

Week 2 NR716

Select one of the following options for your initial discussion post. Using the two research studies you appraised in NR715 and the one study you identified in Week 1 for the selected practice problem, write one paragraph where you apply the concepts of a synthesis.

Option 1: Use a synthesis of research study evidence and non-research evidence to introduce the practice problem: **Obesity**

Option 2: Use a synthesis of research study evidence and non-research evidence to introduce the implications of the practice problem that include the significance, mortality, and economic ramifications of the problem.

Synthesis of Research Study:

The Topic of Obesity have many different views; those that are held without scientific evidence and those that are held without contradicting evidence of those views. SYNTHESIS IN OBESITY RESEARCH IS WEIGHING THE EVIDENCE OF COMMON BELIEFS OF OBESITY through combined research which helps to introduce this practice problem. The first Expert Panel on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults to develop clinical practice guidelines for primary care practitioners was convened in 1995 by the National Obesity Education Initiative of the National Heart, Lung, and Blood Institute with the cooperation of the National Institute of Diabetes and Digestive and Kidney Diseases. These guidelines recognized that the prevalence of overweight and obesity in the United States is increasing, alerting practitioners to the accompanying health risks. More than 97 million Americans are overweight or obese according to the statistics from third National Health and Nutrition Examination Survey.

According to the CDC; the prevalence of Obesity in the adult population of United States was 42.4% in 2017 – 2018 increasing from 30.5% to 42.4 %. During the same time, the prevalence of severe obesity increased from 4.7% to 9.2% from 1999 –2000 through 2017 – 2018. About 14.4 million children and adolescents were affected by Obesity making childhood obesity 19.3 %. In the United States, Obesity cost an estimated \$147 billion in 2008 annually. Medical costs for people with healthy weight was \$1,429 less than people who was overweight or Obsessed. Obesity causes related health conditions such as cancer, type 2 diabetes, heart disease and strokes which are the leading causes of preventable and premature deaths. The central theme in the Harvard Men's Health Watch (2012) is the impact of the modern lifestyle on the prevalence of obesity and measures to counter the effects of the contemporary lifestyle. Elements of the contemporary lifestyle contributing to obesity include current work, everyday recreational activities, and modern feeding habits (Harvard Men's Health Watch, 2012). The article provides numerous recommendations that serve as evidence for the practices that could be useful in the fight against obesity. The offers include changes in diet, increased physical activity, and minimizing unhealthy behaviors such as smoking and drinking (Harvard Men's Health Watch, 2012). In addition, the practices focus on promoting weight loss among people with obesity. The central theme in Thea et al.'s (2020) article focuses on the narratives between patients and clinicians during clinical encounters and patient follow-ups. In particular, the report