Perspective on Public Health Research

[Name of the Writer]

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**Research Methods**

Qualitative research method would be used for the collection of data. It is a research process that uses naturalist inquiry in order to opt for an in-depth analysis of any social phenomenon. There are three prime focuses of qualitative research: society and culture, individuals and finally communication groups. There are different methods that are used for inquiry in qualitative research, some of the major techniques are observational studies analysis of documentaries, reports and interviews. (Staiano, et, al. 2017). It is asserted that qualitative research method is one of the adequate procedures of collecting valid and credible data in social sciences so, in order to conduct this study, I will be using a qualitative study. In order to identify the methods that are used in society for the prevention and treatment of obesity, international strategies and the behavior of obese children, information would be collected from medical journals, primary resources, peer-reviewed journals and books that are published on the subject topic. Side by side, an interview session would be designed for the evaluation of topic and it would be conducted with the school teachers and parents of the obese children in order to know if there is any difference in obese and a smart students in terms of daily life and eating habits. Both sample and focus groups would be used to know various perspectives about obesity. I would also consult surveys that are previously conducted in order to know the prevalence and risk factors of childhood obesity in school children in New York City.

The research method would be used to know the prevalence of childhood obesity, how prevalence has changed over time and what is the status of New York in terms of ranking as compared to other regions of the world. The research methods would focus on the risk factors that are associated with obesity in childhood. Both, major and minor risk factors would be determined, side by side, there would be an analysis of the impact of these risk in long run. I will analyze survey reports to know how the approach towards childhood obesity has changed over time. In order to collect varying data, I will use various databases such as Medline by using specific keywords. The keywords would be obesity, prevalence, childhood and New York. The interview session will include certain questions related to childhood obesity and what is the perception of parents and teachers towards childhood obesity, how they find it as a social issue and how it is concerned with the overall economic and social timeline of the country. I will also search for the literature and other information sources that are available for the treatment of the social problem. Moreover, I will analyze the role of national healthcare plans in analyzing healthcare issue and how far that approach has proved helpful. It is more added that I will give significant attention to the role of literature and research in shaping the national attempts that have been taken to address the issue. Research methodologies would be taken as a tool that could determine both gaps and progressions in the analysis of the intervention that are made to address the issue.

**Instruments**

Questionnaires would be the instruments to conduct research. I will be using both open-ended and closed-ended questions in my questionnaire. These questionnaires would be sent by email to the participants who cannot participate in the research while other participants would be given these questionnaires by hand. Interview is another instrument that would be used to collect the required data. I will be hiring an interviewer who will be interviewing the participants. It is important to note that the interview would be structured in nature and I will avoid a telephonic interview. In order to maintain the credibility of research, I will use a rating scale. Checklist and tape recorder would be used to avoid any assumption that could lead to noncredible data. I will be using content validity as an approach to maintain credibility essence of information. In order to measure reliability, rationale equivalence method would be used.

**Ethical Consideration**

The interaction between participants and researcher play a major role in defining the validity and credibility of the research. It is necessary to formulate certain ethical guidelines that can direct research to achieve set goals. Ethical challenges can arise at any stage of research ranging from designing of research to reporting and analysis of data. Certain major ethical considerations are confidentiality, researcher’s potential impacts, and anonymity. I will be considering mentioned ethical considerations, taking into account that none of the results are hampered by the intervention of ethical considerations. (Staiano, et, al. 2017).

**Confidentiality**

It refers to attributes such as privacy and collection of required data only. Breaching of privacy is one of the major concerns in research studies, taking into account that the personal information of participants should not be shared without the permission of the participants. I will avoid confidentiality barriers by inserting a detailed note about confidentiality. Side by side, I will add an option regarding the usage of information shared so that there is no breaching of policy and research could proceeded in accordance with the requirements and desires of the participants. (Riess, et, al. 2018).

**Researchers potential Impact**

Researcher’s potential impact is defined as an impact or the influence of research on the participants while collecting data. It is asserted, usually a researcher is biased in the collection of information and sometimes these biases lead to misinterpretation of the information that is converted by data while another aspect has highlighted that it is the gender of a researcher that affects the collection of information and data taking into consideration that it refers to the credibility of research. In order to mitigate the researcher's impact, researcher would be given specific directions, as well as the methods of data collection will be checked off and on. Moreover, I will use both male and female data collectors so that there are least chances of misinterpretation and biases. (Bleich, et, al. 2018).

**Anonymity**

It is another major aspects to consider, taking into account that anonymity refers to the framework of collection of information from the researcher. It is highlighted that there are a number of researchers who failed to collect the required information in a research. I will address this issue by the utilization of resources that are effective enough to collect the desired data. (Riess, et, al. 2018).

All these ethical considerations would be addressed by a researcher on the first priority, taking into account that the authentic and valid data is collected for which ownership can be proved and research can be completed with accuracy.

**Grant Funding**

In order to carry out research with efficiency and productivity grants are available, offered by different institutes in order to facilitate a researcher. In my research, I will ask for funding from NIH. National Institute of Health is a platform that offers funding for carrying out research. The grant can be in the form of cooperative agreements, financial support or in the form of contracts that can support the advancement of NIH mission to enhance health perspectives of people who are either disabled or ill. (Altman, et, al. 2015). NIH encourages students and researchers to choose unique projects that have high scientific caliber and infer better future prospects. The eligibility criteria of NIH is a bit different from traditional funding platforms. It is asserted that tribal areas and other village corporations are eligible and well suited for the achievement of grants. The eligibility criteria highlight the income that is earned during or after the completion of project under the implication of grant will be added to the funds of the company or organization. It is mandatory for each applicant to abide by the pattern of submission and confirmation of credentials. Grants are given to those applicants who have signed and agree to all terms and conditions. (Altman, et, al. 2015).

**Research Report Dissemination**

**Introduction**

Obesity is one of the widespread condition in this world, accompanied by the presence of unhealthy, excessive and abnormal amount of fats in the body of an organism. Obesity is defined as an increase in weight up to 20%, taking into account that obesity is one of the major threats to the wellbeing and health of children. Obesity is higher in certain groups as compared to other people where young children are the prime victims. A number of diseases accompany obesity such as heart disease and diabetes. There are some social effects as well that are associated with obesity such as low self-esteem, distorted or violent relationship with peers and bad attitude as well. Although heredity is one of the causes of obesity, research has highlighted that only 10% of obese have hereditary history, the remaining 90% are obese because of idiopathic reasons.

**Description of method**

In order to analyze child obesity, qualitative research methods would be used. This research method would be accompanied by interviews, analysis of past research and magazines on obesity. Sample group and focus group would be used to analyze research questions. It is asserted that the interview session would be conducted with both teachers in school as well as the parents of the obese children. Side by side, interview questions would be both, open-ended and close-ended so that detailed information can be collected.

**Results**

Results have affirmed that child obesity has a high prevalence rate along with major risk factors in school children in New York City. Qualitative studies, the interview session asserts that there is a great ratio of children who are suffering from obesity. Obese children are socially depressed and they are not active much like other students. It is highlighted that there are numerous health risks that are associated with obese children, these issues are severe enough to compromise the mental and physical health of obese children. Results collected from the information provided by parents has highlighted that there is an evident setback in obese children because they act out of the expected framework of young children. Research has highlighted that the school performance of obese students is much critical taking into account a high ratio of academic gaps. Obese children suffer from failure of representation and it compromises their health. In a nutshell, it is found that childhood obesity is a prime issue that compromises social, psychological and physical health of obese children.

**Major Findings**

It is found that childhood obesity is prevalent at a ratio of about 83% in New York. Results from the literature have highlighted that it is one of the growing concerns in children because it is a diverse issue with its root in other departments of society and social life. It is found that obese children are a victim to numerous complications that range from emotional disturbance to physical trauma because they find themselves out of the “perfection quota”. It is highlighted that about 30% of obese students are a victim of inferiority complex as observed by the teachers and parents because they consider obesity as a threat to existence. About 67% of obese children are suffering from serious ailments such as cardiovascular disorder and diabetes. (Riess, et, al. 2018). Teachers are of the view that every class has a justified and estimated ratio of obese children and it seems that soon it will start threatening the lives of the students at major levels. Teachers have found that obese children are comparatively less competitive in studies as compared to healthy students. There is a serious ratio of students who are obese and they are never willing to engage themselves in physical activities, provided they consider themselves unable to participate in any physical work. Parents have asserted that their obese children are more stubborn, less active and extremist in nature, they are less towards sibling understanding and more towards isolation. (Riess, et, al. 2018).Few parents have highlighted that obese children are more self-centered and they are less towards familial relationships. It is termed as one of the reasons that obese children try to rely on themselves only. In a nutshell, it is asserted that childhood obesity has become a serious complication for students to take part in academic life where social negatives add fuel to fire because of bullying and other misconducts that have hampered academic and social timelines. Moreover, obesity has shaken the core roots of a healthy life where a child is doomed to suffer from under presentation and negligence.

**Clinical, research and policy implications**

In accordance with the fact that childhood obesity has tripled over the past three years, every third child is obese today. Obesity has resulted in high cholesterol level, type 2 diabetes, heart disease, and high blood pressure. In order to overcome child obesity, Hunger Prevention and Nutrition Assistance Program have been initiated that is funding 47 contractors and nutritious food is provided to people who are in need. (Wilfley, et, al. (2018). the program ensures that all eatables have low fat and they are good to consume providing required nutrients to the body. Just Say yes to fruits and Vegetables Project is another program that is meant for comprehensive nutrient education and prevention of obesity. This approach helps to conclude that low-income families do not have an approach to nutrient eatables. Creating Healthy Schools and Communities is another multisector imitative that is designed to empower access to healthy food with an affordable process in district schools and other communities. Side by side, Obesity Prevention Center for Excellence is another platform that provides training and implementation of support for obese children.

Despite all researches and political initiatives, it is necessary to incorporate efforts that could address child obesity because it not only threatens physical health but it is also hampering the social, economic and psychological timeline and understanding of a child because failure to achieve set presentation goals detaches an entity from its surroundings and obesity do this at a high and critical edge because a child will grow into a depressed and passive adult who will fail to strive for his life and desires. (Staiano, et, al. 2017).There is a dire need of those political frameworks that can address the issue of childhood obesity at a minor level and suggest solutions that are effective to cater to the health issues. In a nutshell, serious and effective concerns are required from the families and government because it will reshape political and social timeline of the country by paving the way for successful and healthy youth who would be capable of all those attributes that can position them at good health and successful life.

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