**Childhood Obesity**

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**Introduction**

Among the goals specified by the World Health Organization is to ensure that the number of people affected by obesity is reduced. The prevalence of overweight among children has been on the rise as more people adopt new lifestyles. Trends in the world indicate that fast food consumption has increased with businesses like McDonald and Subway, making more profit. The percentage of people affected by obesity in the United States is falling due to the constant promotion of healthy eating and exercising. Among children, their health is being considered and noted as important as adult health. However, as the culture of fast food consumption in the United States is falling, developing countries are now seeing a rise in the cases of obesity among children. WHO in 2017 noted that 5% of the African population's children under five years old, which is a 50% increase in number from the number recorded in 2000 (Adom et al., 2019). According to the region, the countries from west Africa like Nigeria have the highest percentage of 16.1%, followed countries from southern Africa at 14% (Gies et al., 2017). The needs assessment paper will focus on childhood obesity among children in Africa and help promote better eating.

**Health Status**

The result of obesity derives from high uptake of calories, and reduced physical activities are the main drivers of obesity. Biological, environmental, and social factors also play a major role, including the family's socioeconomic status, parental obesity, maternal employment, physical activities, school food, and community proximity to fast-food restaurants. The implication of obesity includes; cardiovascular risk factors that include high blood pressure, impaired fasting glucose, and the high probability of remaining overweight even as an adult (Chedjou-Nono et al., 2017). The increase in the obesity percentage and its health risk factors influence the advances made in the health sector and improvements made over the years towards its service delivery systems.

The implication of overweight has been noted throughout sub-Saharan countries has instigated a reaction from researchers who are doing more extensive studies to help reduce the epidemic. Given that the continent is still developing its health sector, risks derived from childhood obesity put most pediatric departments under the pressure of treating heart-related diseases. Given that diseases like high blood pressure, high cholesterol, heart failure, and diabetes require specialized treatment, the available healthcare resources will be under strain from the continuous increase patient number.

**Community Description**

The African economies are growing, with the middle class enlarging and urban population increasing rapidly. The phenomenon is majorly responsible for increased childhood obesity. The large percentage of children suffering from obesity consists of individuals living in urban areas where they have access to fast-food restaurants with limited physical exercises (Pacific et al., 2020). Those high affected are children from families with high-income occupations, while those from low-income households have a less probability of being obese. The geographical factor plays a major role in determining the children who are most likely to be obese. However, gender factors showed no significant difference, although according to Adom et al. (2019), there was a small difference between boys and girls.

The most contributing factor to the determination of whether a child would be obese was not affected by education level but rather social and cultural factors. In most cultures, people with obesity are viewed as achieved more in society in the community. Many of the politicians and leaders from the region can be referred to as overweight, and the images seen by the member of the communities as a sign of prestige (Okop et al., 2016). The perception affects how obesity is viewed not as a health concern but a kind of way to make a social and economic statement, affecting even the health of the children themselves.

**Need Assessment**

From the previously conducted research on the topic of obesity among children in African, the main issue the availability of information about the effects that will influence that child's growth. Communities need to be taught on the best nutrition requirement for their children. The government and Non-governmental Organizations (NGO) have a task to ensure that both children and adults are educated on the dangers of obesity. Programs that promote healthy eating will help transform the trend. Stress should be put on reducing the consumption of junk foods that have low nutrition values. The fundamentals of the need assessment are establishing the best method to reduce the number of children with obesity.

As the problem is emerging, most individuals have not yet discovered how serious childhood obese is on the child's health, not only presently but well into the future. Given that most people at risk are educated and range from the middle class to the upper class of society residing in urban areas, organizations of education forums target to provide educational information on obese (Adom et al., 2019). The project will aim to reinforce the correct practices of taking care of children's health and their health. The education and teaching event should involve an aspect of the teach-back method. Through teach-back, the healthcare expert will focus their attention on individual participants and have a chance to clarify details that were unclear or misunderstood.

Additionally, the organization of events at schools in urban areas will help children understand the importance of taking care of their health at a young age. While teaching children, they should involve more pictures, videos, and demonstrations to keep discussions lively among the methods used. Emphasis should be laid on observation of nutritious food that will help the children achieve proper health levels. Physical activities will be promoted to help students with less physical activities burn their calories.

However, these activities require collaboration with an organization with established operations in the continent to help expedite the process and reach more people. Organizations like the WHO and UNICEF will have a big role in promoting healthy eating among children. Additionally, collaboration with the governments' ministry of education and health ministry will facilitate curriculum adjustment and improved hospital instruction delivery, respectively.

Reference

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