

Obesity in children

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There is a consistent rise in the use of sugar among children throughout the last decade. It is affecting the health of the children and producing more severe health hazards, including particularly diabetes and obesity. According to Barnett and Kumar, around 40% people of the children are overweight and 10% having diabetes type 1 in the UK. Even though the governments and different organizations are still attempting and making efforts to

establish and implement certain policies which can safeguard and protect the children, there are no fruitful and productive results have been achieved yet. However, the policies in favor of those food processing industries which utilize sugar as a whole are somewhat implementing and because of this, fewer improvements have been observed among children particular of age 6 to 12 years.

Key Words: *Nursing; Patient; Safety; Leadership; Healthcare*

INTRODUCTION

It is recommended that improvements and modification are necessarily being performed so as to enhance the health and wellbeing of the children. This assignment primarily focuses on the issues regarding the health of the children especially related to the sugar and its hazardous side effects [1]. The sugar policy in terms of the food processing industries and soft drinks industries are critically evaluated. Similarly, the impacts and results of those policies on the children health and wellbeing are also discussed. The lacking areas in terms of the implementation of the policies or relating to the improvement perspective are also highlighted. The recommendations for these policies are mentioned as well so as to bring more improved and effective results.

HEALTH RELATED ISSUES FOR CHILDREN

There are numerous health hazards that can affect children wellbeing and cause various harms to children. This is the serious issue which is growing day by day. It has been observed that different diseases are affecting and the lifestyle of children [2]. These diseases include bronchitis, chickenpox, scarlet fever, measles, whooping cough, meningitis, urinary tract infections, obesity, and diabetes. However, obesity and diabetes are the major diseases that are affecting the children health rapidly. Obesity in children has been known as one of the serious matter in the twenty-first century concerning children's health as stated by World Health Organization (WHO) [2]. Children who are obese require more medicinal care and might come across with various treatment limitations. Consequently, there are more chances of permanent disability, ill health, and premature death later in life, while other serious illness include mental disorder, hypertension, stroke, coronary heart disease, sleep apnea and breathing issues, high LDL and low HDL Cholesterol [3].

As far as diabetes type 1 is considered, it is a deficiency of glucose homeostasis well-known by self-immune destruction of the insulin generating stomach glands of beta cell that develops in reduction of insulin production in the body due to excessive glucose in the bloodstream. In general, the children body is not able to produce insulin and so it cannot reach to the body's cell where the fuel of the blood is glucose. It is still not known and explained and nobody is certain regarding the damage of insulin producing cell, though sum suggests it is because of infrequent response to cells [4]. This may be activated by an infection or other contaminations. There are numerous other symptoms and indicators that are frequently very visible and grow very rapidly, classically over a few months. These signs are rapidly shown once the diabetes is cured and treated. Diabetes can develop at any age but commonly occurs before the age of 35, especially during teenage. The range of the result reads from 10 to 20 per cent of children with type 1 diabetes. For controlling blood sugar levels in Type 1 diabetes it is necessary that insulin is injected in the blood stream by different method which includes though a pump, or syringe.

POLICIES TO CURE CHILDREN HEALTH

It is predictable that problem of health and its relevant circumstances are costing the NHS £ 6.1 billion per year at the moment. The total cost is merely around £ 27 billion per year.

An action plan was proposed in August 2016 by government of UK, for the guidance of food processing units. Its first and major step was to introduce healthy and low sweet foods and drink those children utilizes. There are some important achievements since it has been published specifically in the production of eatable items. Though the plan was again reviewed and later published in June 2018, with insisting suggestions by official departments supporting to invest about £ 5 million throughout the period of five years to decrease the level of sugar in diet and other beverages [5].

The plan further emphasizes to improve the health of the children especially of underprivileged areas by 2030. Since the diseases in children of lower income families is more likely to be twice as compared to higher income families. On the other hand, they are not even serious regarding the quality of foods and drinks they utilize. Healthy and less sugary foods are not accessible to them rather they are provided with the foods that are high in sugar because of living in remote and poor areas. By consuming all these contaminants, causes different types of diseases to occur. Similarly, they cannot afford proper treatments and medications for their respective diseases, resulting ultimately in death.

It is therefore necessary to provide investment to the facilities which will bring awareness to these poor people areas so that they can plan their lifestyle accordingly. They should be provided with healthy and fresh foods and drinks particularly that are less in sugar and glucose, appropriate medicines and treatment technologies. Even if the sugary drinks are available to them, they should be made quite expensive including taxes so that poor people are inevitably stopped from it. Considering all these issues and their respective solutions, it was decided in the plan to invest £ 26 million for the period of around three years for the immediate execution of such actions.

The proposal also suggests advertising and promoting the programs regarding the adverse effects of consuming sugar and its consequences in later adulthood. As a matter of fact, there are many physical and physiological permanent diseases and disorders as discussed above that can prove dangerous and hazardous to the children and their parents as well. Therefore, it is mandatory to introduce such programs so that people can avoid and stop the sugar intake in adolescence and can tackle the difficulties relating with childhood obesity and diabetes and its relevant treatments. As per plan, £ 372 million was decided to invest by the government for the advertisement of the programs [6].

Different departments were also appointed to invest to the activities which

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