



# BSN Nursing Capstone Project Example

**Primary Care Intervention for Obese and Overweight Adolescents and Children**  
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## Abstract

The obvious increase in the number of obese and overweight adolescents and children have often been accompanied with a rise in adverse health effects. These include diabetes and cardiovascular disease. With this in mind, there is an obvious need for an evidence-based intervention which may be useful among primary care providers in addressing this concern. Thus, the purpose of this project is to provide education to adolescents and children, including their families, regarding healthy nutrition, as well as the need for physical activity. This will ultimately result to an increase in knowledge about healthy lifestyle patterns while reducing body mass index (BMI) significantly. This project also provides further evidence that remote education, in collaboration with motivational interviewing can also result in advantageous outcomes, and may also provide a cost-effective and convenient approach in reaching this younger population.

## Introduction

Obesity among the younger generation, especially adolescents and children appears to be a growing problem related to health in the United States. As a matter of fact, the Centers for Disease Control (CDC, 2014) explains that the rates involving childhood obesity have already tripled during the past three years only. Children who are at risk may deal with a number of negative health impacts, including diabetes and cardiovascular diseases, as well as some social implications and psychological distress.

With this, primary care providers are positioned uniquely to determine the individuals who are at risk for these diseases, assessing and screening them for complication, educating and treating whenever appropriate. The aim of this research project is to provide the needed education to adolescents and children, including their families, regarding healthy nutrition, as well as the need to engage in physical activity, thus improving knowledge in relation to healthy patterns in lifestyle while reducing body mass index.





## **Statement of the Problem**

Despite the obvious increase in awareness regarding obesity and weight problems among the younger generation, the prevalence continues to rise, thus making pediatric obesity as among the most popular chronic diseases in childhood. In 2010 alone, over a third of the adolescents and children tested were either obese or overweight (Olsen et.al, 2012)

## **Assessment of Obesity in Primary Care**

Risk factors that are connected with pediatric obesity, as well as its related adverse outcomes may turn out to be severe. Moreover, the likelihood of potentially carrying these risk factors as they enter adulthood is also high (Garner, 2004). Adolescents who are suffering from obesity generally have an 80% probability of also becoming obese in adulthood (Garner, 2004). Therefore, measuring weight is essential in screening and assessing the risks involved in primary care.

## **Weight Loss Interventions**

It has been accepted widely that the environments of adolescents and children in the United States encourage them to get lost in calorie-dense, unhealthy sugar and foods while supporting inactivity through computer use, television viewing, as well as video game usage. A lot of adolescents and children are not meeting the required moderate to strong activity standards. With the incorporation of healthy lifestyle education in the family, a significant improvement in weight loss has been observed.

## **Methods**

Twelve patients were asked to join this project. The patients themselves, as well as their families, received contacts every week for straight seven weeks. Out of the original 12 patients who joined, 9 have completed all of the sessions. One among them was eliminated from the results, because the initial BMI did not meet the standard. However, she was also included in all of the sessions. Another adolescent dropped from the study after the second session, while another dropped after the third session.





## Results and Discussion

The overall objectives and goals of this intervention project were to reduce Body Mass Index (BMI) through patient education about healthy activity and nutrition. The small sample size weaken the results, not allowing for any form of generalizability. On top of that, certain subgroup differences including ethnicity, gender, age and other factors, cannot be analyzed because of the number of participants. Overall, this project shows that remote educational intervention sessions, including the one used in this project is effective when performed in the clinical setting, and may also be implemented in a cost-effective, timely, and efficient manner.

## References

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