

Week 6 Discussion Board

1. **Application of Course Knowledge:** Answer all questions/criteria with explanations and detail.

- a. Identify and define the local problem you will address in your analysis.
- b. Include background information about the problem.
- c. Describe why the topic is important.
- d. Explain why the topic needs to be addressed now.

**Note: Peer responses should provide options for addressing healthcare problems identified by peers.*

2. **Engagement in Meaningful Dialogue:** Engage peers by asking questions, and offering new insights, applications, perspectives, information, or implications for practice:

- a. Respond to at least one peer.
- b. Respond to a second peer post.
- c. Communicate using respectful, collegial language and terminology appropriate to advanced nursing practice.

Answer:

A local problem that I have identified in Houston, TX is obesity and diabetes. Houston has higher rates of obesity and diabetes compared to national averages. Factors such as sedentary lifestyles, unhealthy diets, and limited access to nutritious foods contribute to these health issues. Despite some fluctuations over the last decade, obesity rates in the Houston region continue to rise. According to the most recent estimates, one in three adults aged 20 and over in Montgomery County are considered obese, the highest rate among the three counties, and significantly higher than in 2011 when one in five adults were obese. Fort Bend County has the lowest obesity rate in the region at 28.6%, which is about five percentage points higher than it was in 2011. Obesity rates in Harris County have ticked up to 31% in 2019 from 28% in 2011. Obesity in Harris County is more prevalent among individuals with less education. About 25% of college-educated adults are obese compared to 42% of people with a high school diploma only or some college education. The percentage of adults aged 20 and older with diagnosed diabetes in the Houston region is in the top quartile of the state. In 2019, Fort Bend and Harris counties both had 10.2% of adults over 20 years of age diagnosed with diabetes. Prevalence of diabetes in the region has ticked up about two percentage points since 2011 (Health Risks & Health Outcomes in Houston, n.d.).

This topic is important, because both obesity and diabetes are associated with a multitude of health complications and chronic conditions. Obesity increases the risk of developing type 2 diabetes, heart disease, stroke, certain types of cancer, sleep apnea, osteoarthritis, and other serious health problems. Diabetes, particularly when poorly managed, can lead to complications such as cardiovascular disease, kidney disease, nerve damage, vision loss, and lower limb amputations. Obesity and diabetes impose a significant burden on public health systems and healthcare resources. These conditions contribute to increased healthcare costs, both for individuals and for society as a whole, due to the expenses associated with medical treatments, hospitalizations, medications, and complications management. Obesity and diabetes can significantly impair an individual's quality of life. Chronic health complications, physical limitations, pain, discomfort, and emotional distress associated with these conditions can negatively impact daily functioning, mobility, social interactions, and overall well-being.

This topic needs to be addressed because obesity and diabetes have reached epidemic proportions globally, leading to a significant public health crisis. Addressing these conditions now is essential to prevent further escalation of the epidemic and mitigate the associated health risks and burdens. Early intervention and management of these conditions can help prevent or delay the onset of these complications and improve health outcomes. The direct and indirect costs associated with medical treatments, hospitalizations, medications, lost productivity, and disability due to these conditions are substantial. Addressing obesity and diabetes now can help reduce healthcare costs and improve economic productivity in the long term. Many of the risk factors for obesity and type 2 diabetes are modifiable and preventable through lifestyle changes, including diet, physical activity, and weight management. Implementing effective prevention strategies and interventions now can help individuals adopt healthier behaviors