Obesity In the World Today: Literature Review

Rebekah Moutria

Lakeview College of Nursing

Dr. Ariel Wright

July 8th, 2022

Obesity In the World Today: Literature Review

Obesity is a common problem in our world today. Identifying self-management patterns with this disorder can guide researchers in discovering better methods of education and resources to improve health outcomes. Additionally, research on obesity can help determine potential links, causes, and unfavorable health conditions surrounding the disorder. The literature review allows for a better understanding and evaluation of the current research regarding obesity and what research should strive towards in the future (Rao et al., 2018).

Obesity and healthy aging: Social, functional, and mental well-being among older Canadians

The quantitative research article focuses on better understanding obesity and its effect on the social, functional, and mental well-being of obese participants. The researchers used computer-assisted telephone interviews to gather information, and the study population included people aged 55-85 (Rao et al., 2018). Variables include socioeconomic, social, behavioral, and functional health (Rao et al., 2018). This research article aims to determine if healthy aging and living with multiple chronic conditions can be synonymous.

Key Points

The research article focuses on a study from the Canadian Longitudinal Study on Aging (Rao et al., 2018). The research focused on participants between the ages of 55-85 and split the focus groups into male and female. The focus is on the concept of healthy aging and its ties to obesity. Over half of the participants reported living on less than $50,000 yearly (Rao et al., 2018).

Females were particularly affected by this factor. In addition to this finding, low social participation was more associated with obesity in females than males (Rao et al., 2018). In females and males, findings indicate a strong link between physical functioning impairments in activities of daily living and obesity (Rao et al., 2018). The researchers used logistic regression models to evaluate the association between obesity and multimorbidity, functional health, social health, mental health, and well-being (Rao et al., 2018). The p-value was less than 0.1 for all data used. Overall, participants of both sexes reported feeling a sense of satisfaction in life, happiness, and high levels of involvement in social functions regardless of their association with obesity (Rao et al., 2018). However, females reported that living with obesity changes their perspective on whether they are aging healthily (Rao et al., 2018). The overall data was significant.

Assumptions

The author believes that identifying an association between obesity and its impact on social, functional, and mental health can gear efforts toward promoting healthy aging (Rao et al., 2018). The author's primary assumption was that obesity might strongly impact an individual's perspective on the quality of their health (Rao et al., 2018). Another primary assumption is that social participation and support are essential to overall physical health, more so than positive health behaviors in older adults (Rao et al., 2018).

Deficit/Conclusion

Overall, the student does not accept the author's line of reasoning behind the research. Understanding the risks of excessive weight in older adults and how to prevent further comorbidities is essential in the nursing field. Further research is necessary. Surveys or

interviews are needed to understand further the individual's output on their aging process and health status.

Second article title here

Here add in a summary of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

Key Points

Paragraph goes here discussing the key points of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

Assumptions

Paragraph goes here discussing the assumptions of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

Deficit/Conclusion

Paragraph goes here discussing the conclusion of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Do you accept the authors' line of reasoning? What are the implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

Third article title here

Here add in a summary of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

Key Points

Paragraph goes here discussing the key points of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

Assumptions

Paragraph goes here discussing the assumptions of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

Deficit/Conclusion

Paragraph goes here discussing the conclusion of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Do you accept the authors' line of reasoning? What are the implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

Conclusion

Write a conclusion here in your overall paper. Follow the MEAL paragraph formatting and use Grammarly.com. Provide a summary/conclusion of the analysis of all three articles. Discuss how the information can improve:

- Patient outcomes
- Nursing practice

- Evidence-based practice/Quality Improvement efforts

- Healthcare as a whole

References

Rao, P., Patel, P., Roberts, K., Thompson, W. (2018). Obesity and healthy aging: Social, functional, and mental well-being among older Canadians. *Research, Policy, and Practice, 38*(12), 437-444. https://doi.org/10.24095/hpcdp.38.12.01