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Association between Childhood Obesity and Lack of Healthy Food Access in Urban Food Deserts

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Background

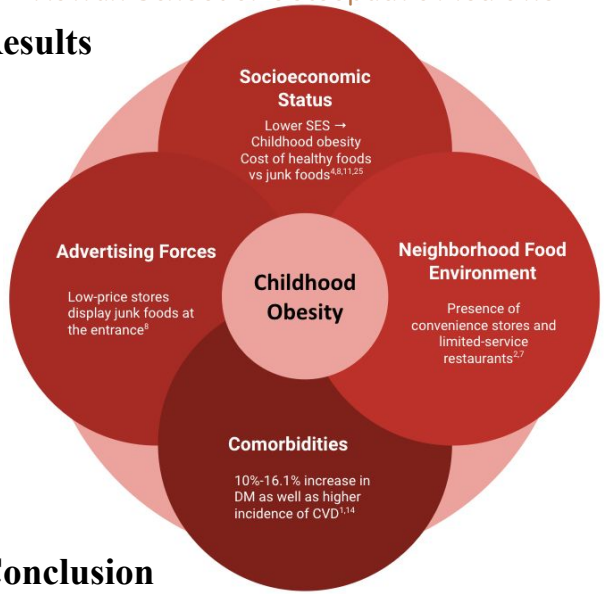
Childhood Obesity: growing epidemic affecting almost 20% of children and adolescents in the United States[5]

- Characterized by BMI greater than 95th percentile of their age and gender[25]
- Often leads to chronic medical conditions: high blood pressure, Type II Diabetes and heart diseases[3,19]
- Low socioeconomic status(SES), lack of healthy food access and urban neighborhoods have been associated with childhood obesity[4]

Objectives & Methods

1. Explore studies that research the association between living in an urban food desert and the prevalence of obesity in children (ages 5-12 years)
2. Determine how social determinants like SES affect childhood obesity rates and elucidate how neighborhood food environments and market forces affect health outcomes.
3. Recognize specific risk factors putting lower SES children at greater odds for developing obesity

Results



Conclusion

Limitations

- Lack of power
- Confounding variables
- Lack of adequate control group
- Varying age range of participants across studies

Future Directions

01	Explore the link between SES status and food choices using cohort studies
02	Encourage physician responsibility for health equity of vulnerable populations
03	Educate the population about healthy food choices

References

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