

Symposium 19

Expanding Horizons in Pediatric Obesity

Chairpersons

Sochung Chung

Konkuk University, Korea

Junga Lee

Kyung Hee University, Korea

Speakers

Jihyun Ahn

Kyeongin High School, Korea

Eunji Nam

Incheon National University, Korea

Seung Eun Jung

The University of Alabama, USA

Panel Discussion

Jisun Park

Inha University, Korea

Kyoung Huh

Kium Growth Clinic, Korea



Jihyun Ahn

Kyeongin High School, Korea

• Education

Period	Affiliation	Position
– 2006	Seoul National University Seoul, Korea	M.A.
– 2004	Korea Heritage Service	M.A.
– 2000	Seoul National University Seoul, Korea	B.A.

• Affiliations / Experience

Period	Affiliation	Position
– 2021-Present	Kyeong-in High School	Teacher
– 2018	Dosun-High School	Teacher
– 2008	Seoul Global High School	Teacher
– 2005	Gae-bong Middle School	Teacher
– 2000	Gocheok Middle School	Teacher

• Publications

- Revised Curriculum Writing Physical Education, Sports Life, Exercise and Health Textbooks
- Writing of the Sports Guidance Data Book (New possibilities of sports education) of the Seoul Metropolitan Office of Education
- Seoul Metropolitan Office of Education, Seoul Student 7560+Teacher Manual Writing
- Korea Gender Equality Education Promotion Agency writes Gender Recognition (Sports) Writing
- Development of textbooks for Seoul International Professional Curriculum and Arts Practice Curriculum “Korean Traditional Culture”

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The Effects of Physical Activity on Obesity and Health in Adolescents

Jihyun Ahn (Kyeongin High School, Korea)

The topic of this presentation is about the effects of physical activity in adolescence on obesity.

This study was to investigate the experiences of obese adolescents participating in physical activities and to reveal what factors they feel while participating in regular physical activities (P. E time).

Five adolescents who think they are obese and regularly participate in exercise participated in this study, and in-depth and group interviews were conducted for 5 months, and participant observation was also conducted at the place of physical activity in which obese adolescents participated. During observation, the behavior and interview contents of the study participant were recorded in field notes, which were used for the content analysis of the subject. As a result of data analysis, what obese adolescents experienced while exercising were motivation, protective function, lifestyle improvement, pressure, and fun factors. Participants in the study mentioned various motivational or motivational factors such as health benefits of physical activity, uncomfortable days to exercise, and difficulties with specific exercise. A healthy lifestyle was specifically the recognition of the increased relationship between changes in perceptions and attitudes toward exercise and activities. The protective functions they referred to meant maintaining social and functional ability, establishing an identity that is good in physical strength, and losing weight. Participants in the study said that there was a lot of pressure to achieve weight-related goals. Most of the study participants saw that the enjoyment of physical activity was a by-product of the activity and could be a goal pursued during the activity. They also said that encouraging all participants to be safe, accommodated by others, and active is an important factor in continuing their participation in physical activity.

In this presentation, we would like to analyze the common lifestyle, exercise habits, and ways to improve them by dividing them into individuals, teachers, and curriculum levels that many obese adolescents met while serving as physical education teachers for 24 years.



Eunji Nam

Incheon National University, Korea

• Education

Period	Affiliation	Position
– 2018	University of Kansas	Ph.D.
– 2010	Seoul National University	MS.W.
– 2008	Seoul National University	BS.W.

• Affiliations / Experience

Period	Affiliation	Position
– 2020-Present	Incheon National University	Assistant Professor
– 2018-2020	University of Central Florida	Assistant Professor

• Committee Memberships

- Korean Academy of Health and Social Welfare (KAHSW)
- Korean Association for Social Welfare Studies (KASWS)

• Publications

- Ha, S. C., & Nam, E. Perceived risk of solitary death and depressive symptoms among older adults living in Seoul: Can structural and functional support buffer the impact? *Journal of Applied Gerontology*, 43(3), 251-260
- Lee, E., Hines, R. B., Zhu, J., Nam, E., & Rovito, M. J. Racial and ethnic variations in pre-diagnosis comorbidity burden and health-related quality of life among older women with breast cancer. *Journal of Racial and Ethnic Health Disparities*, 1-13
- Gryglewicz, K., Peterson, A., Vance, M., Nam, E., Borntreger, L. & Karver, M. Caring Transitions: A care coordination intervention to reduce suicide risk among youth discharged from inpatient psychiatric hospitalization. *Crisis: The Journal of Crisis Intervention and Suicide Prevention*, 44(1), 1-13
- Nam, E., Palmer, A. N., & Patel, M. Characteristics of emergency department visits by homeless young adults in the US. *Journal of Adolescent Health*, 69(2), 302-307
- Nam, E., Lee, E., & Kim, H. 10-year trends of emergency department visits, wait time, and length of stay among adults with mental health and substance use disorders in the United States. *Psychiatric Quarterly*, 92, 1159-1174

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Understanding Pediatric Obesity from a Social Work Perspective

Eunji Nam (Incheon National University, Korea)

There is a growing body of evidence on socioeconomic disparities in childhood obesity. As childhood obesity is associated with negative immediate and long-term health outcomes, many efforts have been made to reduce obesity among children and adolescents from disadvantaged families. However, behavioral and lifestyle change has been prioritized in these efforts, with little attention given to the broader context of childhood obesity. Traditionally, social workers have worked with vulnerable populations to promote their health. The Social Determinants of Health (SDOH) framework, which emphasizes the social gradient of health and health inequalities, aligns with the core principles of social work in healthcare settings.

This lecture uses data from the Korean Welfare Panel Study to understand the phenomenon of childhood obesity in Korea from an SDOH perspective. Specifically, this lecture presents the prevalence of childhood obesity within and across different vulnerable populations. Also, this lecture highlights several risk factors for childhood obesity at the individual, family, and community levels to guide interventions aimed at reducing socioeconomic disparities in childhood obesity.

Many principles of social work practice can be useful when addressing childhood obesity, including person-in-environment theory, advocacy, and a strengths-based perspective. This lecture concludes with strategies to address childhood obesity from the micro to the macro level.



Seung Eun Jung

The University of Alabama, USA

• Education

Period	Affiliation	Position
– 2014	Oklahoma State University	Ph.D.
– 2014	Oklahoma State University	R.D.
– 2008	Oklahoma State University	M.Sc.
– 2002	Kyung Hee University	B.S.

• Affiliations / Experience

Period	Affiliation	Position
– 2021-Present	The University of Alabama	Associate Professor
– 2015-2021	The University of Alabama	Assistant Professor
– 2014-2015	Oklahoma State University	Visiting Assistant Professor
– 2002-2005	Samsun Everland Food and Distribution Division	Dietitian

• Committee Memberships

- Healthy Aging Division Society of Nutrition Education and Behavior (SNEB)
- Academy of Nutrition and Dietetics (AND)
- Alabama Dietetic Association (ALDA)

• Publications

- Jung SE, Shin YH, Hermann J, Abercrombie M, Wilson S. Examining College Students' Willingness to Consume Local Foods Utilizing the Health Belief Model with the Addition of Social Influence and Self-identity. *Journal of Hunger and Environmental Nutrition*
- Jung SE, Shin YH, Cave L, Rockett J, Hermann J. Understanding Whole Grain Consumption among Low-Income Older Adults using The Theory of Planned Behavior. *Journal of Nutrition in Gerontology and Geriatrics*. 41(1):46-64
- Jung SE, Shin YH, Niu A, Hermann J, Dougherty R. Grocery Store Tour Education Program Promotes Fruit and Vegetable Consumption. *Public Health Nutrition*. 22(14):2662-2669
- Jung SE, Kim S, Bishop A, Hermann J. Poor Nutritional Status among Low-Income Older Adults: Examining the Interconnection Between Self-Care Capacity, Food Insecurity, and Depression. *Journal of the Academy of Nutrition and Dietetics*. 119(10):1687-1694
- Jung SE, Shin YH, Kim S, Hermann J, Bice C. Identifying Underlying Beliefs about Fruit and Vegetable Consumption among Low-Income Older Adults: An Elicitation Study Based on the Theory of Planned Behavior. *Journal of Nutrition Education and Behavior*. 49(9):717-723

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The Effectiveness of Social Media Nutrition Education for Promoting Locally Grown Fruit and Vegetable Consumption Among College Students

Seung Eun Jung (The University of Alabama, USA)

By 2050, the global population is anticipated to exceed 9 billion. As the population increases, resources are becoming scarcer. Experts warn that the current food system is unsustainable, and, without changes, future generations' food security is at risk. Consequently, policymakers are advocating for sustainable dietary patterns to safeguard both human health and the environment. A recent position paper from the Society of Nutrition Education and Behavior (SNEB) emphasized that health and nutrition professionals should incorporate environmental conservation and sustainability into nutrition education. This approach aims to enable consumers to make food choices that protect natural resources and ensure future food security. Consuming local food can decrease the energy needed for transportation and storage, reduce pollution from fossil fuels, support local agricultural markets, and help localize food systems.

College students, who are often transitioning to independence, form lasting habits during this critical period. Unfortunately, college students often exhibit poor dietary habits, consuming insufficient amounts of fruits and vegetables while indulging in high levels of fat, sugar, salt, and alcohol. Promoting locally grown fruits and vegetables could possibly address both the instability of the current food system and the unhealthy eating habits of college students.

Research has found that utilizing social media platforms for health promotion offers an opportunity to encourage lifestyle changes and disseminate health information easily, potentially overcoming time constraints associated with traditional face-to-face interventions. Therefore, this project utilized social media as a platform to provide nutrition education for college students to increase their intentions to purchase and consume locally grown fruits and vegetables.