

# Health economies in north carolina case study

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



## **Steps for investigating a childhood disease**

Epidemiological approach for disease investigations involves various steps. The initial steps required for the purpose of an investigation of childhood disease are as follows. The first step on the part of the investigator would be to research on the disease to know what causes it and how it spreads out. It would provide information for the second step as it will give the investigator an idea about the equipment and the supplies that would be needed for the purpose of the investigation. The next step would be to make personal and administrative arrangements for travel. The investigator needs to identify his/her role in the investigation so that he/she can have an idea about how to accomplish that role. Identify the scene or the areas where the research or investigation will be carried out, and identify the contacts that would be required during the investigation.

## **Cost perspective of NC's plan on Childhood Obesity**

Stats show child obesity costs North Carolina about 24. 1 billion US dollars annually in terms of lost productivity and medical care. The state over the past 10 years has been spending millions each year to provide the children with an environment where they eat healthy and indulge in physical activities. In terms of the cost perspective, the present plan is useful because it brings a significant reduction in the medical costs incurred on children suffering from obesity. The plan can be further optimized by providing school with funds to increase physical activity programs. More expense should be incurred on awareness seminars for parents. Children

should be urged at their school to eat healthy. Social media campaigns for the children can also be conducted to optimize the present plan.

### **Effects of contingency plan for battling childhood obesity**

Childhood obesity control through physical activity programs allow the children to indulge more in fat burning activities. The diet plan for the daily meals should include homemade food with more vegetables and less fried food. Having a strict diet plan for the children makes them avoid junk food. Making physical activities compulsory for all children at school develops their taste for physical activities. Making parents aware about the side effects of obesity on their children health urges them to give their children a healthy diet.

### **Effect of smoking laws in North Carolina**

The smokers-free bar plan by the North Carolina state has been quite effective in enabling people to avoid smoking. Reports are showing that many people in North Carolina have reduced consumption due to this law and it is quite adequate for this purpose. According to the February 2012 poll by Public Opinion Strategies, 83 percent of the voters in NC are supporting the smoking laws. Lodging and restaurant Association of North Carolina has reported that it has caused to increase their business, and people have welcomed the laws. It has resulted in improvement of 89 percent of air quality in bar and restaurants. It has also caused to reduced heart attacks and save millions each month.

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