

To what extent does childhood nutrition increase the risk of developing Type 2 Diabetes?



EXTENDED PROJECT QUALIFICATION KITTY - UPPER SIXTH

I hope to study medicine in the future and the ever-increasing diagnosis of Type 2 diabetes is a topical subject which I found interesting and relevant to my career. Type 2 diabetes is going to be a huge strain for the NHS in the future and I wanted to explore the possible reasons behind this.

I split my EPQ into subtitles: Family meals; School meals; Socioeconomic status; Education; Marketing of food and, finally, Culture. I wanted to find out which factor had the greatest influence on the risk of obesity and Type 2 diabetes development.

I concluded that socioeconomic status was the biggest risk to developing Type 2 diabetes as a result of obesity. This is because of the huge influence money has over affordability of a healthy diet, lifestyle choices and education opportunities.

The highlighted message I wanted to portray in my EPQ was that prevention is better than treatment. The damage Type 2 diabetes does to the body is insidious and the lack of symptoms means sufferers do not treat it with the gravity it deserves.

I chose to do an EPQ in addition to three science A-levels because I wanted to research into a topic that I enjoyed outside my courses and relating to my future career. I was fully aware it would be a big commitment however, I would fully recommend doing an EPQ because I learned countless life skills you don't necessarily learn at A-level but will definitely use in the future. These included time management, being organised and research skills. I also included it in my personal statement which gave me something to talk about at interview.