

MAY 2023

THE IMPACTS OF COVID-19 ON CHILDREN

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INTRODUCTION

The silent impact of the COVID-19 pandemic
on society's youth.

ALL HUMANS FROM EVERY WALK OF LIFE HAVE SUFFERED THROUGH THE WAKE AND SUBTLE SLUMBER OF THE INFAMOUS COVID-19 PANDEMIC. HOWEVER, THE ONE GROUP THAT HAS SILENTLY SUFFERED PHYSICALLY AND EMOTIONALLY THE MOST IS THE WORLD'S CHILDREN.

THE SILENT BUT THREATENING IMPACT OF THE INFAMOUS COVID-19 PANDEMIC HAS CAUSED CONCERN SURROUNDING CHILDREN'S HEALTH WITH A RISE IN ANXIETY, DEPRESSION, AND CHILDHOOD OBESITY.



02

BACKGROUND

Medical descriptions of health topics in youth.

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RISING FACTORS

ANXIETY

“When children do not outgrow the fears and worries that are typical in young children, or when there are so many fears and worries that they interfere with school, home, or play activities.”
(Anxiety and Depression in Children)

DEPRESSION

“Teen depression is a serious mental health problem that causes a persistent feeling of sadness and loss of interest in activities. It affects how a teenager thinks, feels, and behaves...” (Mayo Clinic)

OBESITY

“A child is defined as overweight if their BMI-for-age percentile is greater than 85 percent and less than 95 percent.”
(Obesity Action Coalition)

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03

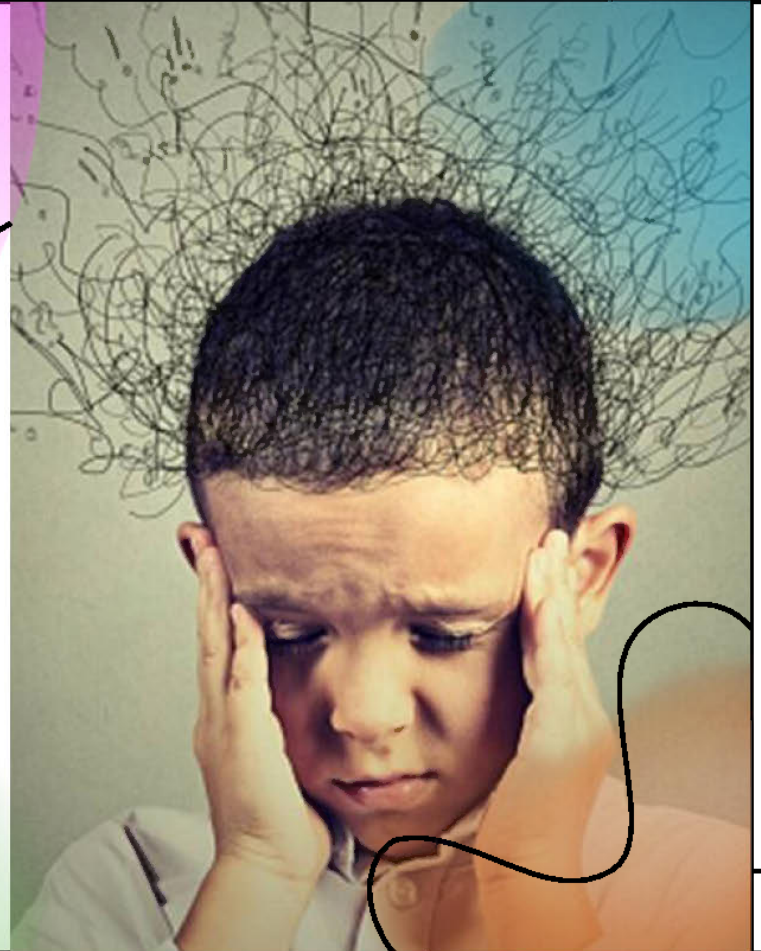
THE BIG 3

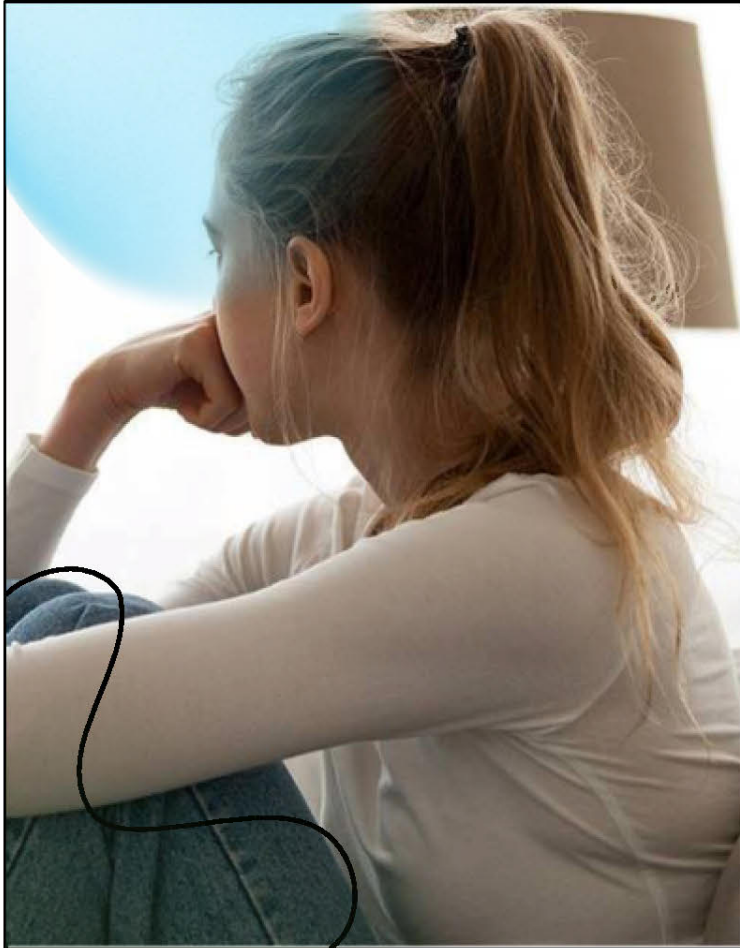
The rise in anxiety, teen depression, and
childhood obesity.

ANXIETY IN YOUTH

"Anxiety was found to have a prevalence of 18.9-23.87% in children during the COVID-19 pandemic whereas adolescent populations demonstrated a prevalence of 15.4-39.9%." (Walsh)

Anxiety can thus create a domino effect like school refusal, the increase and likelihood of substance abuse, and finally depression.





TEEN DEPRESSION

“Pooled prevalence estimates of clinically elevated depression and anxiety symptoms were 25.2% (21.2%-29.7%) and 20.5% (17.2%-24.4%).”
(Racine)

The rates and percentages we see now are a stark precipice and a steep price we must pay to remedy the minds who hold the future.

“A study of 432,302 children ages 2 to 19 years found the rate of body mass index (BMI) increase nearly doubled during the COVID-19 pandemic.”
(Lange)

With 1.5 billion students impacted, the subsequent trend of unhealthy weight gain and pediatric obesity comes into question. It should always be noted that schools play an exceedingly active role in promoting health-conscious behavior among children.



CHILDHOOD OBESITY

The background features a white space enclosed by a black border. On the left, there is a vertical white bar with a small circle at the bottom. The main area is decorated with large, soft-edged, overlapping shapes in shades of green, orange, purple, and blue. A black line on the right side forms a wavy, abstract shape.

O4

FLIP SIDE

The calm after the COVID-19 storm reveals the positives.

CHILDREN BEING ONE OF THE MOST UNIQUELY AFFECTED SUBSET AGE GROUPS HAVE HAD THEIR FAIR SHARE OF PHYSICAL, SOCIAL, AND EMOTIONAL TURMOIL, BUT OTHERS CLAIM THAT THE PANDEMIC HAS INCITED POSITIVE OUTCOMES AS WELL.

- I. “CHILDREN’S MENTAL HEALTH CHALLENGES WERE ON THE RISE EVEN BEFORE THE ONSET OF THE COVID-19 PANDEMIC.” (WILLIAMS)
- II. “MANY STATES HAVE RECENTLY ENACTED LEGISLATION TO STRENGTHEN SCHOOL-BASED MENTAL HEALTH SYSTEMS...” (WILLIAMS)
- III. “CHILDHOOD DEVELOPMENT, GREATER AWARENESS, DEVELOPING RELATIONSHIPS, AND LEARNING NATURE’S VALUE.” (GUPTA)

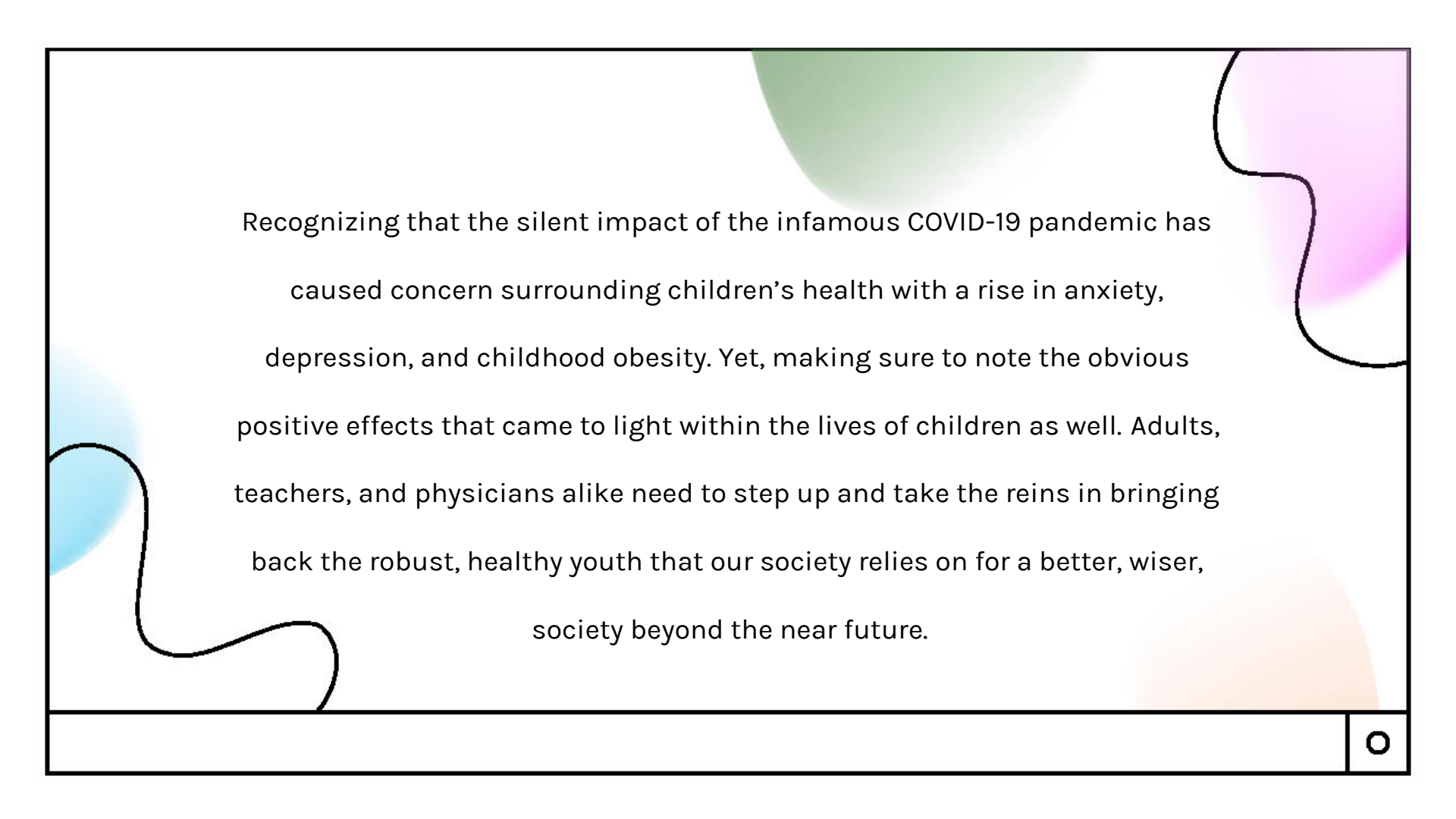
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DÉNOUEMENT

The culmination of thoughts.

05



Recognizing that the silent impact of the infamous COVID-19 pandemic has caused concern surrounding children's health with a rise in anxiety, depression, and childhood obesity. Yet, making sure to note the obvious positive effects that came to light within the lives of children as well. Adults, teachers, and physicians alike need to step up and take the reins in bringing back the robust, healthy youth that our society relies on for a better, wiser, society beyond the near future.



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06

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