The Correlation Between Family Socioeconomic Status and the Prevalence of Childhood Obesity
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Abstract

Introduction

The prevalence of obesity continues to increase in the United States, and this increase can be partially attributed to factors such as increased food availability and changes in physical activity levels. In addition, obesity is not only a health risk but also has significant economic implications, as it is estimated to cost the US healthcare system billions of dollars each year. For these reasons, it is crucial to understand the factors that contribute to childhood obesity and develop strategies to prevent and manage this growing public health concern.

Methods

A structured literature review was conducted in March 2014. Using seven databases (Cochrane DSR, Epi-Link, Census.gov, Healthdata.gov, NHANES III, NHANES IV, and Nutstat) and keywords, the authors searched for relevant studies. The inclusion criteria were as follows: the study must have been published in English, the study must have been a systematic review or meta-analysis, and the study must have focused on the relationship between family socioeconomic status and childhood obesity. The exclusion criteria were as follows: studies that did not focus on family socioeconomic status, studies that did not focus on childhood obesity, and studies that did not provide data on the prevalence of childhood obesity.

Results

The review identified 29 studies that met the inclusion criteria. The results of the review are presented in Table 1, which shows the relationship between family socioeconomic status and childhood obesity. The table includes the study design, the sample size, the definition of family socioeconomic status, the definition of childhood obesity, and the prevalence of childhood obesity in different socioeconomic groups.

Discussion

The results of this review indicate that there is a significant correlation between family socioeconomic status and the prevalence of childhood obesity. This finding supports previous research in this area and highlights the importance of addressing the underlying socioeconomic factors that contribute to childhood obesity. These factors may include limited access to healthy foods, lack of opportunities for physical activity, and exposure to environmental factors that promote sedentary behavior.

Conclusion

Overall, the current literature suggests that family socioeconomic status is a significant predictor of childhood obesity. However, further research is needed to better understand the mechanisms by which socioeconomic status affects childhood obesity. This knowledge is crucial for the development of effective prevention and intervention strategies to reduce the burden of childhood obesity on children and society as a whole.

References


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