Obesity in Children

My role specialization that I have chosen as an Advanced Practice Nurse is that of a Nurse Administrator. Obesity has become an epidemic in this country. Childhood obesity has been linked to adulthood obesity. Obesity contributes to a lot of long term issues and diseases. This is of particular interest to me because I myself have struggled with weight issues. I have had to drastically change the way I eat and exercise over time to help ensure that I live a healthier life. It is imperative to instill an autonomous outlook on health early in life. This is why I have chosen to focus on childhood obesity. Over the past years, obesity has become a global pandemic affecting both the adults and children. In the US, cases of children with obesity have been increasing (Skinner et al., 2018). Obesity is a condition of excess or abnormal fat that has accumulated in the adipose tissues, leading to health issues. According to several literatures, obesity and overweight are the leading cause of cardiovascular diseases, type II diabetes, cancers, and other health-related problems. Advanced practice nurses may be the most preferred to provide education, preventive care, and treatment of chronic illnesses like obesity in children (Buckley & Bennett-Murray, 2018). As an advanced practice nurse, this paper seeks to evaluate the prevalence of obesity in children and the role of an advanced practice nurse in preventing obesity in children.

Literature Review

Many studies have been conducted to understand how obesity affects children and how it has emerged to become a pandemic globally. To address this pandemic, it is necessary to understand obesity in terms of its pathogenesis. For more literature supporting the evidence, I logged into South’s online library and searched for the research topic. I was able to come up with specific and detailed literature because I first formulated questions about obesity in children, then I identified keywords, and finally, the search began.

Evaluating obesity in children can be complex because their body composition changes and their height increases over time (Grossman et al., 2017). However, BMI percentiles and weight-for-height measures have been used to measure obesity. BMI is the most valid and accepted worldwide to measure adiposity in children. Previously, the BMI percentile for severe obesity was rate 99. However, recent analyses show that BMI z scores do not reflect the amount of adiposity for severe obesity in children (Buckley & Bennett-Murray, 2018). Approximately 30% of children in the united states have obesity or are overweight, with a BMI 94th percentile and more (Skinner et al., 2018). The rate of children with severe obesity has been increasing over the past years, but the proportion of children with mild obesity has stabilized (Grossman et al., 2017).

Obesity in children may lead to comorbidities such as obstructive sleep apnea, psychological and mental issues, cardiovascular diseases, high blood pressure, asthma, and orthopedic problems. Schoolchildren are likely to experience bullying and teasing from their peers regarding weight (Buckley & Bennett-Murray, 2018). Childhood obesity may continue to adulthood, leading to adverse outcomes like cardiovascular issues or type II diabetes. If long term measures are not undertaken in the United States to curb obesity in children, then the rising health problems like cardiovascular disease, cancer, diabetes, and hypertension may overwhelm the US health system and other affected countries (Grossman et al., 2017). The environment may influence a child’s weight.

Conclusion

Obesity in children has become one of the essential health issues globally. The risk factors associated with childhood obesity should be evaluated, and long term measures should be put into place to help curb obesity in children. These long term measures should include teaching how to properly purchase and make healthy foods. Other things that should be taught are effective exercise regimens to stick to weekly. Counseling and coaching should be implemented to help students in the schools who struggle with their weight and possible contributing mental health issues. Advanced practice nurses should be aware of the effects that certain environmental and physical factors that influences the increase of a child’s weight. Research shows that preventing obesity should begin in the prenatal period, and advanced practice nurses should encourage mothers to breastfeed their babies as it is believed to help prevent childhood obesity (Grossman et al., 2017). Advanced practice nurses also have to advance the extent of knowledge, complexity, and competencies in the area to help aid in fighting this health problem.

Reference

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***implementing a coaching program what would be the components? How would you monitor? Can technology be considered as a possible way to engage the children creating independence and confidence?***

Childhood Obesity

Problem and Proposed Solution

Overweight and obesity has attained epidemic standards and is a significant concern in both developing and developed nations. The condition has indicated devastating impacts on both the psychological and physical health of children (Sahoo et al., 2015). For instance, obese children are at risk of developing non-communicable disorders, including diabetes, at a young age or contracting other cardiovascular diseases later in their adulthood. As a result of the growth of this epidemic today, several medical scientists have undertaken various research projects in an attempt to find a solution to the disease. The majority of the studies have identified diets consisting of less red meat and sugar to reduce the incidence and risk of this chronic disorder (Haney, 2014). Therefore, parents should start providing these types of diets to their children from a young age to prevent the risk of becoming obese during an adolescent period or adulthood. Also, evidence suggests that early involvement of children in physical activities and regular exercises decrease the risk of becoming overweight. The analysis in this project proposes physical activity as the ideal solution to reduce the chances of developing obesity at an early age.

Problem Statement and Research Purpose

Obesity among children is increasingly becoming a significant problem in the United States (US) and the world. Childhood overweight is associated with several diseases that have raised attention and serious public health concerns globally. As of 2016, more than 120 million children aged between five and nineteen years were reported to be suffering from obesity. (Spinelli et al., 2019). At the same time, around 210 million young people of the same age bracket indicated signs of overweight.

Research Question (PICOT Statement)

Population/Patient

Analysis of data from 1975 to 2016 indicates a growing trend in the BMI of adolescents and children. Obesity is more common among children aged 6 to 11 years in the US (). Studies indicate that the condition’s prevalence among children has tripled to 15.3% today, compared to 4.2% in the mid-1960s (Cheung et al. 2016). Research studies indicate a difference in the prevalence of this disorder to race, ethnicity, and income levels. Therefore, children from minority communities and socioeconomically disadvantaged families experience obesity more. For instance, children from Hispanic subgroups, and African Americans communities experience obesity more than children from privileged white families ((Cheung et al. 2016)).

Intervention

 Intervention measures aimed at either preventing the development of the condition or treating the disease. The preventive strategies include making changes to the curriculum of the school through the introduction of more physical activities. It can be attained by raising awareness and encouraging children to walk from home to school and back. Treatment intervention techniques include motivating families to adopt healthy diets consisting of plant-based foods and less sugar as well as red meat.

Comparison, Outcome, and Time

The alternative intervention method involves giving the children drugs such as agave insulin, curcumin, and omega-3 fatty acids to control their weights. The project outcomes include changing the lifestyle of the patients both at school and at home. Also, the project aims to convince and motivate parents to improve their children’s dietary patterns and overall lifestyle. In the end, the application of the intervention measures will reduce the deaths and risks of developing obesity among the targeted population. The process of treating or preventing overweight disease is slow and gradual, which requires ample time to change general behavior to achieve long term positive outcomes.

References

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***The parts to the PICOT statement are sustainable. I would specifically look at the percent of obese children where schools have reduced time for physical activity or even eliminated the physical education program. If children do not have physical activity, time outside and interaction playing with other children it can cause depression (Philippot, Meerschaut, Danneauz, Smal, Bleyevheuft & Volder, 2019) Remember the timeframe refers to how long you would propose the research be conducted.PICOT questions can be formulated in different manners such as a treatment, assessment, causality, or prediction.*** ***How would you measure or capture impact?***

***Nursing Theory***

***In nursing theory you learned about the four levels of theory (metatheory, grand theory, middle-range theory, and practice theory). Nursing theory is an organized and systematic articulation of a set of statements related to questions in the discipline of nursing. Nursing theory may serve as the foundation for a research study but often we need to include additional disciplines to guide the proposal.***

***What is the Theoretical Framework for a Research Proposal?***

***The theoretical framework for a research is the over-arching guide for your research. The theoretical framework provides support for the proposed study. The research problem, purpose, questions, hypothesis, measures, and methodology are based on the theory that guides the study.***

***What is the difference between a Theoretical Framework and a Conceptual Framework?***

***A theoretical framework provides a broad explanation of relationships that exists between concepts and is based on one theory. Theoretical frameworks begin as a conceptual framework and following testing of relationships, develop into a theoretical framework.***

***Sometimes it is hard to find the “perfect theory” due to the complex nature of social science research. Often, investigators will then design a conceptual framework that is used to describe and explain the relationships of the concepts in the study.***

***For example, if we were to examine the effect of a class on weight management for mid-life obese women we would design a conceptual framework based on nursing theory, learning theory, and health promotion theory to guide the research study.***