

Reduce the Proportion of Adults Who are Overweight and Obese



Literature Review

Writing Service

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February 18, 2022

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Introduction

Obesity can be considered the leading preventable cause of death and disability globally. Being overweight and obese increases the risk of developing chronic diseases such as diabetes, cardiovascular disease, and a host of other metabolic and sleep disorders (Ashrafian et al., 2014). Therefore, the purpose of this literature review is to reduce the number of adults who are overweight and obese. This topic is important because it will provide factors and strategies that can help adults develop healthy habits that will prevent them from becoming overweight, thus reducing the risk of developing chronic illnesses such as cardiovascular diseases (Centers for Disease Control and Prevention (CDC), 2021). Also, this topic is important because it aims to reduce the number of adults who are overweight and obese.

Purpose

Various interventions have been implemented to reduce the proportion of adults who are overweight and obese. Some of these strategies include legal factors where government develops policies such as taxation, ban of unhealthy food advertisements, and use of healthy labeling of products to control their consumption. Also, adults can develop a healthy lifestyle ranging from eating a balanced diet and engaging in physical activities (Arteaga et al., 2018). The use of social networks can link nurses with obese patients thus increasing access and transmission of health information. Additionally, providing ethnic and culturally sensitive interventions can curb the increasing number of overweight and obesity among minority groups (Seidell & Halberstadt, 2015). Therefore, the objective of the study will focus on prevention intervention to reduce the number of obesity cases in adults. This study will employ systematic review and qualitative content analysis to identify knowledge base gaps.

Factors that can Reduce the Proportion of Adults who are Overweight and Obese

Legal

In industrialized countries, overweight and obesity in adults are a contemporary health problem; thus, public health efforts can be essential in combating it. Structural changes need to be undertaken to combat obesity and overweight in adults. Government can achieve this through the use of various policies. Government can use tax policies to raise the prices of unhealthy foods (CDC, 2021).

High taxation on high-sugar and high-fat food can make customers pay the full social cost of unhealthy foods, thus forcing them to switch to cheaper, healthier foods. Raising the price of unhealthy foods will reduce their demand. This will also force factories to start producing healthier foods.

Besides, the government can develop policies restricting advertisements of junk foods. Anti-obesity legislation can restrict food companies against marketing junk foods to children (Mangold & Markiewicz, 2014). For example, Chile banned the use of Tony and Tiger images on Frosties. Banning the marketing of junk foods can change the long-term eating habits in children thus grow into adulthood with healthier eating habits.

Additionally, the government can promote the use of health warnings to educate the consumers on the impact of food. This may include warning labels that indicate the cost of health triggered by different kinds of food. For example, foods can bear a small percentage label of the recommended daily use allowed of a product (World Health Organization (WHO), 2021). For example, biscuits can bear a label showing sugar and fat content and how much one can use it daily. Health warnings can help adults make healthier food choices, thus preventing them from becoming overweight and obese.

Health Factors

Overweight and obesity comorbid conditions include hypertension, sleep apnea, and insulin resistance. For this reason, adults need to engage in a healthy lifestyle to avoid being victims of such conditions. Adults need to start consuming a healthy diet. They can achieve this by consuming less fatty, sugary, and processed foods (Arteaga et al., 2018). Fatty and sugary foods have a lot of calories that are responsible for individuals gaining weight. Consuming fewer fatty foods can improve cholesterol levels in the body, thus reducing the risk of obesity. Healthy eating habits entail eating a balanced diet with more fruits and vegetables. This can help keep the level of calories reasonable, thus reducing the risk of being overweight and obese.

Besides, engaging in physical activities and exercises can reduce the proportion of adults who are overweight and obese. Incorporating regular physical exercise in the daily routine can help individuals maintain or lose weight. Averagely, an adult needs to get at least 150 minutes of moderate to intense physical activities every week (CDC, 2021). This implies that an adult needs to engage in 30 minutes of physical exercise daily.

The physical exercises may include engaging in regular aerobics activities such as swimming, cycling, walking, running, and jogging. Also, adults need to remain active throughout the day, even when working in the office, by taking frequent stretch breaks and using a standing desk (Seidell & Halberstadt, 2015). Physical exercises help in burning the excessive fats in the body, thus reducing the risk of an individual becoming overweight or obese.

Cultural Factors

Overweight and obesity can be considered a disorder triggered by influence; thus, cultural beliefs and practices contribute to obesity. The level of acculturation also enhances obesity in adults. Culture tends to influence the perception of individuals about healthy eating behaviors (Ash et al., 2017). In some cultures, being thin is regarded as a sign of poor health or malnutrition. These can be regarded as culturally defined body image perceptions that can influence individuals to start consuming more food to increase their weight. Also, the adoption of the western culture where individuals consume fast foods has led to individuals neglecting their traditional diets. This is the problem the minority immigrant groups are facing. Besides, some cultures equate obesity and overweight as a sign of affluence because food is limited in the region.

The solution to cultural factors contributing to an increase in the number of obesity cases in adults includes adopting ethnically and culturally appropriate strategies. This may include nutritional counseling where minority groups such as African-American families can be advised on various healthier food alternatives or practices (Ash et al., 2017). For example, they can be advised on the importance of consuming low-fat milk to replace carbohydrates and consuming more veggies like spinach. Also, the counselors can recommend physical activity programs to replace the sedentary lifestyles many communities have adopted, especially those living in urban centers. Accommodating culturally based activities that appeal to diverse groups such as sports, traditional dances, and Zumba can reduce obesity in adults.

Social Factors

Obesity and overweight can be reduced in adults through social network services. Online social networking services serve as an effective medium through which nurses can exchange information with their patients who are overweight or obese.

Computer and web-based technologies provide innovative ways to deliver weight loss programs that lead to massive weight loss in adults (Ashrafian et al., 2014). Social platforms such as Instagram and WhatsApp can be effective platforms for nurses to share health information on obesity with patients. These social platforms ensure that people access information and get support and care instantly since they can be used anytime at any place.

Healthy People 2030 Leading Health Indicators

Consumption of Calories from Added Sugars by Persons Aged 2 Years and Over

Many individuals, especially youths and young adults, are consuming high in added sugars, such as sweetened beverages, cakes, candy, and sugary cereals. These foods are contributing to an increase in weight gain that may result in obesity. Added sugars tend to increase excess fats in the body since they contain high calories (Healthy People 2030, 2022). These foods offer limited levels of nutrition, thus harmful to human health. For example, one tablespoon of sugar contains more than 120 calories and lacks nutrients such as vitamins, proteins, and fiber essential to the body.

Household Food Insecurity and Hunger

Food insecurity in homes leads to increasing cases of overweight and obesity in adults. Consistent lack of access to enough food may lead to individuals consuming less nutritious foods since they cannot afford a balanced diet (Estadilla & Bullecer, 2020). Lack of economic resources is why families lack access to enough food. This means that these individuals tend to consume high-energy foods in excess. This may lead them to gain a lot of weight, leading to the development of obesity.

Implications

Implications for Nursing Practice

The increasing number of overweight and obesity cases among adults impacts the nursing practice. The severity of obesity increases the nursing workload since nurses will have to spend more time delivering care to these patients (Huang et al., 2021). Nurses will require increased clinical skills to care for the patients. This may lead to nurses' shortage.

Implications for Baccalaureate Education

The nursing education curriculum needs to have a topic on obesity where students can learn about the causes and the impact of obesity on human health and society. This course needs to offer students clinical experiences where they can put what they have learned in class to practice, such as engaging in patient education and community sensitization (Huang et al., 2021). BSN essential includes interprofessional communication and collaboration and clinical prevention of obesity.

Implications for Nursing Research

The implication of this study on the future of obesity research focuses on the treatment of obesity. This is important since more people in the future are expected to be obese and overweight (Mangold & Markiewicz, 2014). To avoid catastrophe in the future, most research should focus on the best strategies to lose weight. This research should focus on gender, race, and age, which are essential for the study.

Reflection

Description of Literature Found

Table 2 Review of literature Summary

| Research objectives literature review | Data collection/Topic | Citations |
|---|--|-----------|
| Arteaga, S. S., Esposito, L., Osganian, S. K., Pratt, C. A., Reedy, J., & Young-Hyman, D. (2018). | <ul style="list-style-type: none">• Incident and rate.• Healthy practices | 3 |
| Ash, T., Agaronov, A., Young, T., Aftosmes-Tobio, A., & Davison, K. K. (2017). | <ul style="list-style-type: none">• Prevention interventions | 2 |
| Ashrafian, H., Toma, T., Harling, L., Kerr, K., Athanasiou, T., & Darzi, A. (2014). | <ul style="list-style-type: none">• Social factors | 2 |
| Centers for Disease Control and Prevention (CDC). (2021, June 7). | <ul style="list-style-type: none">• Social factors• Prevention strategies | 3 |
| Estadilla, J. O., & Bullecer, E. (2020). | <ul style="list-style-type: none">• Obesity indicators of health | 1 |

| | | |
|--|--|---|
| Healthy People 2030. (2022). | <ul style="list-style-type: none"> • Indicators of health | 1 |
| Huang, S. L., Cheng, H., Duffield, C., & Denney-Wilson, E. (2021). | <ul style="list-style-type: none"> • Nursing implications | 3 |
| Mangold, K., & Markiewicz, K. (2014). | <ul style="list-style-type: none"> • Nursing implications | 2 |
| Seidell, J. C., & Halberstadt, J. (2015). | <ul style="list-style-type: none"> • Social factors • Cultural factors • Health factors | 2 |
| World Health Organization (WHO). (2021, June 9). | <ul style="list-style-type: none"> • Social factors • Cultural factors | 1 |

Gaps in Literature

The gaps in reducing adult overweight and obesity interventions lie in the mechanisms associated with sleep and obesity. There is a need to determine how sleep triggers weight gain and how having enough sleep is related to weight loss (Arteaga et al., 2018). There are also gaps in severe obesity research where there is a limited number of effective and safe health interventions to deal with the condition.

Implication for Global Health

Overweight and obesity are global health issues since they lead to health impairment and reduced quality of life in adults. This is because many incidences of diseases are associated with obesity, such as cardiovascular disease and type 2 diabetes (Huang et al., 2021). Low- and middle-income countries are recording an increase in the number of people who are obese and overweight. Also, obesity can be linked to physical and psychosocial health conditions such as depression. Also, countries are spending more funds on treatment intervention and prevention programs to combat obesity.

Conclusion

The focus of the literature review was to reduce the proportion of adults who are overweight and obese. Various intervention methods were determined: health, social, legal, and cultural in nature. First, individuals need to adopt a healthy lifestyle by consuming a balanced diet and engaging in physical activities.

Second, ethnic and culturally sensitive programs such as dances are important. Third, government regulation and policies such as taxation and banning advertisements of unhealthy foods can curb obesity. Fourth, social networks such as Instagram can help nurses reach out to individuals who are overweight and obese. The implication of this topic on nursing is in the form of increased workload, on nursing education, the implication is articulating class knowledge in real-life practice, while the future obesity research will dwell on treatment.

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