

# Health promotion

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Introduction This paper is focused on controlling obesity through diet and exercise, which is a major practical aspect of health promotion. After explaining health promotion and its selected aspect, a literature review will follow. Theory and practice will be compared from nursing perspective. Suitable conclusion will be provided at the end. Analysis on Health Promotion

According to O'Donnell (2009, p. iv), " Health Promotion is the art and science of helping people discover the synergies between their core passions and optimal health, enhancing their motivation to strive for optimal health." (Please refer to Appendix - I) Thus health promotion involves various positive health practices; controlling obesity through diet and exercise is a major aspect of the subject. Controlling Obesity through Diet and Exercise Obesity is a major problem in the developed countries like UK and USA. " Young adults can generally eat more and not gain weight, but metabolism tends to slow in the mid-30's (and middle-aged people become more inactive), so that is when many adults begin to gradually gain weight." (The University of Utah, 2012) Increased calorie intake, low physical activity and lack of dietary awareness are the key issues. Literature Review According to Yanovski et al (2000), environmental or behavioural changes in life (e. g. smoking cessation) can be cofactors of weight gain. Powell et al (1994) subjected 35 obese women to calorie restriction and exercises for 12 weeks. Results showed that " All subjects lost body weight and body fat; ... percent of calories derived from dietary fats does not influence loss of body weight or percent body fat in adult obese women." (Powell et al, 1994, pp. 446-447) Further, Dall et al (2009) advocate sodium, saturated fat and calorie restrictions in American diet. According to the findings of their research "

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reduction in caloric intake should be the highest priority” (Dall et al, 2009, p. 142) in setting public health benchmark for dietary and nutritional guidance (Please refer to Appendix - II). In order to control the problem of obesity, organizations like NHS have categorized it under major public health concerns; hence health care professionals like the nurses (who generally serve in public environments such as hospitals) are considered to have an increased responsibility. (NHS, 2010) Contextually, findings from existing scientific literature and observed practice have striking similarity and are mostly mutually inclusive. Personally, in the hospital environments as a nurse, I found sedentary patients invariably gain weight. Better food habits can help them a lot. Particularly the elder adults need dietary restrictions such as avoidance of fat. However, these restrictions should spare protein content in the food up to the required levels, so that adequate nutrition can be supplied. Further, even a balanced diet may cause obesity if regular exercises are done. Thus, research based inferences and practical experience are very similar. However, genetic factors too can cause obesity that cannot be effectively controlled; but such occurrences are rather rare (Rosenbaum et al, 1997) Conclusion The contribution of a nurse in addressing any major public health issue is critical. Regarding health promotion through controlling obesity, the nurse can raise awareness, help in health education, assist obese patients in regular physical exercises and inspire those who want to loose weight. Principle arguments regarding this issue are centred on public policy. Researches suggest that the government has a lot to do by conducting public awareness programmes and recommending proper dietary plans for target groups. Restrictions on fat and caloric intake can be very helpful. List of References Dall, T. M., Fulgoni, V. <https://assignbuster.com/health-promotion/>

L., Zhang, Y., Reimers, K. J., Packard, P. T., and Astwood, J. D. 2009. Potential Health Benefits and Medical Cost Savings From Calorie, Sodium, and Saturated Fat Reductions in the American Diet. *American Journal of Health Promotion*. 23, pp. 412-422. NASA. n. d. Chapter 6: What Should I Eat? Available: <http://weboflife.nasa.gov/exerciseandaging/chapter6.html>. Last accessed 2 February, 2012. NHS. 2010. Obesity – Treatment – NHS Choices. Available: <http://www.nhs.uk/conditions/obesity/pages/treatment.aspx>. Last accessed 1 February, 2012 O'Donnell, M. P. 2009. Definition of health promotion 2. 0: embracing passion, enhancing motivation, recognizing dynamic balance, and creating opportunities. *American Journal of Health Promotion*, 24, p. iv. Powell, J. J., Tucker, L., Fisher, A. G., and Wilcox, K. 1994. The Effects of Different Percentages of Dietary Fat Intake, Exercise, and Calorie Restriction on Body Composition and Body Weight in Obese Females. *American Journal of Health Promotion*, 8, pp. 442-448. Rosenbaum R. L., Leibel J. H. 1997. Medical progress: obesity. *New England Journal of Medicine*. 337, pp. 396-407. The University of Utah. 2012. Promote Health Through Diet and Exercise. Available: <http://library.med.utah.edu/WebPath/TUTORIAL/OBESITY/OBESITY.html>. Last accessed 1 February, 2012. Yanovski J. A., Yanovski S. Z., Kara N., et al. 2000. A prospective study of holiday weight gain. *New England Journal of Medicine*. 342, pp. 861-867.

Appendix – I Figure – 1: Health Promotion Source: O'Donnell, 2009, p. iv

Appendix – II Figure – 2: Food with Fat and Sugar Content Source: NASA (n. d.)

Appendix – III Question answer based on the discussion with a patient on the topic of controlling obesity through diet and exercise: 1. What is the message exactly? Regular exercise and caloric restriction can prevent weight gain. 2. What details would someone ask about the message? Someone may

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ask questions like the following: What exercises should be done and for how long each day? What kind of diet should be taken? How to avoid temptation of junk food? How to increase physical activity particularly when someone has to sit at a place for long hours due to professional/physical reasons? 3. How does someone follow it? Punctuality, sincerity and restraint are best practices. If a health care professional assists the patient, he/she can follow the dietary chart and exercise schedule more accurately. 4. Why are people being asked to do this? In countries like UK obesity is becoming a major problem. Public health practices to combat obesity have to be formulated and implemented through popular involvement. 5. How does this choice prevent? Public awareness and education coupled with dedicated nursing staff available at hospitals and homes can prevent the problem. 6. Modify the message for your patients. Individual health promotion will ultimately serve national interest. Controlling obesity is thus an intellectual pursuit suited for people from all the walks of life.