Credible Evidence Evaluation

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Fryar, C. D., M.S.P.H, Carroll, M. D., M.S.P.H., & Ogden, C. L., Ph.D., *Division of Health and Nutrition Examination Surveys*. Prevalence of Overweight and Obesity Among Children and Adolescents: United States, 1963–1965 Through 2011–2012.September 2014. Available from: https://www.cdc.gov/nchs/data/hestat/obesity\_child\_11\_12/obesity\_child\_11\_12.htm

# The research from this source is credible since it was conducted by the Center for Disease Control and Intervention (CDC) in a National Health and Nutrition Examination Survey. CDC is a government body use its research centers to conduct credible research on how people and their communities can counter or avoid the risks of illnesses such as obesity addressed in the research. The study is also reliable because the authors are well known and all work in various departments of CDC. The credibility of the research discerned through the way the findings of the study reviewed in a period of fewer than five years. Furthermore, the research supersedes some earlier versions addressing the topic of the prevalence of obesity and overweight among children and adolescents.

# Using the credible evidence from this source will support the action plan regarding addressing the problem of childhood obesity by providing data and statistics about the prevalence of obesity and overweight among children and adolescents in the U.S. aged 2-19 years. The evidence from the source also supports the action by providing recent data from 2011-2012, which are compared with the trend of obesity starting from 1963 up to 2012. The rising trends of obesity can are essential in coming up with the action plan to reduce obesity and overweight in children as well as in adolescents.

 The research aligns with the fundamental theories discussed because the results presented are applicable in addressing the problem of childhood obesity. It clearly explains the concepts used to classify children and adolescents as obsess and employs different cutoff criteria from the early researchers. The descriptive method involving the use of survey is applied in testing the hypothesis and the theories related to the problem of obesity in childhood. Finally, the research aligns with the psychological, ethical guidelines since trained health technicians used in the collection of data and body measurements using the standardized procedures and equipment to ensure the research adheres to ethical guidelines in research.

White, R. (2014). Youth obesity rates holds steady, even as youngest make gains. Center for Health Journalism.

The research presented in the source has credibility with the author being the content editor for the Center for Health Journalism Digital, which highly focuses on publishing credible studies related to children health matters. The source provides credible evidence supported by the CDC and recent reports issued jointly by the Trust for America’s Health and the Robert Wood Johnson Foundation which are organizations dedicated to conducting credible studies to improve the health of people and their communities. The credibility of the research presented is also discerned through the fact that it was published in a period that is less five years and thus meeting the aspect of timely relevance to the topic. The data and figures presented further supports the credibility of the research having been obtained from the Federal Health Survey data and also the National Survey on Children Health.

The credibility of the evidence presented in the research supports the action plan regarding addressing the problem of childhood obesity by providing policy recommendations that should be implemented to reduce childhood obesity. The action plan also supported by the way the evidence presented considered the disparities in race and geographical locations which is vital in the implementation of the action plan that would address the problem of childhood obesity.

The research also aligns with the fundamental theories related to the topic since the presented data can be used to derive practical implications that can address the problem of childhood obesity. Furthermore, it aligns with the fundamental theories since it creates the need for further research that would reduce childhood obesity, which the research indicates that the trends have stagnated. Descriptive methods through the use of surveys have been used to in supporting the data presented. Finally, the research aligns with the psychological, ethical guidelines since the studies conducted nationally by the federal health departments such as the National Survey on Children Health must ensure that all the moral principles are effectively met considering that the research involved the use of human subjects in data collection.

References

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