Proposal Essay

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Introduction

Obesity is a major health concern in developed and developing countries. It has been recorded that more than 300 million individuals are affected due to obesity (Carrillo‐Álvarez, Kawachi, & Riera‐Romaní, 2019). Obesity has been increasing in recent years because of the perilous lifestyle. Obesity is a multifactorial illness that has been caused by several elements such as age, gender, socio-economic status and lack of education (Lu, Che, Lu, Wu, & Yarla, 2018). According to a study, it has been observed that sedentary lifestyle, physical inactivity, and certain genetic and biological factors are associated with obesity. About 93.3% of grownups in the United States are obese. The rate of occurrence is stated to be 39.8% (“Adult Obesity Facts | Overweight & Obesity | CDC,” 2019). The major concerns have been raised among healthcare professionals that a sedentary lifestyle is a major reason behind obesity. Sudden upsurge in obesity in recent years is strongly linked with the physical inactivity among communities (Lu, Che, Lu, et al., 2018). A considerable reduction in life expectancy has been linked with the increase in obesity. This paper will analyze the major causes of obesity and the proposal for the solution of the health concern to reduce the burden of the issue among communities.

# Proposal

Obesity is a major health concern and is a multifactorial process that is linked to ethnicity, economic status, parity, and age. However, the health concern is equally prevalent among females and males (Lu, Che, Lu, et al., 2018). The studies have shown that sedentary lifestyle, physical inactivity, and certain biological and genetic factors are associated with obesity. Health education and promotion along with behavioral interventional programs can reduce the prevalence of obesity (Lu, Che, Lu, et al., 2018). Behavioral interventions include changes in sedentary lifestyles, consumption of healthy food and physical activity of 150 minutes per week can significantly reduce the body mass index. Health concerns associated with obesity can be reduced with the behavioral changes adapted by the communities and societies. The incidence and prevalence of obesity from communities can be reduced with the proposed interventions.

# Plan of Action

The plan of action includes major behavioral interventions and changes in lifestyles such as vicissitudes in sedentary lifestyles, consumption of healthy food and physical activity of 150 minutes per week (Allom, Mullan, Smith, Hay, & Raman, 2018). According to the suggestions of evidence-based practices, physical activity such as the walk of 150 minutes per week can significantly reduce the body mass index however, it will also help in maintaining healthy weight (Carrillo‐Álvarez et al., 2019)t. Adaptation of consumption of a healthy diet would include intake of fiber, water, carbohydrates, fats, and proteins but in limited amounts. An example of the proposed diet is given below. This diet is proposed to show the record of intake quantity only.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Food Name** | **Protein (gm)** |  | **Carb (gm)** |  | **Fat (gm)** | **Sat Fat (gm)** |  |
| Eggs | 12.188 | | 1.964 | | 13.396 | 1.064 | |
| Rice and Pasta Mixture, Spiced | 5.174 | | 34.457 | | 6.821 | 1.723 | |
| Soup, Vegetables Reduced, Prepared with Water | 5.441 | | 9.906 | | 1.854 | 0.83 | |
| Tortilla, Taco Flavored | 4.479 | | 35.778 | | 13.721 | 1.631 | |
| Water | 0.00 | | 0.00 | | 0.00 | 0.00 | |
| **Total** | **27.282** | | **82.105** | | **35.792** | **9.247** | |

# Proposed Research Methods

Proposed research methods would include study design and methodology (Allom et al., 2018). Study design can be chosen according to the population and the most often used study design in such interventional studies are cross-sectional descriptive studies (Carrillo‐Álvarez et al., 2019). The study population can be selected according to the study design and community.

# Convincing Arguments with Evidence-Based Research

Various studies have been conducted with the projected results of reduced body mass indexes after consuming limited or designed diet. A specific and adequate intake of food can significantly improve the weight of individuals. Evidence-based research has shown that body mass index of individuals is linked with the maintenance of weight and reduction of obesity. When the weight of the body is under controlled then obesity would be reduced (Lu, Che, Lu, et al., 2018). Other related healthcare researches have proposed that physical activity can improve the health status of the communities particularly decreasing weight.

World health organization has suggested physical activity of 150 minutes per week can improve the health status of the societies and can help to maintain weight. The health issue was 35.7% widespread amongst young grownups aged 20 to 39 years, 42.8% between middle-aged grownups aged 40 to 59 years, and 41.0% among older grownups aged 60 and adults (“Adult Obesity Facts | Overweight & Obesity | CDC,” 2019). Therefore, the endorsements of the proposed plan are strongly recommended to improve the figures (Carrillo‐Álvarez et al., 2019).

Rendering to the Centers for Disease Control and Prevention 2018, about one-third of American individuals are stated to be overweight (Carrillo‐Álvarez et al., 2019). Obesity can clue to related health complications, for example, cardiovascular disorders, diabetes, and stroke (Carrillo‐Álvarez et al., 2019). Evidence-based practices between societies comprise of several nutritional and diet amendments and physical movement programs in the communities and societies to improve health.

The evidence-based practices to reduce obesity also include the recommendations from physicians that regular physical activity can improve the weight of individuals (Carrillo‐Álvarez et al., 2019). Several studies shave recommended through research that diet rich in fiber and water can improve the health of individuals (Carrillo‐Álvarez et al., 2019). It has been observed that weight is associated with the metabolic processes of the body (Carrillo‐Álvarez et al., 2019). Metabolism of the body function well when a person takes a sufficient amount of fiber and water.

Physiological systems of the body function optimally when the weight of the body is controlled. Various studies have identified that reduced body mass index can prevent body function from acquiring noncommunicable diseases (Carrillo‐Álvarez et al., 2019). Physicians and healthcare professionals have recommended regular physical activity to prevent communities from obesity (Carrillo‐Álvarez et al., 2019). It has been observed that families having a positive medical history of obesity and cardiovascular diseases would have higher probabilities of acquiring obesity (Carrillo‐Álvarez et al., 2019). Therefore, these individuals and families need to consider additional efforts to improve their lifestyle.

Reduced nutrition, diet and diminished physical activity behaviors besides the obesogenic atmosphere are connected with the obese and overweight persons in society (Lincoln, Abdou, & Lloyd, 2014). Interpretation to the U.S. Department of Agriculture and the U.S. Department of Health and Human Services’ Dietary Guidelines for Americans, 2010, the principal diet-linked risk components contain unusual blood cholesterol, high blood pressure, obesity and overweight. Therefore, improving health status with major behavioral interventions and variations in lifestyles such as changes in inactive lifestyles, eating healthy food and physical activity of 150 minutes per week is essentially important.

# Desired Outcomes of the Proposal

To improve the health of communities, it is essential to improve the sedentary lifestyle and diet of the individuals. This is achievable through improved diet and better lifestyles as proposed (Lu, Che, Lu, et al., 2018). The desired outcomes of the proposed plan would be:

1. Reduction in the number of obese individuals
2. Improved health status of communities
3. Reduction in non-communicable diseases.

The objectives and aims of the proposal of obesity anticipation is to produce, via engrossed social alteration, using healthcare podium, an environmental-behavioral collaboration to increase the achievement and maintenance of vigorous weight between individuals and in the societies (Lu, Che, Wu, Yarla, & Xu, 2018). This proposal emulates importance on primary anticipation through health education and promotion (Carrillo‐Álvarez et al., 2019). Primary anticipation highpoints methods that increase the likelihood of snowballing physical movement, consumption of suitable nutrition, and weight monitoring appliances and energy stability in the communities.

The community-based proposal contains; inadequate healthy nutrition, overconsumption of junk diet, and augmented quantities of obesity and obesity-linked illnesses (Allom et al., 2018). The emphasis of the proposed interventions was to remove risk causes that source the development of obesity, education of societies and to decrease the figure of damaging effects of overweight from societies (Lu, Che, Lu, et al., 2018). The proposed plan was prepared in accord with the National Institute of health's endorsement: consumption of low-calorie fat and diet for obese communities.

# Conclusion

The studies have shown that controlling obesity and associated noncommunicable diseases is essentially important for healthy communities in the United States. Therefore, evidence-based research should be conducted to evaluate socio-economic statuses and demographic issues of the communities. Identifying these issues can help in resolving community problems such as obesity. The study has shown that the body mass index of individuals is connected with the maintenance of weight and decrease of obesity. When the weight of the body is controlled then obesity would be reduced automatically as it is interconnected (Lu, Che, Lu, et al., 2018). Several healthcare kinds of research have proposed that physical movement can improve the health of the communities particularly decreasing body mass index. As the world health organization has advocated communities that physical activity of 150 minutes per week can improve the health status of the societies and can help to maintain weight. The paper has highlighted the solutions to the health concern significantly and have suggested that improving these factors can reduce the disease burden from communities worldwide.

# References

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