Nursing

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Childhood Obesity

Childhood obesity is a growing national as well as an international health problem which require effective interventions; especially from a cultural and lifestyle change perspective. Evidence shows that when parents and society controls the lifestyle as well as cultural preferences in eating habits, foods, and increased physical exercises, the rate of childhood obesity can reduce drastically. Based on PICOT analysis, this paper provides a synopsis of eight peer-reviewed articles from nursing journals with the aim of determining the degree as well as strength of evidence on the childhood obesity.

In their study, Pandita and colleagues (2016) provide population-based interventions that communities can implement to address the problem of childhood obesity in developing countries like India. The authors note that obesity and being overweight are the fifth risk factor for death across the world. Therefore, through a systematic review of literature, the author advance that implementation of population-based interventions is critical because such programs are effective and culturally relevant. The authors demonstrate that in most cases, obesity starts at an early age and thus the need for culturally appropriate programs at this stage to prevent future risk of being obese. As such, this article demonstrates that culturally responsive approaches can help reduce the rates of obesity in developing and well as developed countries.

In their study on prevalence of obesity as well as overweight among Spanish children and young adolescents, Olmedillas and Vicente-Rodriguez (2017) observe that childhood obesity a multifaceted health problem resulting from accumulation of excess fat mass. The authors note that childhood and adolescent obesity has mid as well as long-term effects which may lead to a public health crisis in many health care systems across the world. The article implores on the need to have programs and interventions which can lead to stabilization of the rates and eventually a decline across different cultures as witnessed among children and young adolescents in Spain. The authors also show that reduced intake of energy is one of the determinants that can lead to weight compared to sedentary activities that have profound effects. As such, this article provides high level and strong evidence on using cultural interventions to reduce or address obesity problem among children and young teens.

Reducing the rate of childhood obesity requires effective and population-based interventions. According to Thompson (2015), one in every three children in the U.S. are overweight and 50% of these are obese. In this article, Thompson presents evidence that through culturally appropriate ways, parents and society can mitigate childhood and adolescent obesity. The author also notes the health problems linked to obesity and the health burden that it constitutes of the healthcare system in the U.S. Thompson shows that fostering a culture of good eating habits, physical exercise and a reduction in sedentary activities can help address the problem. The evidence presented in this article is robust and factual.

Children that are obese or overweight have a higher probability of being obese into their adulthood. Further, more may suffer from non-communicable conditions that include heart conditions and diabetes. In their study, Sahoo and colleagues (2015) explores the causes and well as effects of obesity to present a multifactorial condition with the ability to cripple public health systems in many countries. The authors present solid evidence to support their thesis that childhood obesity leads to several physical, social, emotional and psychological consequences. It also increases the chances of comorbidity conditions.

In another study, Arteaga and colleagues (2018) explore research gaps, efforts, and opportunities in childhood obesity prevalence. The authors note that to tackle childhood obesity epidemic, national health agencies and institutes like National Institute of Health (NIH) should invest resources in biomedical and behavioral studies which wants to know the causes as well as effects of childhood obesity. Through their findings, they can develop not only effective but new and innovative approaches to its prevention treatment, and offering evidence to stakeholders.

In another study, Tran and colleagues (2019) examine a host of interventions and policies in research concerning childhood and youth obesity. They observe that performance of childhood obesity interventions and prevention strategies require knowing the problem; especially present developmental factors and research. In their findings, they emphasize the need to have more research and collaborations to increase production of knowledge and translating it into obesity prevention means that are based on the context and effectiveness.

A study by Volger and colleagues (2018) show that early childhood prevention interventions can reduce the prevalence of the conditions among children and adolescents. Using a Arksey and O’Malley’s model, the researchers examined the kinds, appropriateness, and cost-effectiveness of different obesity prevention strategies as well as policies up to six years old. The authors note that most interventions encouraged the use of culturally appropriate strategies like on interpersonal health conduct. They note that uncertainty exists about the economic effects of these prevention models and policies. Therefore, they recommend the need to intensify early childhood preventive measures.

A study by Wen and others (2017) show that early interventions are associated with increased success to preventing obesity among children and adolescents. understanding early factors is critical to developing effective early interventions that correspond to cultural aspects in fighting obesity in children and adolescents. the article demonstrates that with early interventions cases of childhood obesity will witness a significant decline and ease the burden on health care systems and settings.

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