

**Does physical activity reduce obesity and other modifiable Coronary Heart Disease
risk factors in children? A systematic review**

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Abstract

The objective of this dissertation was to examine whether, physical activity (PA) can improve the modifiable coronary heart disease (CHD) risk factors of obesity, blood pressure, and lipid profile in children (aged 5-16), through the process of a systematic review. CHD is the leading single cause of death in the U.K. The development of CHD is thought to be a lifelong process originating in childhood. Physical inactivity, obesity, lipid profile, and blood pressure are seen as major risk factor for CHD. Searches were made for relevant journal articles from a variety of scientific online databases and journals. 28 applicable articles met the requirements of the relevance criteria and were included and analysed in the review. The effects of PA on modifiable CHD risk factors were assessed, as were the PA levels of young people, and the differences in risk factor response between younger and older children, and between males and females. PA levels, in relation to recommended guidelines, among children varied, this was partly dependant on study methodology. Males and older children were seen to benefit more from PA than females and younger children. Positive associations were seen between PA and modifiable CHD risk factors but not in all studies. This review concluded that PA has been shown to induce short-term improvements on modifiable CHD risk factors in children, although this was not a consistent finding. The role of PA during childhood may produce greater health benefits in the long-term compared to during the years of childhood and adolescence.

Declaration

This work is original and has not been previously submitted in support of a Degree, qualification or other course.

Signed.. ..

Date.../ ..

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Critical review of systematic review journal articles

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