

Adolescent Obesity

Literature Review

Tahija McClure

Lakeview College of Nursing

Adolescent Obesity

“Childhood obesity is one of the most serious public health challenges of the twenty-first century, with figures increasing at an alarming rate”(Oen, Kvilhaugsvik, Eldal, Halding, 2018, p.2). Many factors can contribute to childhood obesity such as genetics, metabolism, eating, and physical activities, community, and neighborhood design and safety, sleep duration, adverse childhood events (CDC, 2019). Some factors are difficult to change when dealing with adolescents obesity such as genetic factors. Genetic elements are challenging to change. However, human beings and locations can play a useful role in helping adolescents reap and maintain a wholesome weight (CDC,2019). Changes in the environments, and where adolescents spend their time, such as homes, schools, and community settings, can make it easier for youth to get entry to nutritious ingredients. (CDC, 2019). Overall this assignment is going to discuss best evidence-based practice on the significance of changes in adolescent obesity and the adolescent viewpoint on their current battle with obesity.

Adolescents’ perspectives on everyday life with obesity: a qualitative study

In this article, the authors discuss qualitative data regarding adolescent obesity and how it affects them. The study included obese adolescents with a BMI greater than 30 and 12–15 years old who had, in some way, been in contact with health-care providers about their obesity (Oen, Kvilhaugsvik, Eldal, Halding, 2018). “These studies describe how adolescents are living with obesity experience strain in everyday life, emphasizing the negative psychosocial consequences and sometimes the contradictory meaning of obesity”(Oen, Kvilhaugsvik, Eldal, Halding, 2018,

p.6). The article additionally expected to increase a top to bottom comprehension of the points of view and beneficial encounters of young people living with weight to direct intercessions and fortify the patient-clinician organization.

Key points

The key points discussed in this article relates to the questions of, how adolescents experience everyday life with obesity, how adolescents living with obesity make sense of their condition, how adolescents living with obesity describe their challenges and motivation for changing behavior, and how adolescents living with obesity experience health-care encounter (Oen, Kvilhaugsvik, Eldal, Halding, 2018). The article addresses the following critical points associated with obesity: challenges in changing behavior, adolescents' perspectives on causes of obesity, bullying, and fragile social relationships. These key points addressed in the article is an appropriate way to gather information on the adolescent's viewpoint of dealing with obesity as well as how these things can be changed.

Assumptions

The central assumption underlying the author's thinking is how adolescents living with obesity perceived causes for obesity differently, and those who emphasized familial determinants seemed to face more significant challenges. According to the text, "Lack of support from parents, trusted friends and health-care providers and bullying, shame, guilt and self-blame represented threats that decreased motivation for help-seeking and successful lifestyle changes if we take this line of reasoning seriously" (Oen, Kvilhaugsvik, Eldal, Halding, 2018, p. 21). The implications that it is essential is to take adolescent obesity seriously and that it is important that these

children have support to help them with the challenges they are facing due to obesity and that health-care providers should assess the adolescents' thoughts on their obesity.

Conclusion

In conclusion, Adolescent obesity is something that can be overlooked and not taken seriously. Many people feel as though children who are obese need to make lifestyle changes, but what they are unaware of is that other factors contribute to obesity as well, and not just poor eating habits or having no physical activity. As a way to promote health in adolescents, it is vital for those who are battling obesity to be involved to encourage future interventions and advocacy for obese children. "Care providers need to be skilled in assessing each individual's resources and interpretations of their condition. They should be able to communicate in a respectful, patient-centered manner and to assist adolescents in exploring their ambivalence and set their own realistic goals" (Oen, Kvilhaugsvik, Eldal, Halding, 2018, p. 23).

Reference

(2019, April 29). *Obesity Facts | Healthy Schools | CDC*. Retrieved from <https://www.cdc.gov/healthyschools/obesity/facts.htm>

Oen, G., Kvilhaugsvik, B., Eldal, K., & Halding, A.-G. (2018). *Adolescents' perspectives on everyday life with obesity: a qualitative study*. *International Journal of Qualitative Studies on Health and Well-Being*, 13(1), 1479581. Retrieved from <https://www.tandfonline.com/doi/full/10.1080/17482631.2018.1479581>