

Translation Science Project



Chamberlain College of Nursing

NR706: Healthcare Informatics Information Systems



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This translation science project aims to analyze and evaluate the current literature that supports developing and implementing an evidence-based mindfulness approach to weight loss. According to the Centers for Disease Control and Prevention (2021), the prevalence of obesity in the United States was 41.9% in 2020. This shows an 11.5% increase since the turn of the century and is only expected to worsen unless Americans control their health, well-being, and weight. The National Institute of Diabetes and Digestive and Kidney Diseases (2021) reports that during this same time period, the rates of severe obesity have nearly doubled from 4.7% to 9.2%. Due to comorbidities and the indirect effects of obesity on a person's health, mortality rates of obesity can be quite difficult to quantify (Trust for America's Health, 2020). Some of the most recent estimates show that around 4.7 million deaths and 148 million disability-adjusted life-years in 2017 were attributed to obesity (de Cosio et al., 2021). Additionally, the CDC gauges the economic burden of obesity to be around \$173 billion (CDC, 2021). Unfortunately, these numbers continue to rise, and obesity rates are skyrocketing as the years pass due to unhealthy diets, sedentary lifestyles, etc. Ultimately, the solution to weight management and obesity prevention lies in holistic care that includes monitoring and individualizing interventions that address dietary and exercise habits, along with the frequently overlooked emotional and mental aspects of care.

Practice Problem and Question

Cognitive behavioral therapy (CBT) is an evidence-based intervention increasingly studied and implemented in obesity management (Compan-Gabucio et al., 2023). According to the American Psychological Association (2017), CBT is a psychotherapeutic approach to identifying and addressing dysfunctional emotions, cognitions, and behaviors, which is used to