**OBESITY AND OVERWEIGHT**

Name

Chamberlain University College of Nursing

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In the United States, around 3 in 6 adults and 2 in 5 adolescents and children have overweight, while about 1 or 2 individuals are overweight. The paper will focus on assisting children and adults in eating healthily, getting adequate physical activity, and effectively maintaining a healthy diet. The essay below will highlight patient scenarios with obesity, patient education on obesity, and my description of the appropriate lose-it app for patients with obesity or overweight.

**Patient Scenario**

In the United States, many adults and children have obesity. Obesity is associated with a higher risk for conditions and illness, for instance, depression, high cholesterol, diabetes, and high blood pressure. According to research, most adults have obesity, associated with a chronic disease like cardiovascular disease (Yang et al., 2018). Mary, a 37-year woman, suffers from obesity, and she understands that she has a weight problem. Moreover, she has tried on several occasions to lose weight, but she finds it difficult to manage long-term, although she is eager to learn how she can take control of her obesity problem.

**Patient Education/Teaching Plan**

It is worth noting that adolescents with obesity are more likely to be bullied suffer from obesity even during adulthood. Furthermore, research and evidence maintain that severe behavioral programs that implement more than one technique effectively lower childhood obesity. Consequently, institution and policy program changes that make it simple for adolescents and children to get physical exercise and eat healthily can also assist in lowering obesity.

In the United States, most individuals do not eat a healthy diet like whole grains, vegetables, and fruits to lower their chances for chronic illness and advance their health. The Healthy and Nutrition eating aims also focus on assisting individuals in acquiring recommended quantities of critical nutrients, such as potassium and calcium. In contrast, individuals who consume numerous unhealthy foods, like foods rich in added sugars and saturated fat, have high chances for obesity and overweight. Interventions and strategies to assist individuals in choosing foods can lower the risk of chronic disease and advance their general health. Some individuals have limited access to information they require to choose healthy foods. Other individuals lack access to healthy foods and cannot purchase adequate food. Therefore, public health interventions that aim to assist individuals in acquiring foods are essential to lowering hunger and food insecurity and advancing health.

**Description of mHealth app**

The Lose-it app is the most helpful app for helping people suffering from obesity (Harvey et al., 2019). The app is a user-friendly weight loss app aimed at weight tracking and calorie counting. Furthermore, it is worth noting that an individual’s health goals and weight loss generate daily calories. Therefore, individuals ought to have a personalized weight loss plan. Consequently, one can implement the lose-it app’s barcode scanner to include several meals to their record. Notably, the app updates individuals on daily reports and the daily calorie consumption. Hence, if you individuals practice the app to preserve track of their weight, it will effectively present their weight changes via graph. Another unique feature about the app is that it includes a snap feature, enabling one to effectively trail their food consumption and percentage quantity by just compelling a picture of an individual’s meals. The app is free to download from the app or the play store. Although, individuals can opt for premium features of the app where they pay around $ 9.99 to sign up annually for around $ 39.99.

**References**

Harvey, J., Krukowski, R., Priest, J., & West, D. (2019). Log often, lose more: Electronic dietary self‐monitoring for weight loss. *Obesity*, *27*(3), 380-384.

Yang, Y., Shields, G. S., Guo, C., & Liu, Y. (2018). Executive function performance in obesity and overweight individuals: A meta-analysis and review. *Neuroscience & Biobehavioral Reviews*, *84*, 225-244.

Healthy People 2030 link:

https://health.gov/healthypeople/objectives-and-data/browse-objectives