**Evidence-Based Practice and Evaluation of the Project through Measureable Goals**

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

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 From the federal and local stats, it was observed that Hampton roads is severely affected by the health problem, and the main cause for all the healthy problems is the obesity and stationary life style. It was also observed through windshield survey that poor eating habits, and lack of activity is common in all the age groups of the community that comprises of working class. According to the Virginia Department of Health, 550,000 people in the South of Hampton roads are overweight and obese which makes them 62 percent. According to the Health District Hampton, 68.1 % of the adult population from above 20 ages are obese.(Roads, n.d.)

**Evidence based behavior change**

Evidence based behavior changes that are suitable for Hampton community are:

* Create knowledge about the outcome expectancies: this requires to educate the health consequences of the life style.
* Descriptive Norms: Government should increase the visibility of positive health behavior in social environment.
* Self-efficacy: Increase people’s belief in themselves that they are capable of changing themselves.
* Behavioral Contacts: By facilitating people to share their plans and struggles, this will result in forming support groups within community, where people will feel safe talking and sharing their experiences for healthy outcomes(Tombor & Michie, 2017).
* Coercion: Increasing the prices of snacks and unhealthy food.

**Evidence based measurable intervention**

 Most suitable evidence based measurable intervention that should be adopted by the physicians is to use US preventive services task force’s recommended model “5As Model” to build the team that is multidisciplinary to assist during the intensive counseling, for addressing the psychological issues of the patients regarding obesity treatment failure and to connect patient to the resources of the community. Before and after results of the intervention should be measured to review the progress chart(Fitzpatrick et al., 2016).

**Expected outcomes**

 Expected outcomes should always be measured and goals should be set to compare the progress and success rate of interventions. Expected outcomes should be hypothesized before implementing the interventions. Expected outcomes in this case will be, reduced obesity rate, improved quality of life, that increased physical activities and reduction of the other obesity associated diseases in the Hampton community.

**References**

Fitzpatrick, S. L., Wischenka, D., Appelhans, B. M., Pbert, L., Wang, M., Wilson, D. K., & Pagoto, S. L. (2016). An Evidence-based Guide for Obesity Treatment in Primary Care. *The American Journal of Medicine*, *129*(1), 115.e1-115.e7. https://doi.org/10.1016/j.amjmed.2015.07.015

Roads, G. H. (n.d.). Greater Hampton Roads :: Indicators :: Adults who are Overweight or Obese :: Health District : Virginia Beach. Retrieved March 19, 2019, from http://www.ghrconnects.org/indicators/index/view?indicatorId=56&localeId=132226

Tombor, I., & Michie, S. (2017). Methods of Health Behavior Change. *Oxford Research Encyclopedia of Psychology*. https://doi.org/10.1093/acrefore/9780190236557.013.125