

Exemplar C

Please indicate the marks allocated (0-12) for each of the 8 Learning Outcome and the total marks (0-96)

Learning Outcome	Assessor marks	Moderator marks
LO1 Understand how to identify the focus and scope of an individual project	/12	/12
LO2 Be able to select and plan research methods, resources and materials	/12	/12
LO3 Be able to select, collate, reference and assess the credibility of information and numerical data	/12	/12
LO4 Be able to analyse the numerical data collected and display using digital techniques	/12	/12
LO5 Be able to synthesise, analyse and use information and viewpoints	/12	/12
LO6 Be able to produce and present an outcome	/12	/12
LO7 Be able to make judgements and draw conclusions	/12	/12
LO8 Be able to reflect on strengths and weaknesses of own performance	/12	/12
Total marks	/96	/96

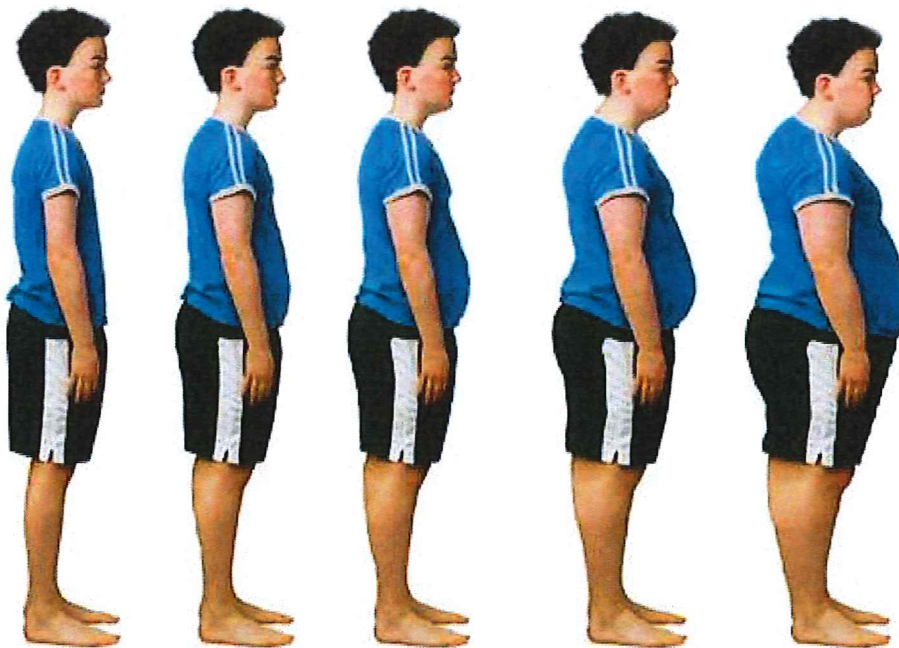
Exemplar C

Please indicate the marks allocated (0-9) for each of the 8 Learning Outcome and the total marks (0-72)

Learning Outcome	Assessor marks	Moderator marks
LO1 Understand how to identify the focus and scope of an individual project	/9	/9
LO2 Be able to select and plan research methods, resources and materials	/9	/9
LO3 Be able to select, collate, reference and assess the credibility of information and numerical data	/9	/9
LO4 Be able to analyse the numerical data collected and display using digital techniques	/9	/9
LO5 Be able to synthesise, analyse and use information and viewpoints	/9	/9
LO6 Be able to produce and present an outcome	/9	/9
LO7 Be able to make judgements and draw conclusions	/9	/9
LO8 Be able to reflect on strengths and weaknesses of own performance	/9	/9
Total marks	/72	/72

Welsh Baccalaureate Individual Project

**How does childhood obesity compare in
Wales and Scotland, and what is being
done?**



Contents

- Introduction
- Aims and objectives
- Method (Rationale)
- Primary data
- Secondary data
- Analysis
- Discussion
- Conclusion
- Evaluation
- Bibliography



Introduction

I have decided to carry out a project into childhood obesity because at the moment there seems to be a lot of mention in the local schools about the topic which is why I wish to research deeper into the subject. I will be researching how Wales compares to Scotland in childhood obesity and I will be searching into how both countries try to combat childhood obesity.

The purpose of my project is to collect information and data to compare the weight of children in Wales and Scotland. I will collect all this information off various websites on the internet such as governmental websites and other websites which provide information on childhood obesity and I will make sure I get results which I will be able to compare.

Throughout the project I will be investigating childhood obesity in Wales in comparison with Scotland. I have chosen this topic because I know that childhood obesity is a big problem situated throughout Wales. It will interest me to see the facts and all the statistics about how big the problem actually is. Another reason I choose this project was because there should be a lot of information on the internet which will help me whilst I do my secondary data on this subject.

Aims and objectives

Aim 1

To compare the childhood obesity rates in Wales and Scotland.

- To identify which region has the highest rate of obesity
- To assess the trend of number of obese children

Aim 2

To assess the typical diet of secondary school children.

- To identify what pupils eat during the school day
- To identify whether school dinners or packed lunches are healthier.

Aim 3

To assess the health effects of obesity on children.

- To identify the factors that may contribute to obesity in children
- To identify the health issues caused by obesity in children

Method

I will start by looking for various types of information in the internet about childhood obesity and the data on childhood obesity, and then I will begin to compare the differences between childhood obesity in Wales and Scotland. I will be writing my views on the information that I collect and also if I can think of anything that would be able to prevent the increasing percentages of obese children in Wales then I will note my views on that also.

As part of my primary data I have created a questionnaire to hand out to people asking questions such as "How long a day do you exercise?" and also "Do you consider yourself healthy?", etc, after bringing all of the answers together I will look closely at the results which I shall then transfer into a series of graphs and pie charts to give me a clearer idea of how healthy/unhealthy the people who completed the questionnaire actually are.

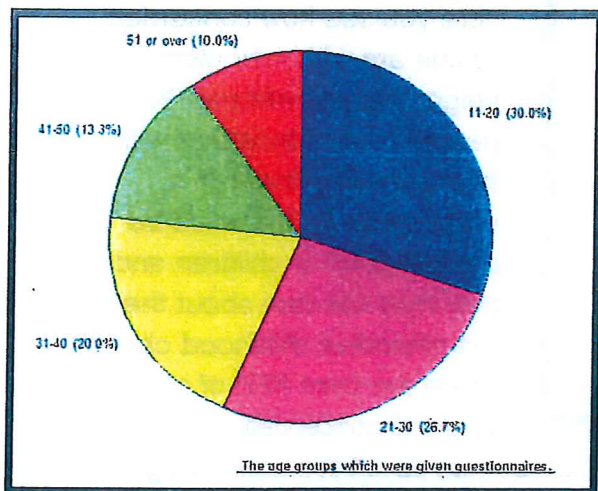
I will be collecting this information off the internet and comparing it with different web pages to make sure that all the information collected is accurate to each other. For example I found some information saying that 27.7% of children in Wales were obese yet on another webpage it said 68%, this proves that the information collected was not accurate as the results are nowhere near the same.

The advantages of being able to find out this information via the internet is that I have to look no further than a computer to find out results that I need to include within my project. Collecting information can be as easy as clicking copy and paste into the document that you are using. There are also a few minor disadvantages, for example not all data is accurate to each other. Wikipedia is a problem on the internet as anyone can access this webpage whenever they like to include their own personal knowledge of information onto the web page. This way all of the information collected within that web page is not accurate. Plenty of details on the internet aren't as specific as they should be wither, some information within the internet has been there for years and isn't specific to the information we need today.

Primary data

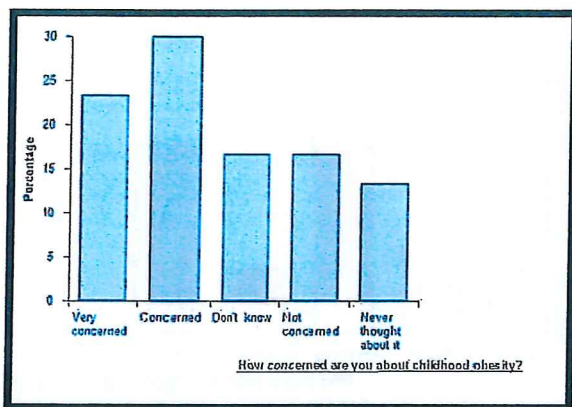
As evidence of primary data I made a questionnaire and gave it to 30 individuals within my school who have filled them out, each and every one of these questionnaires have various answers since I gave my questionnaire out to different age groups and genders. I used 15 males and 15 females. This will make the data more consistent since I have given my questionnaire to equal amounts of males and females. This should give a better idea of what the different gender think about childhood obesity.

I am going to make different types of graphs on the data which will show different types of answers in percentages. A disadvantage to these graphs is that they are answered by people in my school and not throughout the country.



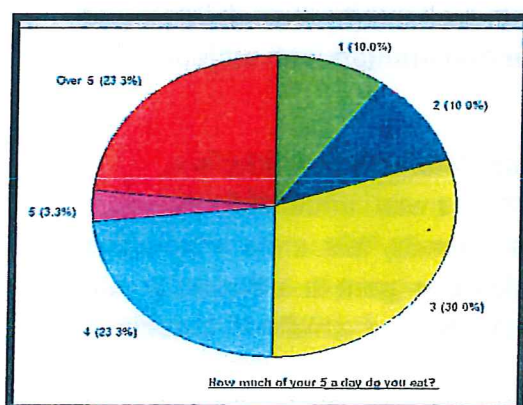
Here you are able to see the various age ranges we gave our questionnaires to. Age groups have a large effect on what my results show me since 70% of the people who took the questionnaire are not considered children. There is only one age range which has children in it but most age ranges have adults who could be parents which would show how concerned they are about their children. This will have an effect on our data because we will be getting an adults point of view on childhood obesity and we will be getting a child's point of view on

childhood obesity which will show the variation of answers.



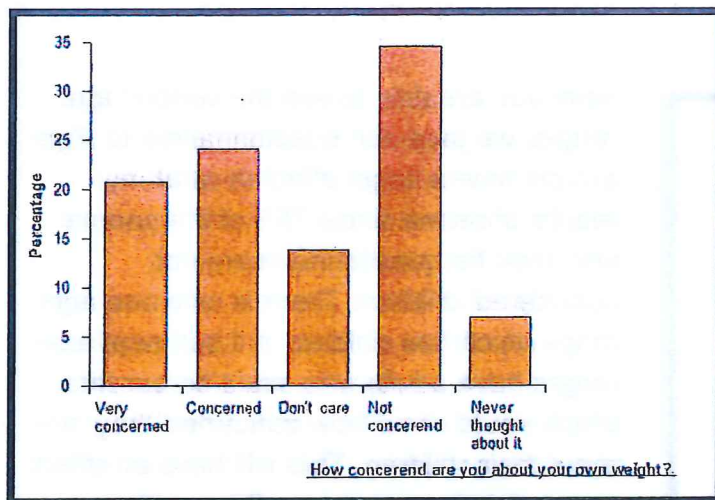
Here you are able to see the percentages of how concerned the people who took my survey were. As you can see from the bar chart that there were around 30% of people who were concerned about childhood obesity and over 20% were very concerned. But just fewer than 50% either didn't know weren't concerned or never thought about it. This shows that there are a higher percentage of people who care than people who don't but

not by a lot since there are just under 50% of people who aren't really concerned about childhood obesity which shows that in this area there aren't much people who care about childhood obesity. I believe it is because they don't know the harmful effect of childhood obesity on the child. Effects such as depression, heart disease, high blood pressure etc. I believe if people knew more about these effects they would be more concerned in tackling this problem.



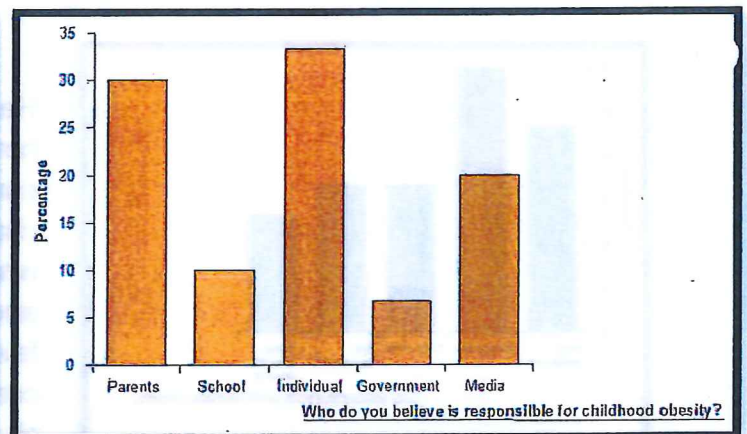
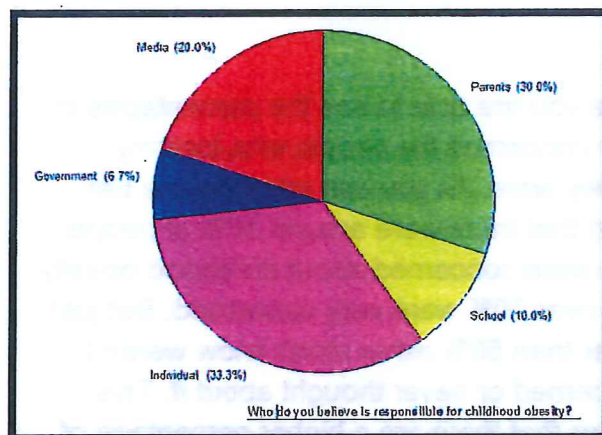
This pie chart shows how much of their 5 a day do the people that filled in questionnaire eat. There was an option for 0 and nobody selected that so as you are able to see that they all at least ate one of their 5 a day per day. Just under a quarter of the people eat over 5 a day which is good since most of the people who filled in the questionnaire were adults, so this may translate to the children and help them eat more healthy.

uses a range of informations (from the questionnaire)



Here you see how concerned people are with their own weight. As you can see 35% of people aren't concerned with their own weight which is worrying since this could be passed down to children and they may not care about theirs, this promotes childhood obesity. There are over 40% of people who are concerned with their

weight which leaves around 60% that aren't concerned about their own weight which like my previous point is worrying.



Here you are able to see who the people who took the questionnaire think are responsible for childhood obesity. I have made this into two different graphs so you are able to understand the data collected here better. You can see that more than 60% of the people thought it was either the individuals or the parents' responsibility but just less than 40% thought it was school or the government or the media. I personally agree with the majority of people that it is the parents or individual's responsibility since parents are meant to look out for their children and children should be able to stop eating once they've had enough and not just eat for the sake of boredom.

I have also been told about childhood obesity by Ian Morris Jones who is a teacher. He teaches biology which shows how he has a vast amount of knowledge on different biological types of subjects. Obesity falls under a biological type of subject which is why I spoke to him. I should have gone to a person in our local government to see how they are tackling the problem of childhood obesity; this would have made the data more useful.

information by
surveying the cafeteria

I have also done a survey in my school to see what the children in my school eat for lunch; I did this survey out of 30 people in my school's cafeteria. I did this survey on the Friday which is when they serve chips to see if this affects the numbers of people who eat sit in food.

The survey below shows when there were chips being served:

Sit in food (chips)	14
Takeaway food	7
Pack lunch	9
Total	30

Here you see in this table that out of the 30 people surveyed that just fewer than half of the people had a sit in meal which usually consist of mostly fattening foods. Whilst others had either takeaway food or a pack lunch which may contain less fattening content.

The survey below shows when there weren't being chips surveyed:

Sit in food	10
Takeaway	9
Pack lunch	11
total	30

Here you see that when there aren't chips being surveyed the numbers for all products are more equal than when there are chips. This shows how chips may effect when children eat unhealthy. Since chips are only served on Friday you are able to see why, since the school doesn't want children eating unhealthy often which shows how the school is helping to tackle childhood obesity.

Also if the numbers of obese children keep increasing then you are able to see that it may be at home where the problem is since school are trying a method to combat childhood obesity.

Secondary data

As evidence of secondary data I will be looking at various governmental websites to gather information on childhood obesity in Wales and Scotland. I will also be looking at how the media portrays childhood obesity on their websites but this evidence may not be reliable because different reports were wrote at different times. This means they may not be relevant anymore but past experience also show how we may have improved since then and how we compare with Scotland.

Child Obesity In Wales.

According to the 2011 Welsh Health Survey, 35 per cent of children aged 2-15 were classified as overweight or obese, with 19 per cent classed as obese.

"Childhood obesity is a serious problem which, if not addressed early on, can cause complications later in adult life," said Christine Chapman AM, Chair of the Children and Young People Committee.

"The Committee will be examining the extent factors such as geographical location and socio-economic issues have in contributing to obesity and how effective the Welsh Government has been in tackling the problem.

It can increase the risk of a wide range of chronic conditions such as Type 2 Diabetes, cardiovascular disease and cancer.

Source:<http://www.bbc.co.uk/news/uk-wales-23168523>

The results showed that seven out of 10 children aged four to five had a healthy weight but 28% were classed as overweight or obese.

The report said the figures were "significantly higher" than in every region in England, where on average 23% of children were overweight, with 9.5% classed as being obese

14 Favorites BBC News - Over 28% of five-year-olds in Wales over...

Over 28% of five-year-olds in Wales overweight



Researchers also found a clear link between deprivation and obesity.

Over 28% of five-year-olds in Wales are overweight, with 12.5% of children classed as obese, new figures from Public Health Wales show.

Merthyr Tydfil and Rhondda Cynon Taf have the highest number of overweight children while the Vale of Glamorgan and Monmouthshire have the least.

The problem in Wales is worse than England and Scotland.

Health experts said the figures were 'worrying' but children still had time to adopt a healthier lifestyle.

Related:

- Make PE compulsory for all children
- Hospitals treat child obesity
- Who are you fat?

They were also higher than in Scotland, where 21% of children were overweight, of which 9.8% were obese - although children in Scotland were measured close to their sixth birthday

Overweight four and five-year-olds in Wales

County	% who are overweight or obese	% of which are obese
Anglesey	26.1	11.8
Blaenau Gwent	26.9	13.8
Bridgend	29.7	13.9
Caerphilly	29.2	13.1
Cardiff	27	12
Carmarthenshire	28.2	13.
Ceredigion	25.9	10.600.....
Conwy	26.2	11.9

range of information

Overweight four and five-year-olds in Wales

County	% who are overweight or obese	% of which are obese
Denbighshire	26.2	10.8
Flintshire	25.9	10.9
Gwynedd	29.8	12.1
Merthyr Tydfil	33.8	16.2
Monmouthshire	22	9
Neath Port Talbot	29.9	14.6
Newport	27.7	12.4
Pembrokeshire	30.3	13.1
Powys	29.2	12.3
Rhondda Cynon Taf	31.5	14.5
Swansea	28.7	11.9
Torfaen	30	14
Vale of Glamorgan	25.3	9.6
Wrexham	26.7	12.9
WALES	28.2	12.5

SOURCE: CHILD MEASUREMENT PROGRAMME FOR WALES REPORT 2011/12

However, nearly three out of ten (28 per cent) of children were classed as overweight or obese. This prevalence was highest in Merthyr Tydfil (34 per cent) and Rhondda Cynon Taf (32 per cent) and lowest in Monmouthshire (22 per cent) and the Vale of Glamorgan (25 per cent).

A new report shows that nearly 30 per cent of five year olds in Wales have an unhealthy body mass index, with 12.5 per cent of children classed as obese.

Parents 'not great' at spotting their child's obesity in Wales

4 July 2013 Last updated at 15:54 BST

A consultant has said parents "are not great" at identifying their own child's obesity.

Dr Ciaran Humphreys from Public Health Wales (PHW) said we have now grown used to seeing overweight children.

New figures from PHW show more than 28% of five-year-olds in Wales are overweight, with 12.5% of children classed as obese.

The problem in Wales is worse than in England and Scotland.

Dr Humphreys said measuring a child's body mass index (BMI) was not intended to label them.

Dr Wyndham Boobier, a nutrition expert at the University of Glamorgan, said:

"Childhood obesity is inevitable in this country if we continue to promote starch and refined foods as the main food.

"And if we continue to consume these refined foods in the quantity we currently are, we will always have an obesity problem.

"I believe we should go back to eating wholesome and unrefined foods – foods and treats that don't come out of a factory.

Source: <http://www.walesonline.co.uk/news/wales-news/childhood-obesity-inevitable-say-experts-1854007>

Summary

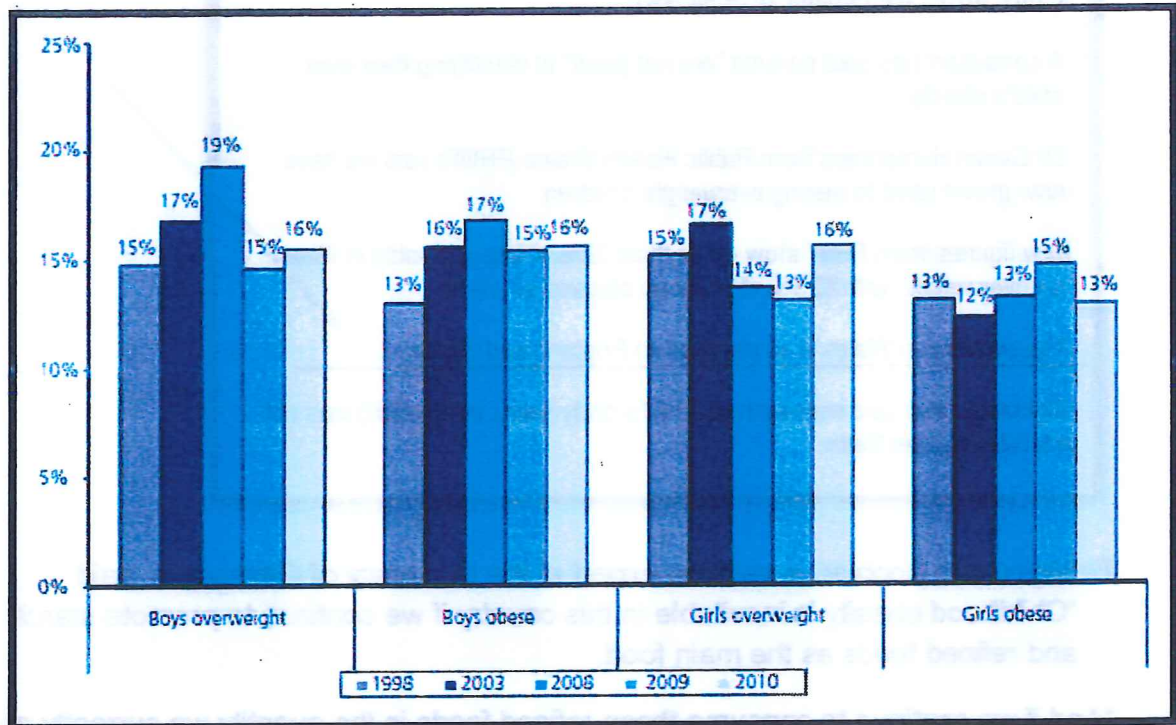
This study has shown that there are many parents to blame for child obesity, I found out this information after re searching through a various amount of websites which include the BBC and CHILDRENS HEALTH.

These findings suggest that in general many children are suffering from obesity as three out of ten children are over weight or obese in Wales. This shows clearly that there is a severe problem. One of the more significant findings to emerge from this study is that having many fast food take outs in a various amount of towns in Wales and in Scotland are also a high cause situated within this problem.

refined
clearly
identified

Imagery Evidence

Range in percentages in Scotland from 1998-2010 showing the weight increase in children.



By looking at this graph you are able to see that numbers of obese and overweight girls and boys were much higher in 2008 but then dropped and now are increasing again. This graph shows how obesity was an even bigger problem and is now arising again.

Source-<http://www.scotland.gov.uk/Publications/2012/03/3347/9>

Child Obesity in Scotland

Boys are consistently more likely to be clinically overweight or obese than girls, the statistics suggest obesity in Scotland's primary one pupils has remained at "worryingly" high levels for more than a decade, a leading public health consultant said.

“

We are talking about a threshold where the weight will have impact on children's life and future health”

Dr Rachel Wood

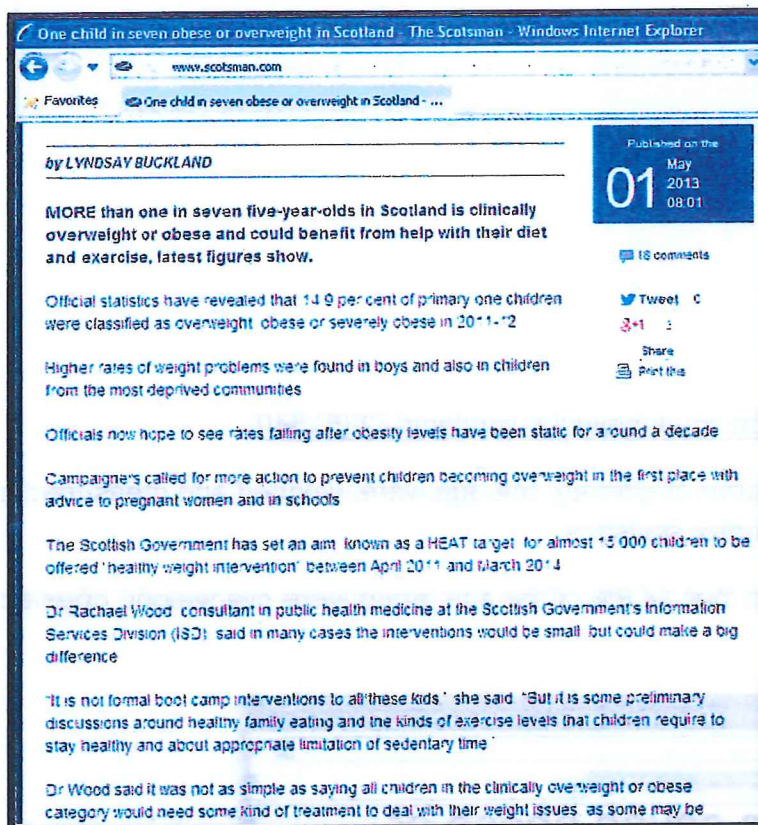
Public health consultant

Source: <http://www.bbc.co.uk/news/uk-scotland-22351540>

A total of 52,139 children of primary one age were weighed and measured for the study of body mass index statistics.

The statistics showed that 14.9% of the age group were overweight, obese or severely obese.





<http://www.scotsman.com/the-scotsman/health/one-child-in-seven-obese-or-overweight-in-scotland-1-2914665>

Official statistics have revealed that 14.9 per cent of primary one children were classified as overweight, obese or severely obese in 2011-12.

The data also suggested that children in deprived areas were far more likely to be overweight or obese.

In the least deprived areas about 81% of children were classified as healthy weight while in the most deprived areas 74% were classified as healthy weight.

Lanarkshire had the highest number at risk of being underweight at about 3.4% of primary pupils, compared with an average of around 1.3%.

"We are supporting child healthy weight interventions and are increasing opportunities for children to get involved in sport and physical activity, through active schools and our target of all primary children having two hours of PE lessons a week."

Figures from 2012 showed that 84% of primary schools were providing two hours of PE per week to all pupils.

Source: <http://www.bbc.co.uk/news/uk-wales-23168523>

They were also higher than in Scotland, where 21% of children were overweight, of which 9.8% were obese - although children in Scotland were measured close to their sixth birthday

Source: <http://www.scotsman.com/the-scotsman/health/one-child-in-seven-obese-or-overweight-in-scotland-1-2914665>

A health survey in 1990 showed that 9 per cent of children were classified as clinically overweight or obese.

Dr Wood said it was not as simple as saying all children in the clinically overweight or obese category would need some kind of treatment to deal with their weight issues, as some may be heavier but have more muscle mass than others

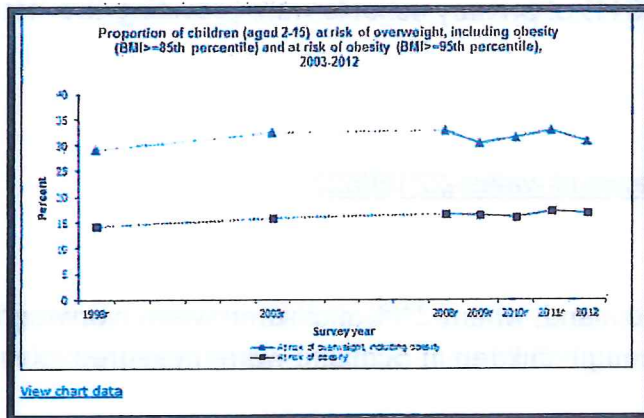
Officials now hope to see rates falling after obesity levels have been static for around a decade.

One in 12 of children were so fat they were classed as obese and one in 25 was severely obese. Boys were more likely than girls to be overweight, as were children who live in poorer areas

Children growing up in Scotland's poorest families (22.2 per cent) were far more likely to be overweight than their peers living in the country's richest communities (17 per cent).

Source <http://www.scotland.gov.uk/Topics/Statistics/Browse/Health/TrendObesity>

showing good knowledge
and understanding



In 2012 one in six (16.8%) of children were at risk of obesity (at or above the 95th percentile), with a further 13.8% at risk of overweight (at or above the 85th percentile, and below the 95th). The proportion of boys at risk of obesity rose from 14.5% in 1998 to 19.7% in 2012. For girls, the proportion at risk was highest in 2009 (15.9%), and fell to close to the 1998 level in 2012 (13.7%).

Source: www.bbc.co.uk/news/uk-scotland-22351540

In Scotland a total of 52,139 children within primary schools were weighed for the study of BMI (Body Mass Index). The data also suggested that children in deprived areas were far more likely to be overweight or obese, but in less deprived areas about 81% of the children were classified as a healthy weight.

"We are supporting child healthy weight interventions and increasing opportunities for children to get involved in sports and physical activity, through active schools and our target of all primary schools providing children with 2 hours of PE (physical education) a week." –BBC Scotland. Here BBC Scotland is showing how they are trying to stop childhood obesity which helps to compare how Scotland are dealing with the problem compared to Wales.

One of 12 children were so fat that they were classed as obese and 1 in 25 being severely obese. Boys were more likely to be overweight than girls, as were children who live in poorer areas. What appealed to me when researching was that children growing up in Scotland's poorest families were far more likely to be overweight at 22.2% than their peers living in the country's richest communities where their percentage was at 17%.

Analysing the results/Discussion of the Results

Whilst I was collecting information on child obesity in Wales compared to child obesity in Scotland I found out that.

In Wales the results showed that seven out of 10 children aged four to five had a healthy weight but 28% were classed as overweight or obese. I know this information is accurate as I collected it off the

Source:<http://www.bbc.co.uk/news/uk-wales-23168523>

Also by looking on <http://www.assemblywales.org/newhome/new-news-fourth-assembly.htm?act=dis&id=244525&ds=3/2013> -I found out this information below.

According to the 2011 Welsh Health Survey, 35 per cent of children aged 2-15 were classified as overweight or obese, with 19 per cent classed as obese. This is a clear example of how bad childhood obesity is in Wales.

"Childhood obesity is a serious problem which, if not addressed early on, can cause complications later in adult life," said Christine Chapman AM, Chair of the Children and Young People Committee. The Committee will be examining the extent factors such as geographical location and socio-economic issues have in contributing to obesity and how effective the Welsh Government has been in tackling the problem. Which shows how serious the children and young people committee are in trying to tackle the problem by talking to the Welsh government.

It can increase the risk of a wide range of chronic conditions such as Type 2 Diabetes, cardiovascular disease and cancer.

In Scotland the information collected showed that boys are consistently more likely to be clinically overweight or obese than girls, the statistics suggest obesity in Scotland's primary one pupils has remained at "worryingly" high levels for more than a decade, a leading public health consultant said. A total of 52,139 children of primary one age were weighed and measured for the study of body mass index statistics. The statistics showed that 14.9% of the age group were overweight, obese or severely obese. This information as collected from

Source: <http://www.scotsman.com/the-scotsman/health/one-child-in-seven-obese-or-overweight-in-scotland-1-2914665>

After researching information on child obesity in Wales and Scotland I developed a questionnaire to get the public's views and personal knowledge on what they know about child obesity in Wales and Scotland. After looking through the questionnaires there were a various amount of answers as expected after the range of age groups that were given this questionnaire.

Once the data was collected and I had compared the questionnaires to the information I had found out there was quite a resemblance between the answers that the adults had put into their questionnaires compared to the research that I had collected off the internet as it is expected for them to know more than the teenagers that had completed them.

Conclusion

By starting off this investigation not knowing any information on child obesity in Wales or in Scotland I now understand a lot more, all the research and analysing developed my understanding about the dangers but also the help available to children in these situations.

Plenty of parents are to blame for this problem because they are the adults who supply the intake of food their child has, but whilst researching I also witnessed that it can be extremely hard for children suffering from diabetes to lose the weight. Also with my primary data I have been able to witness that not many people care about their weight so you are able to see that they are not doing anything about it. My data also shows that a large amount of people also blame adults for childhood obesity which shows people agree with my conclusion that plenty of adults are to blame for this problem. Some children are unlucky and born with it in their genes the only solution for them is to ensure they have the guided amount of fruit and vegetables and exercise daily.

I have also come to the conclusion that schools are trying to combat childhood obesity by not offering unhealthy meals that often. I have come to this conclusion from my primary data which was the survey. Since this school only offers an unhealthy meal once a week which shows how they are trying to lower the amount of unhealthy food the children of this school eat. But from the data you are also able to see how more of the children of this school have the unhealthy option on the day they serve it than have school meals any other day. This all shows how school are helping to stop childhood obesity and if the problem keeps increase you are able to tell it's a problem at home.

As I have come to a conclusion it is clear to me that after researching Wales have higher obesity rates than Scotland. In Wales the results show that seven out of ten children age's four to five are at a healthy weight but 28% were classed as overweight/obese. This figure lowered from a staggering 35% of children in Wales being obese in the year of 2010. This is the most recent information available on this topic so this is how I was able to make my conclusion with this information.

range of
conclusions.

I have also come to the conclusion that childhood obesity is a serious problem for children throughout both countries since they both have a high obesity rate. I have also managed to make this decision by my secondary data since it shows how obesity rates are in both countries and how they are increasing.

"Childhood obesity is a serious problem which if not addressed early on can cause complications later on in adulthood" – Christine Chapman, chair of the children and young people's committee. This quote supports my point how childhood obesity is a serious problem since it follows you into adulthood decreasing your quality of life.

"It's also revealing that in the 70's a ten year old child was about 10kg lighter than kids today" – BBC news. So here you can see how the weights of children are becoming higher throughout the years. With this increasing rate more children will be becoming obese every year.

I have come to another conclusion that the media is also trying to help stop childhood obesity since there are many articles on how childhood obesity is bad and how we are not doing enough to combat childhood obesity in our country. All the websites I've gotten my information off show examples of how the media portrays childhood obesity. The media are also a good source of statistics about childhood obesity and they are easily understandable which allows many people to understand the articles. With many types of people being able to understand the articles it is raising awareness about childhood obesity which helps to stop childhood obesity in countries such as Wales. With childhood obesity getting this attention from the media maybe parents will start to consider helping and making their children eat healthy. To end this conclusion I believe the media are helping to reduce childhood obesity in countries such as Wales by providing coverage on the subject allowing people to see how serious the problem of childhood obesity is.

Evaluation

The childhood project went really well and helped me a lot to realize how important children being overweight are and how that affects change us as a country. If I had a chance to redo this project I would look further into detail, and maybe look at obesity in adulthood also because I would like to research bigger and higher statistics and research which country would have a bigger percentage in children and adults, so you are able to see obesity rates as a country and not just a certain age range. Viewing these results it clearly shows not much has been done about the obesity rates rising increasingly. Over all this shows me the rates over the years for childhood obesity are increasing more and more, this shows that the exercise rates are decreasing and more fast food outlets are being created.

*Appropriate and valid
comments on strengths and weaknesses*

Overall I would say I have learnt a lot about the rates of obesity and also how serious things are getting in Wales and Scotland also the rest of the UK I have learnt that junk food is the main issue, fast food restaurants such as the local kebab, Chinese and Indian. It is stated in many articles that I have looked over that many people buy these sorts of food as a habit. Even just the local shops, many children buy sweets full of sugar and calories. I have also learnt that lack of exercise is also a main issue, many children don't do it due to weight problems and embarrassment, and not only does exercising make you lose weight it makes you a healthier individual with a stronger heart. I have learnt that many schools have organised ways to avoid children remaining over weight like making summer clubs, compulsory physical education in school so children cant get out of it, or feel singled out and put on the spot. Schools have also decreased the amount of unhealthy food they sell during lunch breaks so this helps them from eating junk food.

As apart of my primary sources, various different websites helped me a great deal during this investigation I have learnt many things about obesity from the website by just reading up and also having to write various things in my own words. Also many of the websites were written by doctors and many other specialists to indicate people of issues with the obesity factor; this is one reason why I knew the website was trustworthy.

I used questionnaires; these helped me collect accurate results due to the ages I asked to fill in my questionnaires due to the ages varying which resulted in a wide range of answers. This helped me a great deal. From the questionnaires I think the data received was consistent due to the even amount of males and females I've asked. This makes the data more consistent than using more of one gender this it could then be considered as biased.

My Strengths

My strengths throughout this investigation were being able to understand the political side of the work. After researching various websites the information I collected, I feel is up to a standard needed to achieve my best ability throughout this investigation. I also think one of my strengths was getting various ages and equal amount of genders to fill out our questionnaires.

My Weaknesses

I experienced difficulty when using pin point to make graphs out of the questions in my questionnaire. I also had difficulty finding websites which were a reliable source of information for me to use since there weren't many recent reports.

What would I do differently next time?

Next time I would think carefully about the subject I chose to investigate other than childhood obesity as collecting recent information is a challenge due to the fact lots of web pages haven't been updated for the most recent results possible.

Bibliography/References

I have gathered my information from various websites, local government and health board advice. The names of my sources which I gathered the information are:

<http://www.bbc.co.uk/news/uk-wales-23168523> - This source was written by BBC wales and was last updated on the 3rd of July 2013. I found various types of information on childhood obesity. This may make this source unreliable since it was written in the past and we may have improved in our weight problem since the time this page was written.

<http://www.assemblywales.org/newhome/new-news-fourth-assembly.htm?act=dis&id=244525&ds=3/2013> - This source was written by the National Assembly Committee on the 22nd of March 2013. I found information on childhood obesity in Wales which should help my essay. This may be an unreliable source for the same reason as the previous source which is because it was written in the past and we may have improved since then.

<http://www.bbc.co.uk/news/uk-wales-23187386> - This source was written by BBC wales and was last updated on the 4th July 2013. I took quotes out of this page to show how parents don't notice their child's obesity.

<http://www.walesonline.co.uk/news/wales-news/childhood-obesity-inevitable-say-experts-1854007> - This source was written by The Royal College of Paediatrics and Child Health's and it was last updated on February 2011 which may make it an unreliable source since it was quite a long time ago. I got quotes from this website which will help my essay but supporting my points.

<http://www.scotsman.com/the-scotsman/health/one-child-in-seven-obese-or-overweight-in-scotland-1-2914665> - This source was written by Lyndsay Buckland on the 1st of May 2013. I got print screens from this website with information about childhood obesity in Scotland. This may be an unreliable source for the same reason as the previous source which is because it was written in the past and we may have improved since then.

<http://www.bbc.co.uk/news/uk-scotland-22351540> - This source was written by the BBC Scotland and was last updated on the 30th of April 2013. I took quotes out of this source to help show how bad childhood obesity is in Scotland.

<http://www.scotland.gov.uk/Topics/Statistics/Browse/Health/TrendObesity> - This source was written by the Scottish health service and was last updated in 2013. I got a graph from this website which helps me show childhood obesity in Scotland.

<http://www.scotland.gov.uk/Publications/2012/03/3347/9> - This source was written by Scottish Health Survey and was last updated in 2012. I used a graph out of this source to show different obesity rates in Scotland over 12 years.

As you can see many of my references were taken from later years which may make the information in them unreliable but not much action has been done to childhood obesity since then so there weren't many reports more recent than these ones.