

Health behavior research and practice

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Health Behavior Research and Practice Health Behavior Research and Practice Annotated Bibliography Bautista-Castaño, I., Doreste, J. & Serra-Majem, L. (2004). Effectiveness of interventions in the prevention of childhood obesity. *European Journal of Epidemiology*, 19(7), pp. 617-622. Netherlands: Kluwer Academic Publishers. ProQuest Medical Library.

The researchers for this study, Inmaculada Bautista-Castaño, Jorge Doreste and Lluís Serra-Majem, discussed the implication of infancy and childhood obesity and its increasing prevalence. According to them, it would be quite difficult to overcome obesity in an infant and child once it is already established. Intervention at these stages should be implemented with caution because the health and growth of the individual can be affected. The effects of childhood obesity are considered as “considerable and pervasive” that they are placed as among the high priority health problems all over the world. An unmanaged intervention can instead cause malnutrition upon the child instead of attaining health. Another concern that should be taken into consideration is the lack of autonomy of the infant or child; thus, intervention must always involve the parents and family of the infant or child. The interventions that involve parents and school facilities include nutritional education, modification of behavior and physical activity. This study does not directly deal with infants, children, the parents or schools; but it rather gathered together and analyzed literatures that discussed intervention strategies already implemented. Sixteen intervention studies were identified, but two were excluded due to lack of design control. Fourteen interventions were finally included in the final list which were done in the school (12) and community (2). The study concluded that interventions implemented for more than six months to one year are more effective than short-term

approaches, nutrition and physical activity are more effective if accompanied by behavior modification, parent involvement has a great impact on the success of the intervention, intervention at school canteens has no much impact, cessation of sedentary lifestyle can effect the outcome, and any intervention has an impact upon the health of the child without really affecting obesity when dietary habits are modified. This research is relevant to health care management of the infant or child since it was able to provide the effective interventions and identified the necessary elements that could help improve health and reduce obesity.

Roux, L. T. (2003). Impact assessment and strategy evaluation in obesity. Canada: University of Calgary (Canada). Publication No. AAT NQ87076. Proquest Dissertations and Theses Database.

Larissa T. Roux, a physician at the Department of Community Health Sciences, University of Calgary in Alberta, discusses the importance of weight loss in obese women through the use of Monte Carlo Simulation Model. In using this model, certain data were taken from outpatient obese women in the US enrolled at weight loss programs for analysis and comparison of the different clinical weight loss approaches. The parameters being considered for comparison are the lifetime costs, clinical advantages (e. g. quality-adjusted life years or QALYs), and the cost-per-QALY ratios. The weight loss approaches are the routine primary care and four interventions (with each having six months intervention and followed by six months of maintenance program). The study had been extensively done with due consideration to the essential elements involved in weight loss (e. g. diet, exercise, behavior modification, pharmacotherapy) and approximates the most effective approach in attaining the goal. The study also suggested that <https://assignbuster.com/health-behavior-research-practice/>

for a program to be successful, a) there must be strict compliance with the program, b) the program itself must be effective, and c) the lost weight must be maintained at one year and five years. Diet, exercise and modification of behavior are the components found to exist in the most effective strategy. The study is significant in health care management because it was able to identify the essential components of a weight loss strategy that would work, and that lost weight must be maintained for the strategy used to be successful.

References

- Bautista-Castaño, I., Doreste, J. & Serra-Majem, L. (2004). Effectiveness of interventions in the prevention of childhood obesity. *European Journal of Epidemiology*, 19(7), pp. 617-622. Netherlands: Kluwer Academic Publishers. ProQuest Medical Library.
- Roux, L. T. (2003). Impact assessment and strategy evaluation in obesity. Canada: University of Calgary (Canada). Publication No. AAT NQ87076. Proquest Dissertations and Theses Database.