Annotated Bibliography

 [Name of the Student]

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**Odiaga, J. A., & Doucette, J. (2017). Technological media and sedentary behavior in pediatrics. *The Journal for Nurse Practitioners*, *13*(1), 72-78.**

The author Janice A. Odiaga during her affiliation with the Rush University Medical center made six publications related to the healthcare issues. In her article, she explained the consequences of engaging in sedentary technological media in children between the ages of 8-18 years old.

           According, to the author the excessive use of electronic technologies, causes children to less likely involve in physical activities. The author discussed some factors that influence children to lack interest in physical activities such as increased school hours while proposing interventions such as obesity screening of children, arranging health promotion events to promote physical activities in children.

This article helps in my research questions as it discusses the factors regarding obesity in children by highlighting an issue that is excessive use of technologies.

**Gao, Z., Chen, S., Sun, H., Wen, X., & Xiang, P. (2018). Physical Activity in Children’s Health and Cognition. *BioMed research international*, *2018*.**

The author Dr.Zan is a faculty member at the University of Minnesota. He has published 104 research articles that are in peer-reviewed journals.

In this paper, the author discussed that most of the studies regarding children lack participation in physical focus on adolescents however it is necessary to see the outcomes of reduced physical activity in early childhood as well. Additionally, author addressed the issue in the literature while also focusing on the children with certain disabilities which lacks in the article mentioned above (Odiaga & Doucette, 2017).

This paper contains the literature review of different factors that are involved in childhood obesity which will help me in my research as by reading the review I can select the papers that are more related to my topic and can incorporate them in my research.

**Ling, J., King, K. M., Speck, B. J., Kim, S., & Wu, D. (2014). Preliminary assessment of a school‐based healthy lifestyle intervention among rural elementary school children. *Journal of School Health*, *84*(4), 247-255.**

The Jiying has many 44 research papers and her expertise is data and statistical analysis in the field of healthcare.

The author used her data analysis skill by proposing the school-based intervention to prevent obesity among children. She assessed children’s physical activity using a pedometer while also assessing their nutrition. The results showed that due to the interventions an increased percentage of children were involved in physical activities. This paper uses the experimental approach that were not used in the paper mentioned above (Odiaga & Doucette, 2017).

This paper will help me in my research as I can also use this method to examine the interventions proposed by authors in other papers and incorporating them in my field.

 **Cliff, D. P., Okely, A. D., Burrows, T. L., Jones, R. A., Morgan, P. J., Collins, C. E., & Baur, L. A. (2013). Objectively measured sedentary behavior, physical activity, and plasma lipids in overweight and obese children. *Obesity*, *21*(2), 382-385.**

The author Dylan P Cliff has 157 publications and his specialties are sports science, exercise interventions, and sports and health.

In this paper, the author also used the experimental approach as mentioned in the paper (Ling & Wu, 2014). He studied the relationship between sedentary behavior, light physical activity, and vigorous physical activity while measuring the plasma lipids in obese children. The results showed that even light physical activities can improve the plasma lipids level in obese children.

This paper is focused on the research related to the sports that are my area for my research and due to the experimental approach I can also use this research to further examine the results in adolescents as well.

**Molnár, D., & Livingstone, B. (2000). Physical activity in relation to overweight and obesity in children and adolescents. *European journal of pediatrics*, *159*(1), S45-S55.**

The author Denes Molnar has over 274 peers reviewed publications.

In this paper, the author discussed various literature present on the relation between physical activities and their impact on children’s being overweight. The author explained that there is no certain way to assess the relationship between the weight and exercise as mentioned in the paper above (Cliff & Baur, 2013). Also, there should be a certain method or physical activity that can assess the improvement in children’s health.

This paper will help me in my research as I can also explore the credibility of the interventions used in my research paper.

**Sigmund, E., Sigmundová, D., Hamrik, Z., & Gecková, A. (2014). Does participation in physical education reduce sedentary behaviour in school and throughout the day among normal-weight and overweight-to-obese Czech children aged 9–11 years?. *International journal of environmental research and public health*, *11*(1), 1076-1093.**

The author Erik Sigmund has over 127 research publications in the topics related to sports science, exercise and health, and disease prevention.

In this paper, the author also examined the participation of children in physical education lessons and its impact on children's health as in the paper mentioned above (Cliff & Baur, 2013). He explained that children of 9 to 11 years old are more involved in moderate physical activities during their school days. The results showed that involving physical activities can correlate to a reduction in sedentary behavior in children.

This paper will help me in my research as I can explore more about the effects of physical activities in children older than 11 years.

**Must, A., & Parisi, S. M. (2009). Sedentary behavior and sleep: paradoxical effects in association with childhood obesity. *International journal of obesity*, *33*(S1), S82.**

The author Aviva Must has a 546 peer-reviewed publication and her expertise are nutrition, obesity in children and physical activity.

The authorr examined the relationship between sleep and sedentary behavior that correlates to the increase in the chances of a child becoming overweight. The author explained that short sleep duration as a result of increased screen time can cause obesity in children. The author in the above-mentioned paper (Odiaga & Doucette, 2017) also explained the issue of spending more time using electronic gadgets however the author in this paper added another factor that is less sleep in the reason of child being obese.

This paper helps me in my research as I can explore more about the relationship between sleep and obesity and correlate this factor with my research.

 **Anderson, L. N., & Ball, G. D. (2019). Diet, physical activity, and behavioural interventions for the treatment of overweight or obesity in children and adolescents. *Paediatrics & Child Health*.**

The author Laura Nicole is a faculty member at McMaster University. She has over 66 publications in peer-reviewed journals.

 In this paper, she discussed the issue of obesity in children. She discussed the literature regarding different interventions that can be effective in treating the weight issues as in the paper mentioned above (Molnár & Livingstone, 2000). However, there is no concrete evidence that these interventions will work on every child and even negative effects of interventions are not discussed in most of the trial yet the diet can be considered as a major factor in childhood obesity as the research done on this topic has evidence that balanced diet results in reducing the chance of obesity.

This paper will help me in my research as I can also explore the balanced diet factor related to the obesity in children.

**References**

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