

Creating a program rationale

[Health & Medicine](#)



Running Head: obesity prevention and nutrition Creating a Program

Rationale of the of the of the [Course]

Abstract

Obesity is a medical condition in which excess fat accumulates in various parts of the body to the extent that it leads to adverse effect on physical and mental health. Obesity is a common issue among children hooked to unhealthy life style and food habits (Navarro, Elena (2008). The assignment aims at developing an obesity prevention program for Latino children falling in the age group of 12-17. The rationale of the proposed program along with its relevance will be highlighted in a logical and illustrative manner using wide arrays of examples.

Proposed Solution, Overview of the Program

The proposed obesity prevention program aims at promoting healthy lifestyle and food habits in schools. In order to create interest among children, wide arrays of games and interaction programs have been incorporated in the obesity prevention program named “ Shapeup”. Children would be asked to participate in a number of games like sprinting, football, basket ball and cricket. The program would emphasis on creating awareness pertaining to healthy body and mind by showcasing inspirational stories and videos. The regular health camps would assess the weight issues along with offering right diet plan. At the end, children would be motivated to lose weight by creating a sense of competition among them leading to awards and rewards. Overall, the program would help in educating children along with making them embrace healthy life style and food habits with great interest (Kolata, Gina (2007)

Logical Reasons behind the Success of the Program

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. Children's minds are like a blank paper on which one can create an impact and influence through positive and motivating writing embedded with guidance. Most children like sports as a leisure activity and thus making them play would help in losing weight along with making them flexible. Children also like stories and short movies that would further help in drawing their attention on side-effects of obesity (Fumento, Michael, 1997). The sense of competition always compels children to do better than others and with losing weight on the priority list of the program..

Evidence based Practice, Similarities

The Robert Wood Johnson Foundation Center to prevent childhood obesity is a national organization dedicated to enhance the health of children through a number of health initiatives at schools and communities level. The organization promotes and supports strategies to improve food and physical activity environments. Just for Kids is another leading obesity prevention program raising awareness on health issues along with promoting and supporting a number of physical and mental activities. (Pool, Robert (2001)

Problems at Higher Level

As per the recent studies, an estimated 39 million Latinos are residing in the US and are likely to be overweight because of their culture and food habits. They prefer having a heavier frame and on top of that are less informed about matters of health and nutrition. This is because of the cultural differences and little awareness and thus requires data and information to analyze the obesity issues among children of age group 12-17.

Timing

It is often said that discipline is the key to success and it holds great value for this program. There is no specific time to implement the proposed

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program as it a continuous process that demands every hour to be counted. The program focuses on guiding and motivating children from morning till evening. It also demands parent's contribution to keep the motivation level high while children are at home. Thus, round the clock awareness initiatives would help smooth flow of all activities along with achieving the aim and objectives of the program (Murray, 2008)

References

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