

Reference Proposals

1 **Reference Proposal #1**

2 **Title: Confronting the Obesity Epidemic**

3 **SUBMITTED BY:** Stark Carroll District, Jean Swaney, RN, MSN, CRNP

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5 **RECOMMENDED ACTION(S):**

6 Educate professional nurses about the prevalence and consequences of obesity throughout the lifespan.

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8 **ONA STRATEGIC PLAN:**

9 **Goal:** 1. ONA will be a leader in disseminating evidence-based information regarding obesity and its health consequences.

10 2. ONA will be a leader in promoting evidence-based obesity prevention practices.

11 **Strategy:** Advocate for quality health care in a cost effective manner.

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13 **BACKGROUND INFORMATION**

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15 **RATIONALE:**

16 **A. Need for proposal:** Two thirds of American adults are currently overweight or obese. Obesity rates are growing most rapidly among children who will carry the obesity-related health burden throughout their lives. Obesity-related health risks include but are not limited to type 2 diabetes, heart disease, kidney disease, musculoskeletal disorders, cancer, and shortened lifespans. (DeNoon, 2005).

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18 **B. Historical Perspective:** The prevalence of obesity (body mass index/BMI>30) has increased more than 50% over the past 20 years. Prevalence increases with low income, decreased education levels, minority status, and female gender. Healthy People 2010 advocates reducing obesity by 15%. Sadly, no state has been able to achieve this goal. According to Galuska et al (2008), there is an overall increase of 1.7% in obesity from the 2005 prevalence statistics. Healthy People 2015 is committed to organizing coordinated efforts to educate the public about obesity. It is also committed to successful prevention programs and health promotion. Ongoing assessments of the program are in place.

19 The Surgeon General in 2001 proposed 15 activities as national priorities for immediate action. This was outlined in the *Call to Action to Prevent and Decrease Overweight and Obesity*. HEDIS measures are now also incorporating BMI assessments for adults in their data sets.

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21 **EXPECTED OUTCOMES:**

22 **Benefits:**

23 1. Educate professional nurses.

24 2. Create a healthier nation.

25 3. Improve quality of life.

26 4. Maintain the tradition of professional nurses as health promotion experts.

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28 **Political Impact:** ONA will be viewed as a leader in promoting professional nursing.

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30 **SUGGESTED ACTIVITIES:**

31 1. Disseminate information about the 2001 Surgeon General's *Call to Action to Prevent and Decrease Overweight and Obesity*.

32 2. Disseminate information from the Healthy People 2010 and 2015 projects.

33 3. Create a CE article for the Ohio Nurses Review.

34 4. Create an independent study for CE for the Ohio Nurses Review.

35 5. Advocate for reimbursement for obesity prevention counseling by the major third party payers, Medicare, and Medicaid.

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37 **ANTICIPATED FINANCIAL IMPACT:**

Staff Cost	\$ 48,000.00
CE Development	500.00
Publishing Cost	2,500.00
Supplies	250.00
Total	\$ 51,250.00

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