

JOINT EVENT

10th International Conference on **Childhood Obesity and Nutrition**
&
2nd International Conference on **Metabolic and Bariatric Surgery**

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Community based childhood obesity intervention programme: Working with parents and schools in Birmingham, UK; challenges and opportunities

Statement of the Problem: Obesity is a key public health issue affecting both children and adults in developed countries and countries of economic transition. Childhood obesity pattern in UK is not different; a quarter of 2-10 and one third of 11-15 year old are overweight or obese. Obesity harms children's health both physically and psychologically. Obesity is the outcome of a complex set of factors, its prevention and management therefore requires multiple set of action and life course approach. This paper begins with highlighting some of the main issues contributing to childhood obesity in the UK and moves on to argue the case for multifaceted investment in prevention.

Methodology & Theoretical Orientation: Using three cases studies from Children Centers, and Schools in the West Midlands, it compares the process of designing, recruiting participants and implementing "FABTots", "MEND", and "Make it Count" community based childhood obesity prevention programmes in diverse communities.

Findings & Discussion: Data highlights the impact and outcome of those three projects in childhood obesity and their influences on family dietary practices and food knowledge. It emphasis opportunities as well as constrains of working in community settings. It argues the importance of community development approach and the role of community engagement in goal setting and ownership of intervention programmes.

Recommendations: It concludes that although in most cases these intervention programmes were successful in developing skills and confidence in the respective communities, for sustainability of these programmes the complex impact of lifestyles choices and structural issues should not be overlooked.

Biography

Fatemeh Rabiee is a Professor of Public Health Promotion and a registered Public Health Nutritionist. She has extensive experience of teaching, research supervision, community based Public Health Nutrition Intervention Programme, capacity building and mentorship in Higher Education & Research in the UK, Netherlands, Uzbekistan and other countries of economic transition. She has initiated, designed, managed and implemented a number of research and educational programme in the broad area of health and social policy; health inequalities, mental health promotion, public health nutrition and evaluation of health and social care projects nationally and internationally. Her other specialist skills include "Public health practitioner; advocacy, lobbying and campaigning and; stakeholder engagement and deliberation etc."

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