



# d c N e c e d e d

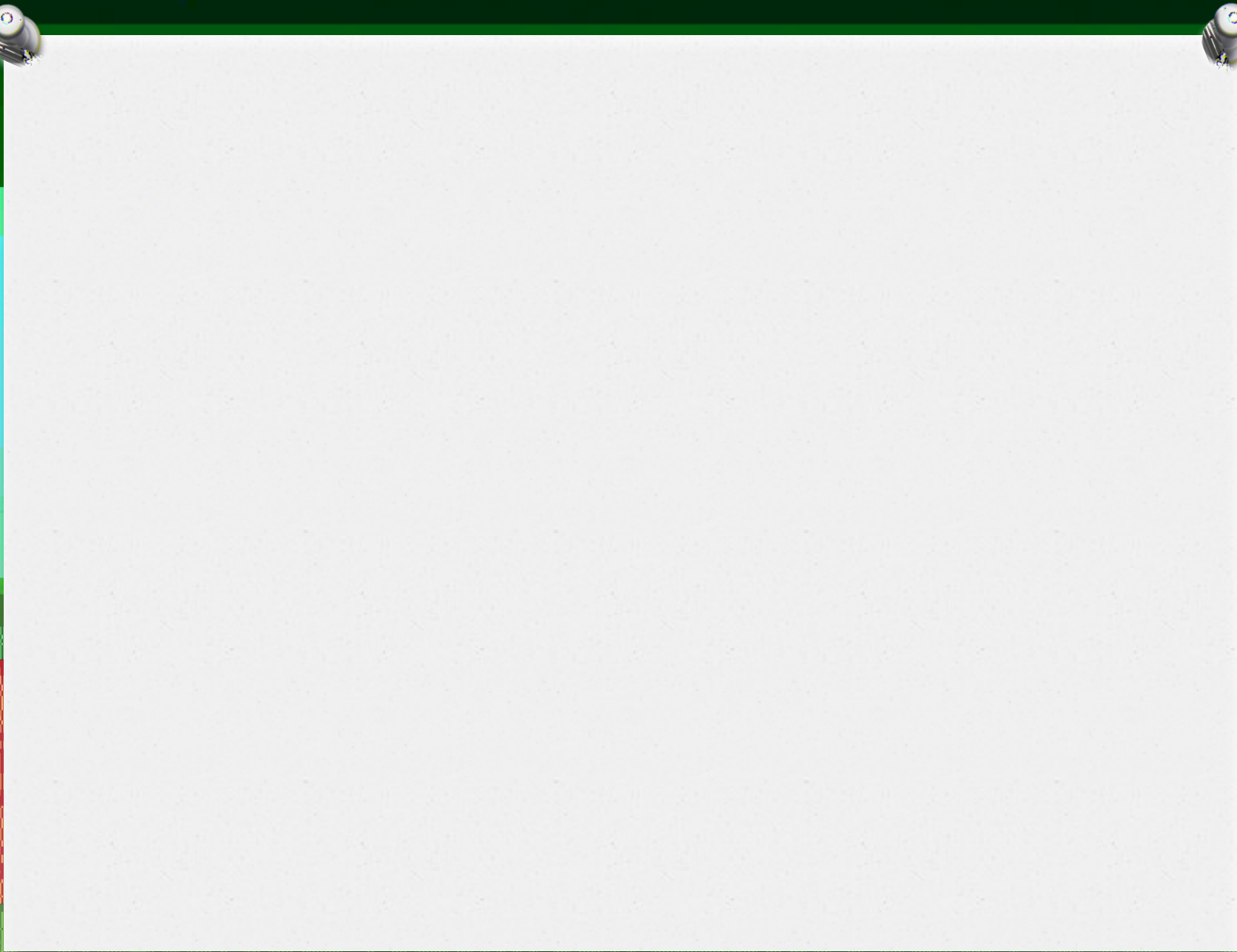
- o Childhood Obesity
- o Obesity
- o Nutrition
- o Health Policy

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- o As clinicians, we must do better at educating our patients and community on the health and financial consequences of obesity
  - o Healthy eating
  - o Nutrition
  - o Exercise
  - o Microbiota and gut health

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- Helping parents and communities understand causes of obesity is paramount
  - Knowledge may improve dietary changes
  - Organize community seminars/classes
- Disease prevention and health promotion
- Make diet a matter of what people should and *can eat* rather than what they can't eat
  - Deprivation is not sustainable



# de

- Over 20% of children aged 12 - 19 in the United States are obese\*
- This is an alarming trend because childhood obesity usually leads to obesity in adulthood
- Obesity contributes significantly to chronic diseases such as diabetes, hypertension, and cardiovascular disease (CVD)

\*National Center for Health Statistics.  
Health, United States, 2013: With Special Feature  
on Prescription Drugs. Hyattsville, MD. 2014.



# de

- Reducing the prevalence of obesity is a public health priority because obesity is correlated with excess morbidity and mortality
  - CVD
  - Hypertension
  - Diabetes

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○ Causes:

○ Genetics

○ Medications

○ Lack of exercise

○ Diet

○ Endocrine disorders



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- Karra et al., found a genetic predisposition involved in increased ad-lib food intake, “particularly fat consumption and impaired satiety.” Additionally, frequent exposure to a high fat diet leads to an up-regulation in the fat mass and obesity-associated gene (FTO), which in turn leads to increased fat intake.

Karra, E., O'Daly, O.G., Choudhury, A.I., Yousseif, A., Millership, S., Neary, M.T. and Batterham, R.L. (2013) A Link between FTO, Ghrelin, and Impaired Brain Food-Cue Responsivity. *Journal of Clinical Investigation*. <http://dx.doi.org/10.1172/JCI44403>

# de

- o Abundant clinical evidence suggests successful weight loss will be achieved by reducing food intake, rather than increasing exercise\*.
- o However, evidence indicates exercise is a key element in *maintaining* weight loss\*\*.

\*National Heart, Lung, and Blood Institute (1998) Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. <http://www.cdc.gov/obesity/data/adult.html>

\*\*Bray, G.A. (2013) Behavioral Strategies in the Treatment of Obesity. <http://www.uptodate.com/contents/behavioral-strategies-in-the-treatment-obesity>



# f e c e

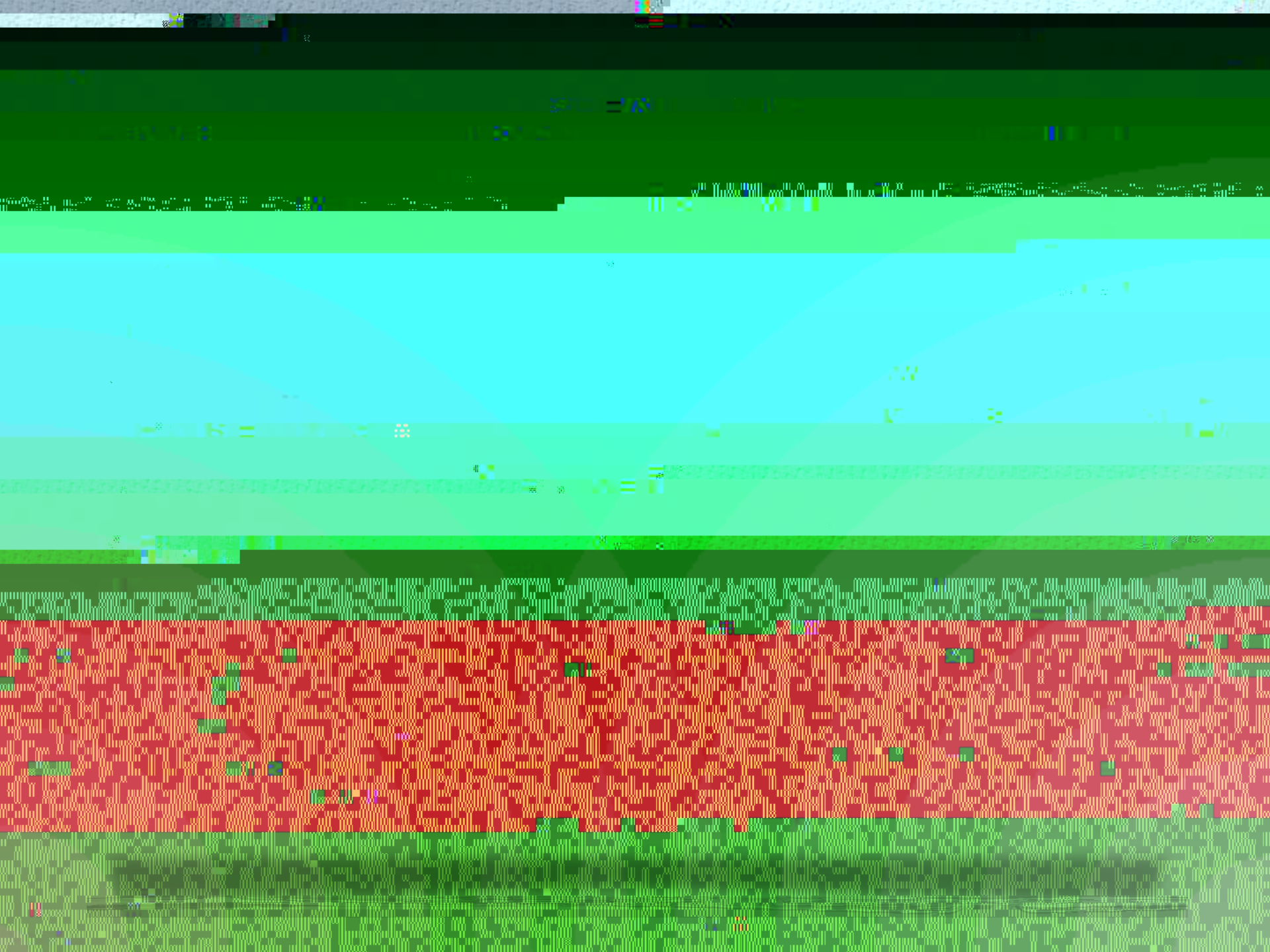
Health Care Providers should increase their knowledge on nutrition to assist the public

- o Learn the effects of nutrients on our bodies
- o Avoidance of obesity and chronic disease development
- o Nutrition courses should be highlighted in nursing and medical school
- o Sugar intake and its effects on our brains and bodies is important to understand

# f e c e

- o Suggestions for educating the public about nutrition
  - o Provide weekly or monthly seminars in the community about nutrition
  - o Utilize medical offices for educational events
  - o Utilize churches and community centers
  - o Have monthly health fairs
  - o Speak at schools, local gyms, health clubs







# H d e

- o Women's health is an ever changing discipline
  - o Guidelines are revised frequently
  - o Evidence-based research is abundant but not

H c d a e

*Open Journal of Nursing* **4**

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# H c d a e

- o Hold monthly seminars on nutrition and disease prevention at my practice
- o Provide wellness exams, comprehensive physicals and diet and exercise assessments
- o Board member of the YMCA – Orange County Branch
- o Contribute articles to journals on obesity
- o Speak at educational conferences

# H c d a e

o Faculty at University of California,  
Irvine since 2010

o Teach:

- o Advanced Physical Assessment
- o Women's Health
- o Procedures (suturing, punch biopsy, casting  
etc.)
- o Frameworks for Advanced Practice Nurses

# e eN c e

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