Obesity

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Obesity

Public health researchers have been concerned for the increasing number of obesity in the United States. Novel guidelines have been applied by the US departments of food, nutrition, and other related organizations. Numerous strategies are also in progress to be implemented by centers for disease control and prevention (Gardner, 2014). The occurrence of obesity in the United States is unusual, with approximately one-third of the population is obese out of which 17% are youngsters. It seems to have flattened off between 2003-2004 and 2009-2010.Balanced nourishment, physical movement and vigorous bodyweight are indispensable measures of an individual's general fitness and health. Collectively, these can aid in reducing an individual's risk of evolving severe health disorders, for example, hypertension, and elevation in cholesterol, diabetes, cardiovascular disorders, and hemorrhage. A nourishing diet, consistent physical movement, and attaining and sustaining a vigorous weight also are the utmost necessities to manage and control obesity timely (McDavid et al., 2016). The leading health indicator selected from the healthy people 2020 is nutrition, physical health and obesity (“Leading Health Indicators | Healthy People 2020,” n.d.).

**Obesity - A Public Health Problem**

The greatest number of Americans do not consume healthy nutrition and are not substantially active at stages required to sustain appropriate health. It has been evaluated that there is lower consumption of food including vegetables and fruits, by individuals. As a result, one-third of the population is obese (McDavid et al., 2016). Obesity is significantly linked with diabetes, stroke, cardiovascular disorders and hypertension (McDavid et al., 2016). The emerging and evolving number of obesity individuals is a major public health issue nowadays.

**System-Level Barriers**

Various barriers transpired at the level of the governmental setting. For all stakeholders, due to the interdisciplinary environment and complexity of the program, it is difficult to achieve specific targets and aims. Major barriers are physical inactivity, consumption of unhealthy diet, and sedentary lifestyles. Healthcare professionals, nurses, community workers, stakeholders, and governmental entities need to address the issue together with partnership and collaboration. Implementation, awareness, education, and promotion of healthy activities should be addressed at organizational levels to achieve the specific targets of the community-based program (Rutkow, Jones-Smith, Walters, O’Hara, & Bleich, 2016). Weight management programs, physical activity-related awareness education and promotion of healthy diet at school level should be implemented on a priority basis to control the occurrence.

At government level, various policies and plans are initiated for the prevention of obesity. These programs include healthy eating and physical activity standards, supplementary nutrition assistance programs, school meals and snacks, physical education and physical activity in schools (McDavid et al., 2016). These programs are specifically organized for the prevention of obesity, promotion of a healthy lifestyle, raising awareness of physical activity and disease control. A healthy diet and lifestyle are significantly linked with the development of the health status of an individual. Access to healthcare and the suitability of program and accountability at all levels, is required to successfully implement a program at community level.

**System-Level Interventions**

Nutrition standards for food, food and beverage environment, childcare environment and health promotion are required to promote a healthy lifestyle at community level (Rutkow et al., 2016). Health promotion program specifically targeting communities and social workers, and youngsters. The engagement of youngsters in health education and awareness plans is very important to bring a change in lifestyle. The coordination among governmental entities to address the risk factors for emerging diseases such as diabetes, cardiovascular disorders, and hypertension is also important.

**Health Education and Promotion**

Healthy lifestyle changes require years to be implemented. Health education in schools, colleges, and communities should be promoted at all levels. Healthcare facilities should develop strategies that implement patient-centered care. This approach can utilize the facility to deliver a healthy lifestyle among individuals (Rutkow, Jones-Smith, Walters, O’Hara, & Bleich, 2016). Complete detail of the disease, causes, factors, and risks associated with the particular disease should be known to the patients to implement and achieve healthy status.

**Governmental level Interventions and Potential Participants**

The system needs to be evolved according to the needs of the community. Community based funded programs should be delivered at societies to facilitate them gain knowledge regarding health. Disease prevention and intervention programs can also create awareness among societies and communities (McDavid et al., 2016). Healthcare providers can play an important role in achieving and acquiring health. Healthcare providers, physicians, social workers, and organizations collectively can achieve targets and objectives of specific health intervention programs. Community-based health promotion programs need accessibility and accountability to achieve their objectives.

**Cultural Values and Practices**

The socio-economic status of individuals, financial stability and cultural practices significantly influences obesity. Genetics and biological factors are also associated with obesity and other obesity-related diseases (McDavid et al., 2016). Some studies have shown that cultural diversity including immigration, maintenance of a healthy lifestyle, and origins connects individuals with obesity. Cultures in which women are specifically responsible for rearing children are observed with higher ratios of obesity (Rutkow et al., 2016). From individuals to the community, from communities to organizations and from organizations to government, everyone should work together to achieve a healthy lifestyle. Obesity is considered as the core factor which associated persons to acquire cardiovascular diseases, hypertension, and stroke and cholesterol problems. Smart thinking, eating a balanced diet, consumption of an adequate amount of water, and regular one hour of physical activity can improve the health status of individuals.

**Causal Loop Diagram**

General Physical Activity

Community-based health interventions

Participation in Sports

Ecological factors

**Obesity**  Junk food consumption

Influence of parents on children’s activities

Disease & Disorders

Healthy lifestyle

Healthy Food culture Overeating

Family awareness sedentary lifestyles

**Healthy weight** Physical inactivity

Advertisements for Junk Food

Family social status

Sugar consumption

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