

InternShip Experience

- We helped facilitate the Garden Gateway event
- Promoted healthy eating
- Provided more green space in the community
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Reciprocity

St. Johns

Me

Personal development
- Gained oral communication skills
- Improved my translation skills

Professional growth
- Fundraising
- Outreach
- Canvassing
- Phone call
- Become an activist
St. Johns
Me

Personal development
- Gained oral communication skills
- Improved my translation skills

Professional Growth
I learned how to:
- Outreach
- Canvass
- Phone call
- Become an activist
Personal development

- Gained oral communication skills
- Improved my translation skills

Professional development

-...
-...
-...
I learned how to:

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