

Weight loss intervention programs health and social care essay

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Outline: This is a 5 page project- APA format, discoursing weight loss intercession plans for rural African American adult females. The plan assess rural African American adult females of age group 45- 60 with an purpose of developing and implementing weight loss care preparation plan for the group. It so develops, implements and evaluates the plan. The paper relies on 4 beginnings.

Weight Loss Maintenance Training Program for Rural African American Women Aged 45-60

Rationale of the Undertaking

Rural African American adult females are disproportionately affected by fleshiness and are at hazard of many diseases that are accelerated by fleshiness. Weight loss and care is the cardinal solution to this job (Flegal, Carroll, Ogden and Johnson, 2000) . Surveies have shown that despite the fact that 70 % of African American adult females want to lose weight, merely 50 % are actively seeking to lose weight and that African American adult females practically lose less weight than other cultural groups (Mack, Anderson, Galuska, Zablotsky, Holtzman and Ahluwalia, 2000) . Studies have farther shown that such adult females engage in weight loss methods for shorter periods of clip. (Ard, Rosati and Oddone, 2000) observes that there is great demand to increase apprehension of weight loss care among African American adult females, usage evocation process from the theory of planned behaviour to specify the concepts of attitude, subjective norms and sensed behaviour control sing weight loss and care, and develop relevant

questionnaire that can be used to research weight loss and care, peculiarly for rural African American adult females aged 40- 60

Importance of Weight Loss Maintenance for Rural African- American Women

Care of weight loss among rural African Americans is of import because organic structure weight is a factor in etiology and direction of many diseases for which fleshiness and corpulence are lending factors such as diabetes and its complications. Weight decrease contributes to reduced insulin opposition, a decrease in impaired glucose tolerance and accordingly a better direction of diabetic complications (Anderson, et Al, 1997) .

Anderson, et Al (1997) further indicates that surveies measuring organic structure form, size and organic structure satisfaction have shown that rural African American adult females prefer larger organic structures than those preferred by white adult females and besides, rural African American adult females have significantly big organic structures than their white opposite numbers. In these surveies, African- American adult females thought of their big organic structure sizes to be more attractive to the opposite sex and healthier than age matched white adult females. It is clear from these surveies that African- American adult females had more positive perceptual experiences of their big organic structures and were less likely to lose and keep weight loss because they considered dieting patterns as harmful patterns related to binge-eating syndrome and anorexia.

Lieberman et Al, (2003) clearly shows that aged rural African American adult females were 0. 6 times every bit likely to experience guilty after

gorging, 0.4 seasonably as likely to diet and 2.5 times every bit likely to be satisfied with their weight and 2.7 times every bit likely to see themselves attractive. In a big sample of aged adult females, 40% of corpulence and corpulent African-American adult females were aged 25-64 and they considered themselves to be really attractive or attractive. It has besides been established that African American adult females who are overweight selected a desirable organic structure size that is significantly smaller than they perceived their current size to be (Anderson, et al, 1997).

Based on these surveies, it is of import for fleshiness intervention plans to see cognitive facet and organic structure image perceptual experiences in their design of effectual weight loss and weight loss care intercessions. This forms the footing of this plan.

Undertaking Plan

This undertaking is designed to make consciousness of weight loss care to rural African-American adult females. The plan marks adult females of ages 40-60 and will be implemented throughout different selected local community centres in two Florida rural communities to guarantee that a broad population is covered. The plan will be implemented by societal wellness workers, who will develop selected 20 African-American adult females from each of the two Florida rural communities chosen on importance of weight loss care utilizing elicitation process from the theory of planned behaviour to specify the concepts of attitude, subjective norms and sensed behaviour control sing weight loss and care, and develop relevant questionnaire that can be used to research weight loss and care, peculiarly

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for rural African American adult females. The trained adult females will so develop other African- American adult females of ages 40 - 60. This plan will last for a period of 16 months, including 8 months rating period, whereby selected participants will be evaluated on the footing of their wellness beliefs, dietetic consumption, activity degrees, and forms and conformity with diet.

Undertaking Execution

The plan seeks to educate the selected group on significance of weight loss care and its benefits. Trainers will actively affect selected group in treatments on fleshiness, weight loss and care of weight loss in order to understand their perceptual experiences on this subject before educating them on wellness hazards and dangers associated with fleshiness and corpulence, while doing usage of practical illustrations.

During the preparation, perceptual experiences of organic structure size in older rural African- American adult females in two rural Florida communities will be assessed through web sampling. Ten persons in their 40 's, ten in their 50 's and ten in their 60 's will be chosen to take part in 8 month rating of place direction schemes for weight loss care. The survey will measure wellness beliefs, dietetic consumption, activity degrees, and forms and conformity with diet. Photographs of participants will be taken to measure organic structure images. Body images will be presented in four sets of exposure enlarged or reduced in size utilizing an anamorphic lens to find if the organic structure weight will be above or below the desirable weight based on consensus of geriatric doctors. The weight class will be classified

as really thin, thin, normal, corpulent and really corpulent. Participants will be asked to depict these images, based on 12 properties, viz. : attraction, wellness, organic structure size, cooking ability, likeliness of high blood pressure, politeness, success, felicity, desirable organic structure size, worrying behaviour and friendliness.

By actively affecting members of selected group, trainers will discourse current behaviour, beliefs and misconceptions that have contributed to big per centums of corpulent and fleshy instances among rural African American adult females and come up with a manner frontward through active engagement of both the trainers and the group being trained to develop a questionnaire that can be used for single appraisal of weight loss care to guarantee efficiency and success of the full undertaking.

Undertaking Evaluation

Undertakings success will be evaluated based on informations obtained during 8 moths single rating. Using photographic organic structure images, each of the 12 properties will be assessed to give per centum of those who will hold maintained their organic structure weight loss throughout the plan.

Teaching and Learning Principles Used

In implementing this undertaking, trainers bear in head that grownups are independent and self directed. They will therefore put the persons being trained free to direct themselves. Trainers will actively affect members in larning procedure and service as facilitators for them. Trainers will let participants to presume duty for presentations and group leading.

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Facilitators besides understand that participants have accumulated a foundation of life experiences and cognition, and will therefore demand to link this preparation to participants knowledge and see base.

Trainers will bear in head that they are covering with a group of grownups, who are end and relevance oriented and must clearly see the ground for this plan. Trainers will hence hold to do this acquisition applicable to existent life state of affairss of the group

Undertaking Evaluation

Upon completion of the undertaking, its success will be evaluated, based on the undermentioned standards: .

. Flegal KM, Carroll MD, Ogden CL, Johnson CL. Prevalence and tendencies in fleshiness among US grownups, 1999-2000. JAMA. 2002 ; 288 (14) : 1723-7.

Ard JD, Rosati R, Oddone EZ. Culturally-sensitive weight loss plan produces important decrease in weight, blood force per unit area, and cholesterin in eight hebdomads. J Natl Med Assoc. 2000 ; 92 (11) : 5

ANDERSON, L. A. , G. R. JANES, D. C. ZIEMER,

L. S. PHILLIPS, Diabetes Educ. , 23 (1997) 301.

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