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

Nicholas Averell
Rowan University

Rushali Desai
Rowan University

Archana Menon
Rowan University

Ayushi Naik
Rowan University

Arpun Shah
Rowan University

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

Nicholas Averell, Rushali Desai, Archana Menon, Ayushi Naik, Arpun Shah
Medical Scholarship Under the Guidance of Dr. Jillian Baker

Rowan School of Osteopathic Medicine



Background

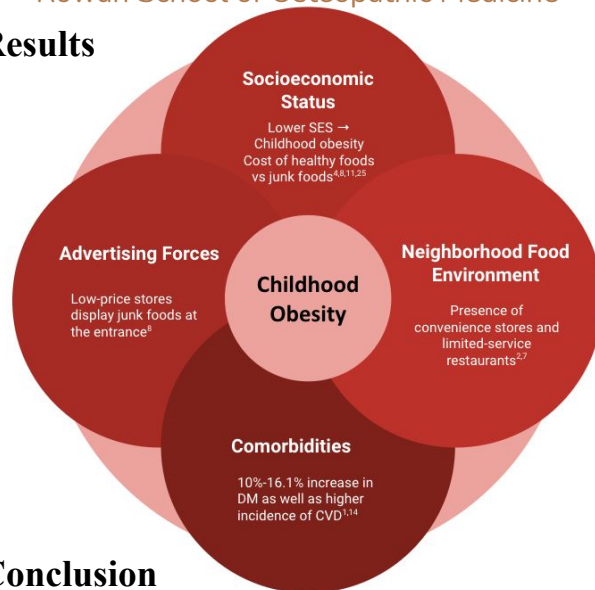
Childhood Obesity: growing epidemic affecting almost 20% of children and adolescents in the United States⁵

- Characterized by BMI greater than 95th percentile of their age and gender²⁵
- 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 obesity⁴

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

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01

Explore studies that research the association between living in an urban food desert and the prevalence of obesity in children (ages 5-12 years)

02

Determine how social determinants like SES affect childhood obesity rates and elucidate how neighborhood food environments and market forces affect health outcomes.

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Recognize specific risk factors putting lower SES children at greater odds for developing obesity

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