

Virtual exercise sessions: An innovative way of promoting physical activity in children and young people with obesity

Ellie Clarke
Physician Associate
Department of Endocrinology
Alder Hey Children's NHS Foundation Trust



Childhood Obesity

Childhood Obesity is an Epidemic

40% children overweight/obese in UK

85% of these children will continue to suffer with obesity into Adulthood

£5.1 billion spent on obesity per year

Caused are complex + multifaceted

Physical Inactivity levels: 21% boys + 16% girls meet recommended levels

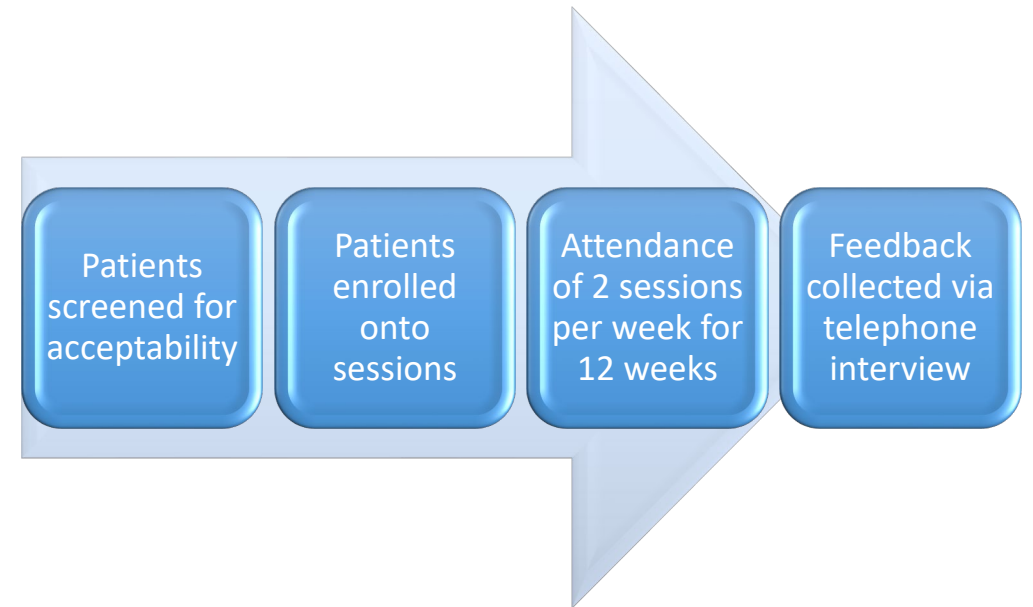


Aims of Study

- To explore the experiences and perceptions of children and young people with obesity who participate in virtual exercise sessions
- To determine whether virtual exercise sessions are an acceptable method to increase activity levels among children and young people with obesity
- To incorporate the virtual exercise sessions as an integral part of MDT weight management service

Study Design

- 6 Paediatric Patients
- Aged between 9-16 years
- Participants in virtual exercise sessions delivered by Tier 3 weight management service
- Semi Structured telephone interviews
- Transcribed verbatim
- Reviewed by 2 independent researchers
- Thematic Analysis



Qualitative results

PRELIMINARY THEMES

- **THEME 1:** *Behavioural change*
- **THEME 2:** *Self perception*
- **THEME 3:** *Health Benefits*

“I feel much **more encouraged to exercise**. The sessions have allowed me to practice at home”

Participant 5

“I like that I don’t have to put my camera on to participate as **I don’t like being watched**. This has stopped me from taking part in classes in the past”

Participant 4

“I feel like **I am more active**. I want to get fitter. I spend less time in my bed now”

Participant 1

Conclusions

- Participants benefit from virtual exercise sessions
- Improved individuals confidence
- Whole family involvement
- Enhances Physical Activity Engagement
- Must consider digital exclusion as a barrier
- Additional research in this area

Thank you for your time

ellie.clarke1@alderhey.nhs.uk

