

# Childhood Obesity



& St. Johns

Elizabeth Padilla

## Obesity

**Consequences of Obesity**

- Increased risk of heart disease
- Type 2 diabetes
- High blood pressure
- Sleep apnea
- Depression

## Children

Many children are obese, and this is a growing problem. It is important to take action now to prevent this from becoming a major health issue.

## What Causes Childhood Obesity?

• Poor diet  
• Lack of exercise  
• Genetic factors

## Environmental Causes

• Limited access to healthy food options  
• Limited access to safe places for physical activity  
• Marketing of unhealthy, high-calorie foods to children

## What Causes Childhood Obesity?

• Poor diet  
• Lack of exercise  
• Genetic factors

## Reciprocity



## Sustainability of St. Johns

• Sustainable Development Goals

- We need to create an environment that supports healthy living.
- We need to create an environment that supports healthy living.
- We need to create an environment that supports healthy living.

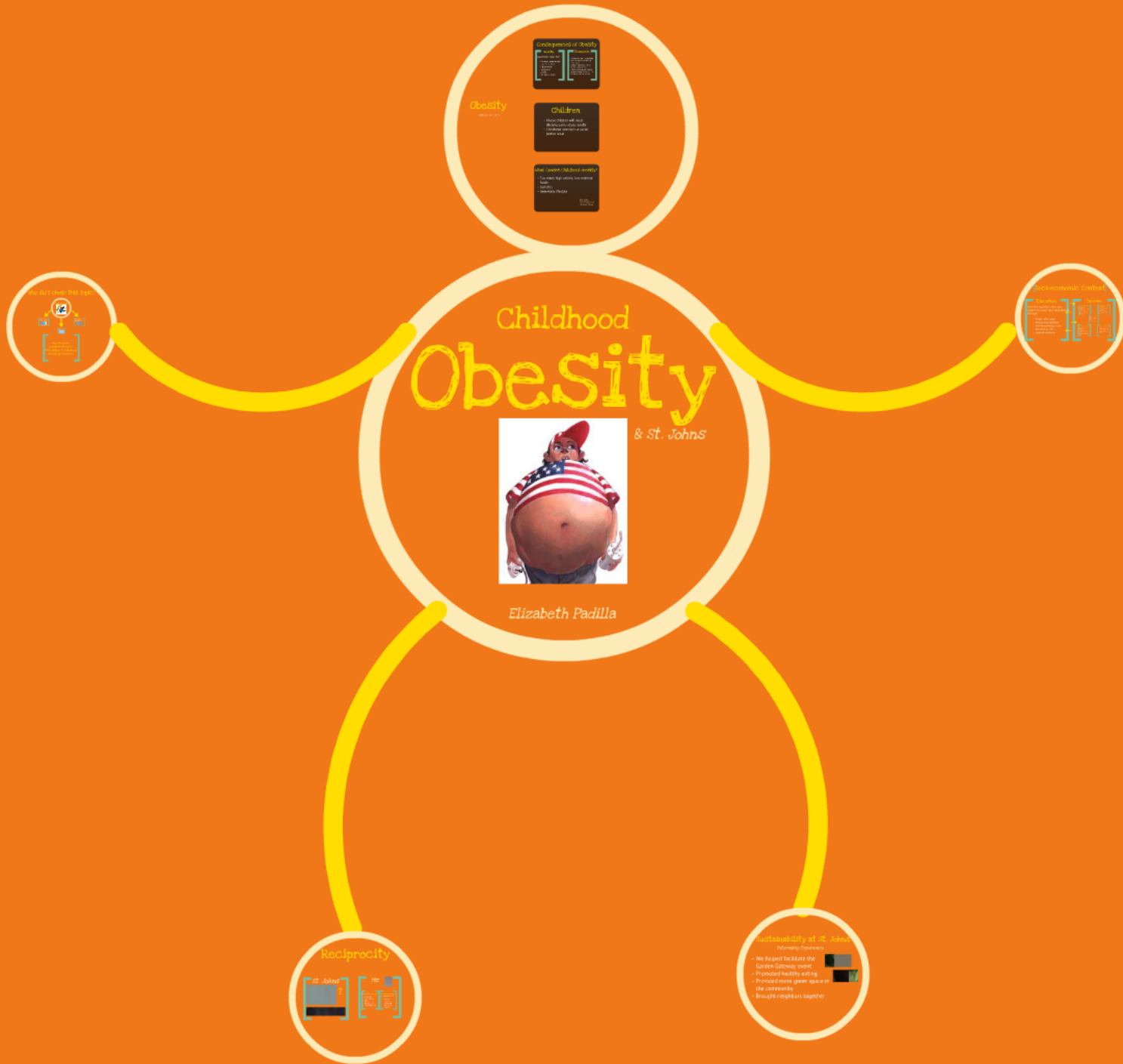
• We need to create an environment that supports healthy living.

# Childhood Obesity

*& St. Johns*



*Elizabeth Padilla*



# 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



# Bruins Movin'

- Brockton and Norra Sterry are both Title 1 elementary schools
- Children in these schools struggle to pass the Fitnessgram







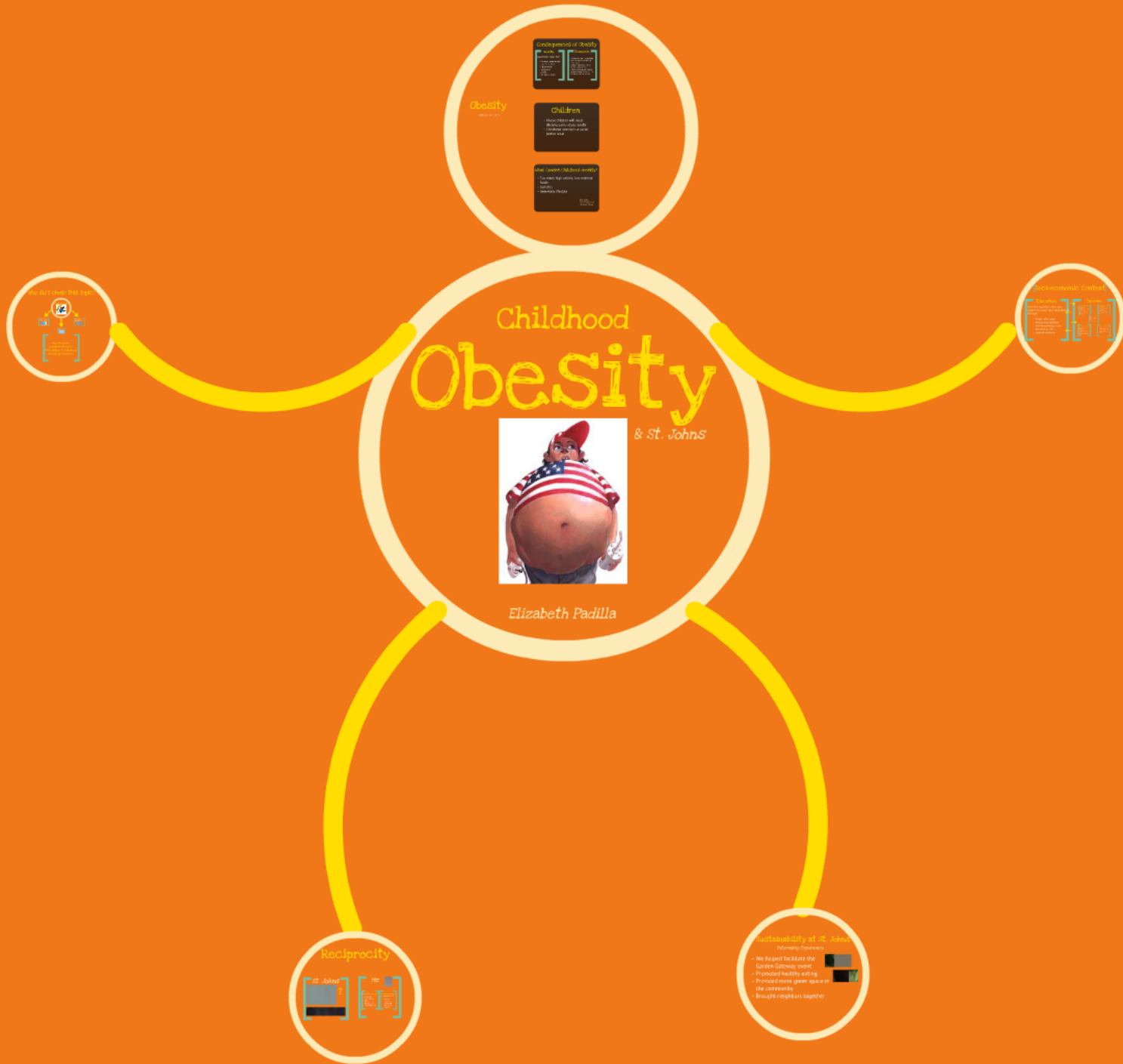


# Bruins Movin' & St. Johns

- 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

#### 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

## Children

- Obese children will most likely become obese adults
- 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*



# 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

# 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

# Children

- Obese children will most likely become obese adults
- Childhood obesity is a social justice issue



# What Causes Childhood obesity?

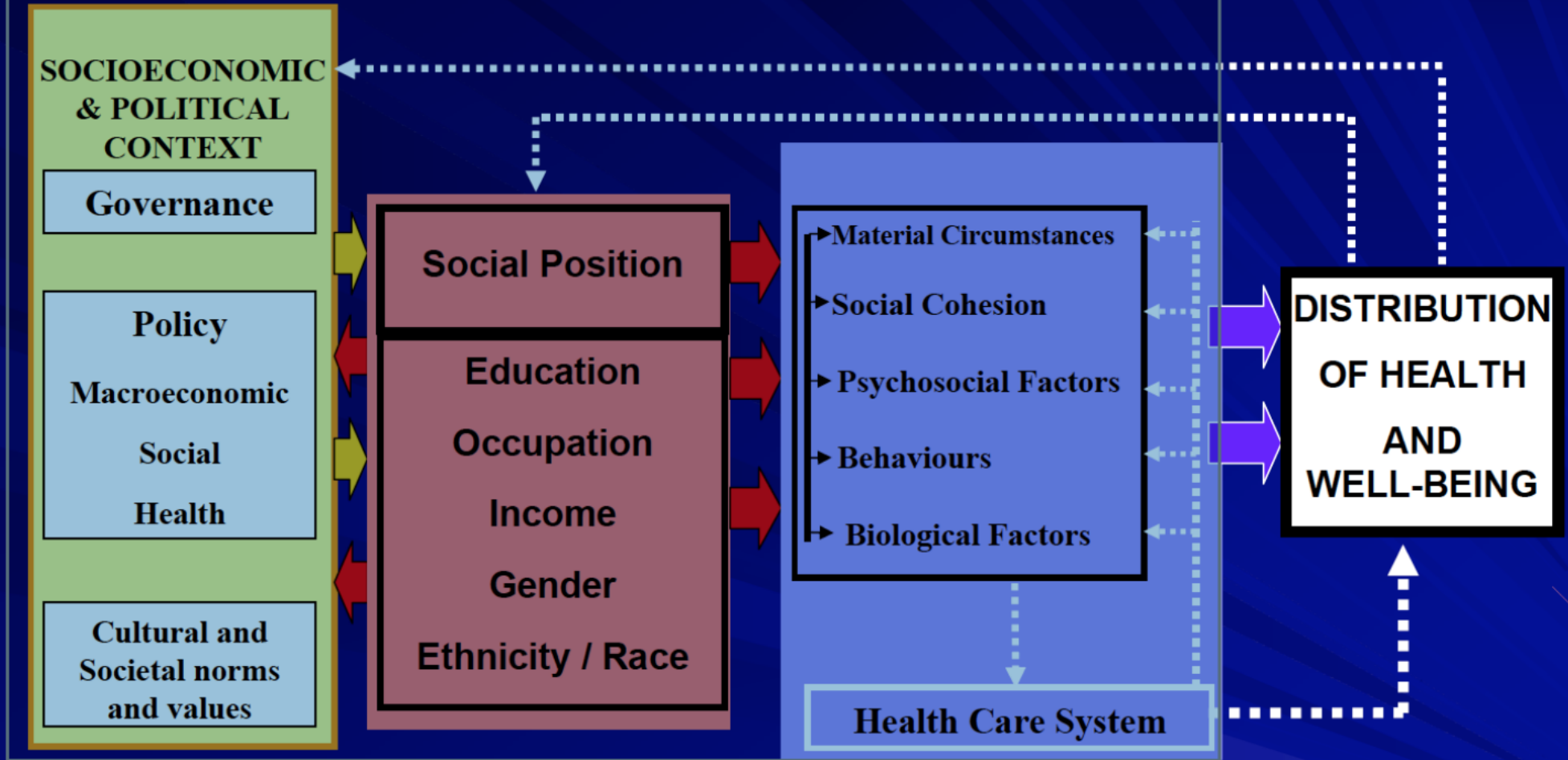
- Too many high calorie, low nutrient foods
- Genetics
- Sedentary lifestyle

*But...these  
factors don't tell  
the whole story*

But...these  
factors don't tell  
the whole story



# Conceptual Framework



**SOCIAL DETERMINANTS OF HEALTH AND HEALTH INEQUITIES**





# [Socioeconomic Context]

## Education

*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.
- One of the reasons may be higher density of grocery stores (and income below the poverty line) increases availability and access among African Americans and Latinos.

**Financial Insecurity Leads to Food Insecurity**

- Food insecurity, limited or uncertain availability of nutritious, affordable food.
- 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 Insecurity**

- Disproportionate number of food-insecure residents 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.

**Low-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.

# Education

*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

# 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



# [Socioeconomic Context]

## Education

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

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

## Income

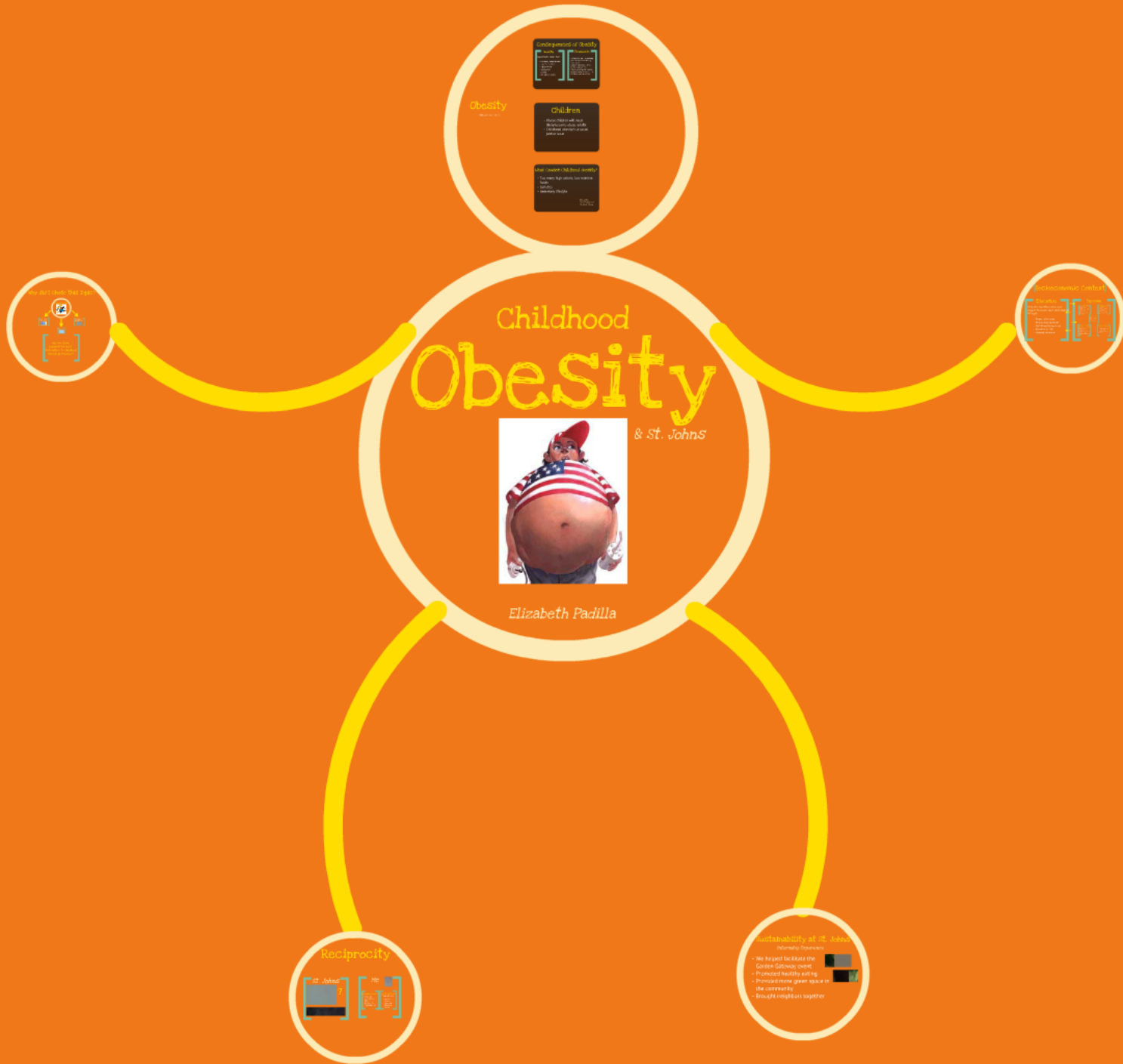
**Priority and Quality**  
- Many communities in the South US region are characterized as low-income neighborhoods  
- Rate of food insecurity among low-income households is already 20% higher among all counties with lower income than the general one  
- Income directly impacts a family's food choices and habits

**Financial Insecurity Leads to Food Insecurity**  
- Food insecurity is linked to substance use, depression, and anxiety  
- Food insecurity is linked to poor academic performance  
- Food insecurity is linked to poor health outcomes

**Food Deserts**  
- Disproportionate number of food deserts are located in low-income communities  
- Many people in food deserts lack access to fresh and affordable foods

**Low Income Neighborhoods 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

**Low Income Neighborhoods Lack Safe Open Spaces for Physical Activity**  
- Fewer parks, green spaces, bike paths, & recreational resources  
- Crime, traffic, and unsafe playground equipment are common barriers to physical activities



# 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
- Brought neighbors together



# Reciprocity

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



# 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

*I learned*

- 
- 
- 
-

ment

## Professional Growth

*I learned how to:*

- Outreach
- Canvass
- Phone call
- Become an activist

ls

# Childhood Obesity



& St. Johns

Elizabeth Padilla

## Obesity

**Consequences of Obesity**

- Increased risk of heart disease, stroke, and diabetes
- Higher rates of depression and anxiety
- Reduced life expectancy

## Children

Many children are obese, and this is a growing problem. It is important to take action now to prevent this from becoming a major public health issue.

## What Causes Childhood Obesity?

• Poor diet and lack of exercise

- Lack of physical activity
- Excessive screen time
- Genetic factors

## Environmental Causes

• Limited access to healthy food options

- Lack of safe places for physical activity
- Overabundance of fast-food restaurants
- Limited access to parks and recreational facilities

## What Causes Childhood Obesity?

• Poor diet and lack of exercise

- Lack of physical activity
- Excessive screen time
- Genetic factors

## Reciprocity

• St. Johns

- St. Johns
- St. Johns

## Sustainability of St. Johns

• Sustainable Development

• We need to create a sustainable future for our children.

- Promote healthy eating
- Encourage physical activity in the community
- Bring neighbors together