

EVIDENCE SYNTHESIS AND TABLES**Evidence Synthesis and Tables on Adult Obesity Management****Chamberlain School of Nursing****NR 711 Fiscal Analysis and Project Management****May 2026 Session**

Assignment Purpose Statement

The purpose of this assignment is to develop a synthesis of evidence using five sources to support the evidence-based intervention of integrating Cognitive Behavioral Therapy (CBT) with lifestyle counseling, encompassing a healthy diet and regular physical exercises, for managing adult obesity in a primary care clinic over an 8–12-week period.

Adult obesity, characterized by a body mass index (BMI) of 30 kg/m² or higher, is a pervasive chronic condition in primary care settings that exacerbates risks for comorbidities including hypertension, type 2 diabetes, coronary heart disease, stroke, and certain cancers, thereby diminishing overall quality of life and increasing healthcare utilization the Centers for Disease Control and Prevention (CDC) (2021). The proposed evidence-based intervention merges CBT strategies such as cognitive restructuring, self-monitoring, goal setting, and relapse prevention with lifestyle modifications like balanced dietary intake and structured physical activity to foster sustainable behavioral changes and weight loss. (Cha et al., 2025; Genis et al., 2021; Kurnik et al., 2023; Mohseni, et al., 2023; Nutu et al., 2023).

Describe the Significance of the Practice Problem at the National Level

Adult obesity constitutes a critical public health crisis in the United States, profoundly impacting individual health outcomes and straining national resources through heightened morbidity and healthcare demands. Its significance lies in its role as a modifiable risk factor for numerous chronic diseases, contributing to reduced life expectancy and impaired daily functioning.

The prevalence of adult obesity stands at about 42.9% based on data from 2018 to 2021, with rates slightly higher among women (41.3%) than men (39.2%), and no significant variations