



Modern Society's Effects On Obesity in Children and Adolescents On the North Shore of Staten Island

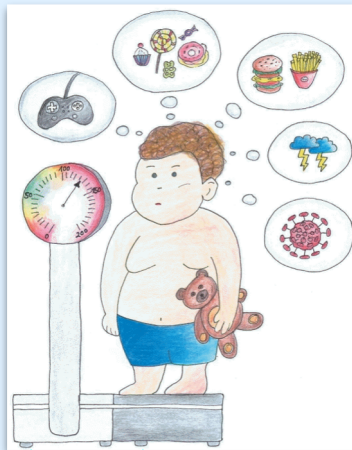
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Introduction

- The youth of the North Shore community are gaining weight due to easy access to fast and unhealthy food, staying home more, and less physical activity.
- About 15% of persons live in poverty (2), making the opportunity to eat healthy and sustainable foods difficult.
- This problem has a major effect on the community because an increased rate of obesity in children can lead to higher rates of obesity, heart disease, diabetes, and other chronic diseases in adults.

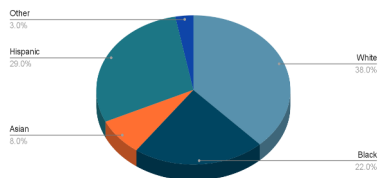


Proposed Solution

- Encouraging an overall healthy weight, a wholesome relationship with food, and understanding of consistent exercise through innovative wellness programs, such as the following:
- Comprehensive weight management program options can be incorporated systematically (like in schools - based on target audience), and technologically (in interactive apps and websites tailored for youth). Although technology can support sedentary lifestyle, it is also a great outlet for exercise promotion. Technology like apps, websites, and telemedicine provide easy access to treatment and exercise programs. (3)
- Physical education classes, mental health counseling, and nutrition classes should be incorporated into school curriculums at an early age.
- Public officials and schools will bring more attention to resources that are already available in the community, like The Staten Island Child Wellness Initiative (SICWI), DASH-NY, and Action for Healthy Kids.

Community Assessment and Analysis

Population Demographics



Problem

- The root of the problem stems from the strict stay-at-home orders imposed in reaction to the Coronavirus global pandemic. Schools closed and children lost the safety net of access to nutritious food, a safe place to be, and mandatory physical activity as well as their social networks and familiar routines.
- Widespread job loss resulting in higher rates of household food insecurity may lead to lower consumption of fruits and vegetables and higher consumption of processed foods and beverages. Understanding how pandemic mitigation approaches affect child health behaviors including physical activity, screen time, sleep and diet as well as the impact on household food insecurity is critical to creating policies that protect the community while doing the least harm to children.
- Cancellation of extracurricular activities and sporting events added to the lack of physical exercise among any given population.

Apps for food education and exercise programs:



MyFitnessPal



Fooducate



SworKit Kids



Apple Fitness

- Total population 175,000. (1)
- The average household income is \$73,000. (1)
- The North Shore has the highest rates of Diabetes, COPD, Asthma, heart failure and cardiac issues on Staten Island. (4)
- Health Resources for youth on SI: 10 Urgent Care centers, NYC DOE, The Staten Island Child Wellness Initiative (SICWI), DASH-NY and Action for Healthy Kids.

References

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