

Evidence based practice research paper sample

[Health & Medicine](#), [Obesity](#)



Obesity in America

MonteVerde, M., Noranha, K., Palloni A., & Norak, B. (2010). Obesity and Excess Mortality

among the Elderly in the U. S and Mexico. *Demography*, 478(1), 79-96. This article gives the magnitude of mortality cases associated with obesity. It utilizes data from Health and retirement study carried out in 2004 in the U. S and the Mexican Health and Aging Study 2001-2003. It gives a detailed account of the impact of the pandemic in the American community. It also looks into cases of overweight individuals and the means of preventing them from becoming obese. It also gives some measures that the U. S government has set in place to manage the problem. The article is important in this study because it offers relevant information about obesity in America as discussed above.

Bailey, C. (2010). Supersizing America: Fatness and Post 9/11 Cultural Anxieties. *Journal of Popular Culture*, 43(3), 441-462. It gives not only the direct but also the indirect causes of obesity. Additionally, it provides the audience with data about the prevalence of the disease within the American community. Bailey also provides information about the different ways in which the victims of the disease can use to reduce their weight. Therefore, it is a rich source of information when it comes to the study of Obesity in the American community.

Yang, Y., Tony, N., Len, M. (2011). Obesity and Health System Reform: Private Vs. Public Responsibility. *Journal of Law, Medicine and Ethics*, 39(3), 380-386. This gives the impact of the rising cases of obesity to the

expenditure of the American healthcare system. It also gives a detailed account of the impact of the disease to the economy. Due to the negative impact the pandemic has to the economy, the article also provides information about the public and private interventions that have been put into place to curd it. Additionally, it highlights some of the programs that have already been put into place to reduce obesity in the country. Owing to this, the article is essential as far as the study of obesity is concerned.

Wardsmith, P. (2010). Obesity- America's Health Crisis. *Urologic Nursing*, 30(4), 242-245. It gives a detailed definition of obesity. It also details the role that different healthcare practitioners play in dealing with the pandemic key among them being educating their patients on how to manage the disease. It also gives information about the role that a healthy diet and adequate exercise play in reducing cases of obesity in any given population.

Wardsmith also offers the various obesity interventions that have been adopted in the healthcare system. Therefore, Wardsmith's article is relevant in tackling the topic.

Barkac's, L., Barkarc's, C. B., (2011). She is not Heavy, She is my Sister: Does Anyone Really Give a Hoot about Obesity and Weigh Discrimination? The Case of Heavy Hooters Girls. *Journal of Legal, Ethical and Regulatory Issues*, 14(2), 105-115. It details the challenges that obese individuals go through in different social settings e. g. at their place of work. It provides information about different programs that have been implemented to curb the disease in the American society. It also outlines the roles that different people have in helping the victims of obesity that are undergoing

discrimination pull through the phenomenon. Following the details of this article, it is an important source of information for the study of obesity in America.

Puhl, R. M. & Heller, C. A. (2010). Obesity Stigma: Important Considerations for Public Health. *American Journal of Public Health*, 100(6), 1019-1028. The article highlights stigma and discrimination against the victims of obesity as well as overweight persons. It gives the prevalence of weight discrimination over the last 15 years. Additionally, it provides the public health implications of the stigma associated with overweight and obese individuals. The data that in compiling this article was obtained from credible sources such as medical and social science databases namely Pubmed, SCOPUS and PsycINFO.

Barkin, S. L., Hearman, W. J., Warren, M. D., & Rennhoff, C. (2010). Millennials and the World of work: The Impact of Obesity on Health and Productivity. *Journal of Business and Psychology*, 12(3), 64-90. The article gives a report on the prevalence of obesity among young people: 10-17 years of age. It also highlights the impact of the disease in income generation within the society. It gives estimates of the total expenditure of overweight and obese individuals on healthcare services. It gives the different ways in which employers can help victims of obesity in reducing its severity as well as productivity. It can thus provide evidence of the existence and impact of the disease in the American community.

O'Dea, J. A., & Michael, E. (2010). *Childhood Obesity Prevention: International Research, Controversies and Interventions*. Great Clarenton

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Street, NY: Oxford University Press. This book provides information on how to develop positive approaches towards nutrition and education as a means of reducing cases of obesity. It also focuses on how people can reduce obesity in children and adolescents. It gives an international outlook on cases of obesity in both the developed and the developing nations. It looks into the risk factors associated with the disease and its prevention and management among the young people. Despite its relevance to the topic, the international outlook of the book may present misleading information about the disease since it does not rely entirely on information from the country in question.

Bouchard, C., & Katzmarzyk, P. (2010). *Physical Activity and Obesity*. New York: Human Kinetics. As the title suggests, the book looks into methods of preventing obesity in the community with much emphasis on physical activity. Additionally, it gives both the direct and indirect costs that are associated with obesity. It also covers the prevalence of the disease among different groups in the society. Therefore, it is a credible source of information in the study of obesity cases in America especially on the methods of preventing the disease.

Piotrosky, J., Romano, M. (2003). Heavy Costs. *Modern Healthcare*, 33(5), 10-25. This article presents an analysis of the costs associated with the increasing cases of obesity in America. It also gives the impact of the costs in the economic growth of the nation. This article may be limited to the costs associated with the disease but the information is essential in assessing the overall impact of the disease to the nation.

Reference List

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Popular Culture, 43(3), 441-462.

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Give a Hoot about Obesity and Weigh Discrimination? The Case of Heavy Hooters Girls. *Journal of Legal, Ethical and Regulatory Issues*, 14(2), 105-115.

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