

Project Planning and Preparation: Adult Obesity Management



Chamberlain School of Nursing

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Obesity is a rapidly intensifying chronic health condition that significantly increases morbidity and mortality due to cardiovascular disease, type 2 diabetes, and certain cancers (U.S. Department of Health and Human Services (HHS) (2021). The complexity of obesity stems not only from biological and environmental factors, but also from rooted behavioral patterns and psychological barriers that make long-term lifestyle change difficult for many adults (American Psychological Association, 2017). Traditional primary care approaches that emphasize basic diet and exercise advice without addressing behavioral determinants often fall short of producing sustained outcomes, leaving patients vulnerable to weight regain and related comorbidities (Centers for Disease Control and Prevention, 2021).

The purpose of the proposed DNP project is to integrate Cognitive Behavioral Therapy (CBT) with structured lifestyle counseling to enhance adult obesity and weight loss outcomes in a primary care clinic (Geniş et al., 2021). The thesis of this paper is that a CBT-infused lifestyle intervention is effective by the following strategies. By implementing CBT techniques to identify and modify unhealthy eating patterns, encouraging regular physical activity by setting achievable fitness goals, promoting mindful eating practices to enhance awareness of hunger cues, fostering social support networks to maintain motivation and accountability, educating on nutrition to make informed food choices and meal planning, and utilizing self-monitoring tools, such as food diaries, to track progress (Compan-Gabucio et al., 2023; Genis et al., 2021; Ma et al., 2019). Also, this strategy ensures addressing emotional triggers for overeating through CBT interventions, encourage gradual lifestyle changes to ensure long-term adherence, incorporate

stress management techniques to reduce emotional eating, regularly evaluate and adjust strategies based on individual progress and challenges (Mohseni et al., 2023; Sockalingam et al., 2023). This paper includes an assessment of the national and local practice problems, a synthesis of evidence supporting the CBT, a detailed implementation plan, and an evaluation strategy of measurable outcomes

National Level and Practicum site Needs Assessment

Obesity in adults is one of the most pressing public health issues in the United States. According to national statistics and projections, more than 42% of U.S. adults are currently classified as having obesity based on body mass index (BMI) criteria >30 (CDC, 2021). Recent analyses suggest that without substantial changes in prevention and care, obesity prevalence may rise further in the coming years due to persistent sedentary lifestyles, poor dietary patterns, and other social determinants of health, such as food insecurity and limited access to healthy foods. These trends are expected to increase diabetes, hypertension, and cardiovascular disease, thereby placing added strain on healthcare systems (Rasooly et al., 2015). At the practicum clinic, a primary care setting serving a diverse adult population, data trends show a consistently high proportion of patients with $BMI \geq 30 \text{ kg/m}^2$.

Sources of data to assess and monitor the practice problem include evidence-based studies on the effect of CBT-focused lifestyle strategy, Electronic Health Record (EHR) data: BMI trends, blood pressure readings, hemoglobin A1c values, and documented weight counseling sessions. Provider notes and patient self-reports contain qualitative information about patient adherence challenges and behavioral barriers. Validated instruments are potentially used for