RECLAIM NURSING:

Fit or Fat?
A Childhood Obesity Epidemic: Call to Action Using Self Reflective Practice

HEAL, EMPOWER, AND INSPIRE

2018 KNA Annual Conference
November 1-2, 2018
Holiday Inn Louisville East

Dr. Andrea Houser PHD RN
Objectives

• After the presentation, nurses attending the conference will be able to:
  – Identify the causes, prevalence, background, and future consequences of childhood obesity.
  – Apply the concepts of self reflective nursing practice to advocate for healthy eating choices to combat childhood obesity.
  – Integrate the concepts of self reflective practice to consider personal healthy eating choices into personal nursing practice in order to lead change by example in practice settings to combat childhood obesity.
  – Use self reflective practice to evaluate personal effectiveness to influence change behaviors and advance health in the campaign against Childhood Obesity and eradicate this epidemic.
Definition of Childhood Obesity

• According to the CDC (2018), Obesity is defined as having excess body fat (CDC, 2018).

• CDC recommends that health professionals use BMI percentile when measuring the bodies of children and young people aged 2 to 20 years (CDC, 2018). Adults are measured differently.

• CDC recommends BMI percentile takes into account that young people are still growing and are growing at different rates depending on their age and sex. Health professionals use growth charts to determine whether a young person’s weight falls into a healthy range for his or her height, age, and sex (CDC, 2018).
Literature Review....What we know

- CDC (2017) Statistics showing evidence that childhood obesity is an epidemic
- CDC (2017) Statistics broken down by race, socioeconomic factors, genetic predisposition
- Parental knowledge and dietary habits
- Environmental and cultural factors play a role in obesity in children

Nursing interventions focused on Patient education, health promotion activities, community awareness, obesity prevention, parental support and education, and even social learning theory to promote physical activity in children and advocacy at the federal government for campaigns to increase physical activity in schools and improve school lunch programs.
Consequences of Childhood Obesity

- Bullying and Body Image Disturbance
- Hypertension
- Sleep Apnea
- Type 2 Diabetes, Metabolic Syndrome, CAD, Cancer
- Early Puberty
• Do we set the example of health?

• Do we lead change and advance health for children suffering with the consequences of Obesity if we are ourselves lack healthy eating behaviors?
### Recommendation to Lead Change, Advance Health

<table>
<thead>
<tr>
<th>Self Reflective Practice is an Evidence Based Practice</th>
<th>The ability to look inward and ask “self” questions</th>
</tr>
</thead>
</table>

Intellectual questions examine what is going on and how things are happening and if change is really needed.

A debriefing for the soul.

Its reflection in action: what happened, what is the real issue here? What am I doing? Is what I am doing working? Is it not working and what can I do to change what I am doing to make an effective change?
What are we doing about the epidemic if we are not healthy?

Do we ignore the facts, stats, and consequences of childhood Obesity by saying “Oh they are just kids—they’ll burn off that burger, pizza and pop”
Check ourselves with Reflective Practice

Are we a fit or fat profession?
How can we advise and educate children, teens, and their parents of the consequences of Obesity if we ourselves do not exemplify examples of health.
<table>
<thead>
<tr>
<th>Suggestions to Consider when Self Reflecting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you understand body basics for yourself and for your patients?</td>
</tr>
<tr>
<td>Do you “practice what you preach”?</td>
</tr>
<tr>
<td>What’s on your dinner table?</td>
</tr>
<tr>
<td>Do you plan to eat smart?</td>
</tr>
<tr>
<td>Are you shopping savvy?</td>
</tr>
<tr>
<td>Do you create a safe kitchen? (food labels)</td>
</tr>
<tr>
<td>What is your kitchen nutrition?</td>
</tr>
<tr>
<td>What you choosing when away from home?</td>
</tr>
</tbody>
</table>
Conclusion and Questions

“If you want to make the world a better place, take a look at yourself and make a change.”

-Michael Jackson