**Title: Examining England's policies on childhood obesity critically with the help of the Policy Triangle Framework.**

**Name**

**Date**

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# Introduction:

In public health, social rules play a key role. They shape the health of large groups and handle tough problems (Theis, 2022). A person who works in Health Policy is very committed. They concentrate on learning and carefully studying current rules about children being overweight. The study looks at different parts of rules, with a strong focus on school projects, controlling how food is sold, and actions in local areas. Obesity in children is now a big health problem in the United Kingdom, with serious effects on young people's health. Shocking numbers show that almost 25% of children in England start primary school with a weight problem or being too heavy. The number goes up a lot to one-third when children reach eleven years old, putting the UK among the countries in Western Europe with the highest childhood obesity rates (Pippa Chapman et al., 2020).

This study is focused on figuring out the complex list of things that lead to an increase in obesity among children. It then suggests a complete plan to help lessen this problem. It's important to understand the many parts of this problem. This helps us make solutions based on facts, which can lead to good changes in society. The start prepares for a full investigation, highlighting the importance of using many kinds of knowledge to deal with parts about how society and money work. It also covers environmental and health issues connected to children being too obese.

The need to deal with obesity in children is more about long-term problems. It's important not just for their health now, but it also help stop them from getting serious illnesses like diabetes and heart diseases later on. Also, the effects on children's minds from things like bullying and being looked down upon show how important it is to have places that value both body health as well as mental happiness.

This study wants to help a lot in the ongoing talks about stopping childhood obesity, which is what the whole country is trying to do. The next parts will look into certain areas, using theory structures, rule checks, and real-life thoughts to show clear steps for good action. Health workers, people who make rules, families, and schools all need to work together with children. This is important for making places where better choices are easier and young people feel good in general.

By making this simple start, the study goes on to look closely at how complicated childhood obesity is. The main aim is to suggest long-lasting and helpful answers for today's young people and those who will come after them.

# Discussion:

## Introduction to Social Policy:

Childhood obesity is a pervasive health issue in England, affecting nearly a quarter of children upon starting primary school and escalating to one-third by the age of 11 (Childhood Obesity: A Plan for What to Do, Chapter 2). The repercussions of this crisis are disproportionately felt in more deprived areas, where children from low-income households are over twice as likely to be obese compared to those in higher-income households (Childhood Obesity: A Chapter 2 of the Action Plan. Moreover, children from black and minority ethnic families face a higher likelihood of being overweight or obese, contributing to a widening inequality gap (Childhood Obesity: A Plan for Action, Chapter 2. To confront these disparities and ensure an equitable start in life for all children, a national ambition has been set to halve childhood obesity and reduce the obesity gap between the most and least deprived areas by 2030 (Childhood Obesity: A Plan of Action, Chapter 2 (Childhood Obesity: A Plan for Action, Chapter 2).

The big health problems caused by being overweight in childhood show how important it is to deal with this matter soon. Children who are too obese or heavy don't just get bullied and feel bad about themselves but they have a higher chance of getting Type 2 diabetes while still young. This is usually very rare for their age group. The scary long-term effects are bad, with a bigger chance of becoming obese adults and having big health problems like cancer, Type 2 diabetes, heart disease, or liver disease (Childhood Obesity: A Plan for Action, Chapter 2). The money problem caused by obesity-related issues on the National Health Service (NHS) is thought to be £6.1 billion every year, highlighting how important it is financially to fight childhood obesity.

In this situation, social policy is very important in making the plan to deal with children being overweight. The government has promised to do its part but understands that teamwork is needed for a long time. This must happen not just between politicians, society, and businesses big and small. Childhood obesity is a complex problem that needs big and wide plans. These plans should include more than just health care, but also education, local city rules, and financial concerns.

Important steps in social policy are needed to handle changing food surroundings and help children and parents pick healthier things. The plan agrees that keeping lots of different food options is important. It also helps families to find and make healthy choices easily. The Soft Drinks Industry Levy (SDIL) and the demand for a 20% cut in sugar levels of children's most liked items, show how social policy is being added to the bigger plans against childhood obesity.

The suggested plan to reduce calorie intake, together with steady labeling for calories in places away from home, shows the government's goal of controlling and teaching food choices through rules within society. The plan says that advertising and promoting foods can affect what we eat. So, it suggests ideas like stopping TV ads for bad food after 9 pm. It also looks at needing rules in online areas too. These efforts show a promise to create social rules and encourage better actions via policy changes.

To deal with children being overweight, there is a need for a big plan that includes everyone at home. Social policy plans involve a leadership program for city officials to display successful methods within their current powers. The rule against selling deals and unhealthy food in main spots is made to make things more even for shopping places, ensuring parents are not overwhelmed by promotions offering high-obese, sugar, and salt products.

In the school place, social policy actions involve changing School Food Rules and improving how food is made. Also using steps like Daily Mile to encourage running every day for exercise. These rules want to make a friendly and good place for children while they are growing up. In conclusion, the introduction to social policy in addressing childhood obesity is integral to the broader strategy outlined in "Childhood Obesity: A Plan for Action." Getting this issue sorted will need a team effort and a complete plan. It is important because it covers different areas like healthcare, schooling, local control of places we live in as well money matters all joined up together. The new plans show that the government is dedicated to changing how people think, encouraging healthy actions, and making a place good for children healthier (Childhood Obesity: A Plan for Action, Chapter 2).

## Policy Triangle Framework:

The Policy Triangle Framework is a way to think about and understand the complexities of creating social rules. These rules are made to address child obesity problems. This framework encompasses three interconnected elements: government, society, and institutions.

***Government (State):***

At the top of the Policy Triangle is the government. It stands for ways that a state helps to make and use policies against childhood obesity. The government, as stated in the plan, takes a main and active role. It makes a big goal for the whole country, sets goals, and promises to be important in solving child obesity. This means making laws, giving money help, and working together in different fields. The government's role is not only in the executive branch but also involves working together with other politicians over a long time, stressing that everyone needs to work as one team to fix this problem (Childhood Obesity: A Plan for Action, Chapter 2).

***Society (Citizens and Communities):***

The second part of the Policy Triangle deals with people, including citizens, families, and communities. The plan's social policy realizes the main part played by people and families in making healthier choices. It recognizes the difficulties faced by parents, with two-thirds worried about making sure their families eat well. Food habits in communities are very important because they affect the choices we make about what to eat. The plan aims to help parents by making food choices fair and giving them access to cheap, good-for-you foods. By doing this, it deals not only with the health problems but also the social and money sides of children being overweight.

***Institutions (Public and Private Sector Organizations):***

The bottom of the Policy Triangle shows institutions, including public and private sector groups. These groups, including schools, local governments, and others involved in food and medicine also play a major part in turning rules into actions. The plan says the government needs to work together with both public and private groups, understanding that the food and drink companies have a big effect on what people eat. The Soft Drinks Industry Levy (SDIL) and the push to cut sugar in food and drinks show that businesses are involved in putting policies into action. The plan also talks about advertising and promotion, telling organizations to care for pushing good choices. They need to help reduce the number of children who are overweight by teaching them healthy options.

The Policy Triangle Framework gives a big picture of how government and society connect with institutions when making policies for childhood obesity. It knows that the government and individuals need to work together well. This stresses how these three things are connected in the struggle against child obesity for long-lasting results.

## Impact on Population Health:

The comprehensive strategy outlined in "Childhood Obesity: "A Plan for Action" Chapter 2 talks about child obesity as a big public health problem. It shows how important it is to the overall wellness of everyone.

***Reducing Obesity Rates:***

The main goal of the plan is to greatly cut down obesity rates in children. The goal is to cut child obesity in half and lessen the difference between rich and poor children by 2030. This will help reduce health problems linked to being overweight. This decrease in obesity rates is expected to help make people healthier by reducing the number of conditions related to being overweight (Theis et al., 2021).

***Health Equity and Disparities:***

The plan admits that childhood obesity affects children from poor homes and minority families a lot more. The project tries to fix these differences. They want all children, no matter where they come from, everyone gets a fair shot at starting their lives in good health. Fixing health differences is key to making the whole population's health and happiness better.

***Preventing Chronic Conditions:***

Childhood obesity is seen as a warning sign for different long-term illnesses like Type 2 diabetes, heart problems, and diseases of the liver. The plan sees the chance to stop and fix Type 2 diabetes from starting in children with good actions. By making children less obese, this plan wants to help them stay healthier later and ease the strain on healthcare because of weight-related issues.

***Economic Impact:***

The plan shows that obesity-linked health problems can be very expensive. It guesses they cost the NHS £6.1 billion every year. Tackling child obesity could help reduce the cost of healthcare and society overall. This money part shows a bigger effect on people's health. It goes past just one person feeling good to the long-lasting health of hospitals and clinics(Childhood Obesity: A Plan for Action, Chapter 2; Theis, 2022).

***Behavioral and Environmental Changes:***

The plan knows the changing food world and believes in helping people change their actions. The plan wants to make health better by reducing sugar and calories. It also gives clear facts so people can pick the good options that are easier for them. These changes in behavior and environment are basic for affecting the health results of a whole population (Childhood Obesity: A Plan for Action, Chapter 2; P Chapman et al., 2020).

## Leadership and Management Strategies:

The successful implementation of "Childhood Obesity: "Plan for Action" Chapter 2 uses good leadership and management techniques in different areas. Childhood obesity is a complex problem. The government needs to work together and have smart plans to make things better. The following leadership and management strategies are identified within the framework of the policy:

***Cross-Sectoral Collaboration:***

To deal with childhood obesity, the government needs leaders from many areas like government and private companies to work together. This includes healthcare providers, schools, and community groups. The plan underlines the need for consistent teamwork between different political groups, society, and both public and private sector firms. Leadership plans should aim to build connections, break down barriers, and ease talking ways so everyone works together rightly on difficult problems (Vallgårda, 2018).

***National Ambition and Goal Setting:***

Good leadership means making sure national dreams and goals are clear. The plan is about a country's goal to cut down on child obesity by half and decrease differences among children by 2030. This gives us something real we can check later. Leadership plans should include making clear goals that can be measured and reached. They need to involve everyone in a shared idea of where they are going, timed right for success.

***Policy Advocacy and Legislation:***

Leadership shows when supporting rules and laws that help the plan's goals. The Soft Drinks Industry Levy (SDIL) and the promise to look into more legal steps show a forward-thinking way of creating our food surroundings. Good leadership means guiding policy choices, pushing for rules based on facts, and making sure these steps are followed to make things better.

***Data-Driven Decision-Making:***

Data and evidence should guide the tactics of leadership and management. The plan focuses on using the top proof and professional views to find key problems and spots for help. Good leaders need to focus on getting data, looking at it deeply, and using it. They make sure any choice is based firmly on a good understanding of how much and why child weight problems happen.

***Engagement with Stakeholders:***

Being a successful leader means working together with many different people. This includes moms and dads, makers of things, those in the business of providing food, town leaders, schools as well as doctors and nurses who give healthcare services. The plan highlights the necessity for shared duty and participation from every field. The plans for leading should include making areas for talks, knowing worries, and building a feeling of duty shared by all involved parties (Childhood Obesity: A Plan for Action, Chapter 2).

***Continuous Monitoring and Adaptation:***

Being able to change and adjust leadership is very important in the ever-changing problem of children being overweight. The plan admits that the government must constantly check, look over our progress, and think about doing more if needed. Good bosses need to set up methods for continuous checking, take lessons from wins and difficulties, and change plans as situations change.

***Education and Awareness Campaigns:***

Leadership means getting groups moving by teaching and making them aware. The plan highlights how important parents, schools, and media are in encouraging good choices for health. Leaders must put strong plans for talking to people in place. This means using many different ways of getting out news, making sure others know what is happening, and creating a way things can be healthy.

In brief, the plan's Chapter 2 talks about teamwork. This includes making goals and pushing for rules. Also, it covers using data to make decisions, talking with people who are affected by these strategies, checking progress over time a lot of times together too getting educated on more skills than before in leadership plans and overall management situations. To help with child obesity, leaders need a wide-view and changeable plan. They must understand how all parts work together and deal with changing health problems in public areas.

## Practical and Ethical Issues:

Implementing the ambitious strategies outlined in "Childhood Obesity: In "Plan for Action" Chapter 2, the government deals with real-world issues and right versus wrong thoughts. This is to make sure that actions work well and are fair. The multifaceted nature of childhood obesity policies raises several practical and ethical issues that warrant careful consideration:

***Equity and Social Justice:***

**Ethical Perspective:** The plan says child obesity has a big impact on children in poor areas and from different families. It shows it is fair to work for health inequality changes.

**Practical Consideration:** Doing things that focus on fairness may need special tools, rules, and ways of involving the community to handle social factors affecting health. Do this so everyone can reach better places for well-being and choices equally.

***Legislation and Individual Freedom:***

**Ethical Perspective:** Making laws, like maybe limiting ads and promotions can lead to a moral problem. This is because it's hard to balance what's best for all people with every single person making their own choices.

**Practical Consideration:** Making sure food rules are right and also giving people freedom needs careful thinking, open talks, and public involvement to gain support for these regulations.

***Data Privacy and Surveillance:***

**Ethical Perspective:** Making choices based on data to watch child obesity rates has problems with privacy, getting permission, and labeling some people unfairly.

**Practical Consideration:** Setting up strong privacy protections, getting proper agreement, and making sure data collection is done right are key to gaining the public's trust. This will avoid any unexpected results.

***Cultural Sensitivity and Diversity:***

**Ethical Perspective:** Actions should value different cultures, knowing that food habits and lifestyle picks might be distinct in various groups.

**Practical Consideration:** It's important to make changes to fit different cultures, involve many people from the community in planning, and use an understanding of culture. This makes it easier for good health work that is also right or fair.

***Financial Implications and Resource Allocation:***

**Ethical Perspective:** The plan demonstrates how overweight children make healthcare more costly. It also highlights the good responsibility to use money wisely and mainly work on preventing health issues before they occur.

**Practical Consideration:** People in charge need to make sure decisions about how they use things are easy for everyone to understand. They should consider what gives them the most for their money, how it may cost people in various ways, and steer clear of actions that make the differences between those who are rich or poor even bigger.

***Balancing Short-Term and Long-Term Goals:***

**Ethical Perspective:** The government deals with right and wrong problems when the government tries to find a balanced way between getting fast effects, such as reducing child obesity rates and handling health issues for the future.

**Practical Consideration:** People in charge of making rules have to juggle the need for quick outcomes and effects that last a long time. They should use steps that prevent children from becoming overweight and also aid those who are already dealing with this problem.

***Stakeholder Engagement and Representation:***

**Ethical Perspective:** It's key to include various people in the decisions we make. The government has to be cautious not to let one group gain too much control or voice in deciding what comes after.

**Practical Consideration:** It's key to make sure that fairways are created for everyone, clear speech and avoid fights when setting or using proper rules.

***Education and Health Literacy:***

**Ethical Perspective:** The plan highlights the value of having a quality education. It also discusses the need for fairness when sharing health information and ensures that treatments do not unintentionally improve some people's health more than others.

**Practical Consideration:** Putting school programs into action should focus on making them easy to use, fitting their culture, and promoting understanding of health. This will help people and communities make smart decisions based on the facts (Childhood Obesity: A Plan for Action, Chapter 2).

In short, dealing with child obesity means thinking about right and wrong issues such as fairness for everyone. This also involves freedom of choices that people make, keeping their personal information safe from others who might misuse it. The government must consider cultural differences too in what we do to help children not be overweight or unhealthy eaters when they grow up busy lives have enough money saved up for The people who make and carry out plans need to think about these morals too. They must balance them with things that work well, are fair for everyone, and protect our rights individually or in groups.

## Inequalities, Social Determinants, and Power:

The issue of childhood obesity, as outlined in "Childhood Obesity: A Plan for Action" Chapter 2 is deeply related to social factors and power structures that cause health differences. It's important to understand social, money-related, and natural problems that cause kid obesity numbers. The following discussion explores the intersections of inequalities, social determinants, and power dynamics in the context of childhood obesity:

***Socioeconomic Inequalities:***

**Inequalities Perspective:** The plan admits that child obesity is more common in children from poor families. It shows how money issues can affect health results too.

**Social Determinants:** Less costly, good food is hard to get in poorer areas. Children from low-paying families there also have more weight problems because they can't walk or play a lot and live near bad places for health.

***Educational Disparities:***

**Inequalities Perspective:** The plan understands that childhood obesity affects children in school and makes them more likely to be teased, feel alone, or have low feelings about themselves.

**Social Determinants:** Schools can make health differences worse or better. Making fun of or bullying children in school for being obese might make the effects on their minds and emotions worse. This can show how closely linked health problems are related to differences between schools when it comes to learning opportunities.

***Cultural and Ethnic Disparities:***

**Inequalities Perspective:** Children from minority races are pointed out as more likely to be too heavy or obese. This shows that health differences between people are getting wider.

**Social Determinants:** Different cultures and ethnic groups have different ways of eating, doing physical activity, and getting health information related to their culture. These factors play a part in how much obesity there is between these groups.

***Geographic Disparities:***

**Inequalities Perspective:** The plan says that childhood being overweight is felt the most in poorer places. This adds to health differences between different parts of a region.

**Social Determinants:** Bad neighborhoods matter a lot. Not having green spaces, safe places to play, and cheap healthy food in poor areas leads to more obesity problems there.

***Power Dynamics in the Food Industry:***

**Inequalities Perspective:** The plan needs everyone to work together. It highlights the importance of teamwork between the government, food makers, and the community.

**Power Dynamics:** How food companies advertise, market, and design their products affects the choices we make about what to eat. Sometimes, people with more power might need rules to make sure they do things right and start pushing for healthier choices.

***Media Influence and Advertising:***

**Inequalities Perspective:** The plan looks at how advertising affects what we eat, and promises to think about putting a 9 pm limit on TV ads for high-obese, sugar, and salt products.

**Power Dynamics:** Online media has a lot of power. Rules about limiting ads show a battle to keep business wants and health needs in check.

***Community Empowerment:***

**Inequalities Perspective:** The plan stresses the need to help town leaders and people find answers that fit their needs best.

**Power Dynamics:** Giving power to communities means sharing the decisions with them. This lets local leaders make changes that fit their area and what they need.

***Policy Implementation and Advocacy:***

**Inequalities Perspective:** The plan knows that the government needs to work together for a long time between governments, society, and public-private groups.

**Power Dynamics:** To fight for good rules, the government needs to handle how different groups use power. This makes sure the policies are not too much controlled by strong interest groups and keeps children safe.

In short, it's social things like money status and education that shape your childhood obesity. Culture, where you live, and who is in charge also matters a lot. To fix these differences, the government needs special efforts that understand the complicated mix of things causing unfair health results for children. By recognizing and breaking unfair power differences, people who make laws can try to get a fairer plan for dealing with too much weight in children.

## Application of Theories:

Various theoretical frameworks can be applied to analyze and address the complex issue of childhood obesity, as presented in "Childhood Obesity: A Plan to Do Things Chapter 2: Getting Stuff Done. Ideas from community health, social studies, and mind science offer us helpful hints about the big issue that childhood obesity. They aid in creating the right answers. Here, the government explores the application of relevant theories to the understanding and mitigation of childhood obesity:

***Social Ecological Model:***

**Theory Overview:** The Social Ecological Model looks at how a person's thoughts, close friendships, the people around them, and larger group things change actions that affect their health.

**Application:** The plan is about children being too obese. It's shaped by things on various fronts like what a kid eats, family matters, neighborhood spots, and broader societal norms. The government needs to mend these linked pieces so the change sticks around for a long time.

***Health Belief Model:***

**Theory Overview:** The Health Belief Model says that people will do things for their health if they think they could get sick, the illness can cause big problems, and doing certain actions helps to lower this risk.

**Application:** When it comes to children being too heavy, people who look after them must see how serious this is. They should know what bad things can happen if they don't take care of their health properly and believe that living healthier lives will help stop the problem from happening more.

***Social Cognitive Theory:***

**Theory Overview:** Social Cognitive Theory shows how learning by watching others, social impact, and confidence in oneself can change a person's actions.

**Application:** Children pick up how to eat and live by watching their moms, dads, friends at school, or others around them. Actions can use examples, encourage good social rules, and improve belief in themselves to motivate better choices.

***Diffusion of Innovation Theory:***

**Theory Overview:** The Theory of Spreading New Ideas looks at how new ideas, ways to act, or technology are passed around in a community.

**Application:** The government needs to find ways to make children eat healthier food and exercise more. This is important for stopping childhood obesity in its tracks. Plans need to spot people who try new things early, deal with obstacles that get in the way of change, and make fresh ideas liked by everyone.

***Theory of Planned Behavior:***

**Theory Overview:** The Theory of Planned Behavior says that a person's plans, attitude, what others think, and control over behavior affect their actions.

**Application:** It's very important to know what affects parents when it comes to deciding about healthy eating and active lives for their children. Actions can focus on these factors to help create good changes in behavior.

***Community-Based Participatory Research (CBPR):***

**Theory Overview:** CBPR focuses on working together in research with community members. It wants to fix local issues and help communities become stronger.

**Application:** To solve the special problems of kid obesity in different areas, CBPR methods can get local people involved when making and doing programs. This makes sure that plans match with the local situation and have a better chance of being accepted and kept for longer.

***Systems Theory:***

**Theory Overview:** Systems Theory thinks about health problems as part of connected systems where changes in one piece can affect the whole thing.

**Application:** Childhood obesity is tied up in complicated systems that include healthcare, education, food areas, and money things. The government should think about the possible problems and unexpected results of altering these systems.

***Empowerment Theory:***

**Theory Overview:** Empowerment Theory is about helping people or groups get the power to take charge of their own lives and make good changes.

**Application:** It is very important to give power to parents, schools, and communities so they can make good choices about food and exercise. Actions should help by promoting learning, giving access to things needed, and supporting changes in rules(Childhood Obesity: A Plan for Action, Chapter 2).

Using different ideas is very important to fully understand and solve child obesity. By joining ideas from public health, sociology, and psychology in interventions the changes can be made just for people's special needs. This helps to keep good habits going forever while keeping children healthy.

# Conclusion:

To sum up, dealing with the many sides of children being overweight needs a complete and teamwork method. It has to go further than just looking at what each person does alone. The government also has to consider things like society, money matters, or even the places they live in environment-wise. By using different theories and understanding social factors, this study highlights the linked group of things that lead to children being overweight.

The plan explains the Policy Triangle Framework. It's a useful tool for lawmakers, workers and researchers. They can use it to understand and work through the complex process of making rules or laws and then putting them into action. By understanding how government, society, and groups work together, this plan shows that it's key to balance different needs. It also highlights the need for everyone to be included in solving problems while having good rules in place. All of these steps can help us fully tackle children being overweight.

The importance of dealing with childhood obesity as a major public health issue is made clear in the plan, which shows how it affects people's health. The serious impacts, like children getting sick right away and health care systems being overwhelmed for a long time, mean the government needs to work together at town, countrywide, and worldwide levels. The planned actions, which include cutting down sugar and calories, setting rules for ads, and involving the community, show a promise to make places that support healthier decisions.

Strong leadership and good management methods are key parts of fighting against children's obesity. The plan supports long-term teamwork among areas, knowing that success needs group effort. Being a leader, no matter if it's in groups or government bodies, is really important to help make rules change. It also encourages new ideas and moves things around so people can have what they need for good health all the time.

Dealing with childhood obesity makes us pay attention to real-life problems as well as moral concerns. It's important to find a way where the government can encourage better choices and still respect people's freedom. Besides, the government has to think about making things easy to get, cheap, and fitting for everyone's culture. This is important to make sure that all parts of the people are treated fairly the same way.

The plan shows how much social factors and unfairness affect the levels of child obesity, as it is presented. By recognizing the differences in how common obesity is due to money and race, this study supports specific plans that deal with deep social and money-based issues. Giving power to local groups, as highlighted in the plan, is key to solving these unfairness issues and building a healthy way of living.

As we think about the effects of the plan and its suggested actions, using different theories becomes key. Public health, sociology, and psychology ideas help us know how behavior changes. They also aid in understanding community involvement and system changes. Bringing in these ideas makes sure the government uses a full and careful method to deal with childhood weight problems.

In the end, the study shows that the government needs long-term dedication, working together, and actions based on proof to control children being overweight. The plan sets big targets. It follows the Policy Triangle Framework, which gives guidance to those making policies, people who work in that area, and all communities together. This plan helps them deal with a serious public health problem the government is facing right now. By accepting the ideas of including everyone, being fair, and giving power to all - The government can aim for a future where every child has a chance to grow strong in places that push their health first.

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