



## Research Proposal on Childhood Obesity

Child obesity is a condition characterized by the child having too much fat in the body to an extent of his or her health being in danger. In adults, it could be described as a state of having a body mass index of more than thirty (Paxon, 2006). Parents feeding them with too many calories bring about obesity in children. The excess calories are converted to fats that accumulate in the child's body. This child will develop a big body because he or she will add weight and become quite fleshy. Obese children are at a risk of getting very adverse health effects, some of which are fatal. The study found that high blood pressure in childhood was only a weak predictor of early death and high cholesterol was not associated with premature death, but experts suggested those factors were easier to control with medication. A rare study that tracked thousands of children through adulthood found the heaviest youngsters were more than twice as likely as the thinnest to die prematurely, before age 55, of illness or a self-inflicted injury. Being overweight during childhood and adolescence increases the risk of developing high cholesterol, hypertension, respiratory ailments, orthopedic problems, depression and type 11 diabetes as a youth. One disease of particular concern is Type 11 diabetes, which has linked to overweight and obesity and has increased dramatically in children and adolescents. Watching television, using the computer, and playing video games occupy a large percentage of children's leisure time, influencing their physical activity levels. Overweight children and adolescents are more likely to become overweight or obese adults. It is an extremely difficult cycle to break. An unhealthy diet and a sedentary lifestyle are known risk factors for the three leading causes of death in adults: cancer, stroke and cardiovascular disease. Hypertension is the commonest problem facing man at present. Though the understanding of hypertension has improved considerably with an increased awareness of the disorder in the general population, the control of hypertension has been dismally poor. During my research, I personally have found that blood pressure levels often equate with low birth weight, body mass, maternal age, racial factors, childhood obesity, insulin levels, an elevated blood pressure during childhood, and a positive family history. In fact, children from hypertensive families generally tend to have higher blood pressure levels than kids from normotensive families. Besides, there is also a greater association in blood pressure levels between fathers and their children. One of the major causes of obesity to be addressed is eating excess calories from energy rich foods. Eating a variety of healthy foods is necessary for optimal growth and development. Protects against disease and provides energy to play, explore and learn. This is also accompanied by inadequate exercising or working out. This results in fats accumulating in the body. Parents should monitor their children's feeding habits and take them for regular check-up. There are many ways that parents can help their children on a healthier path. Start early to establish healthy eating practices at home; be a role model, kids love to follow if lead by example. Plan healthier snacks that meet the nutritional needs and kids enjoy eating as well. To determine whether a child is obese or not, his or her body mass index is measured. It is then compared to the child's height. In case a child is obese, treatment should be sought promptly before more damage is done by this condition. The diet should be balanced and meals should be eaten in a regular schedule. The child should also be assisted to shed the unnecessary weight. This should be done using the safest method. The child should also be encouraged to work out a lot and be very active. The find acquired so far include prevention and the long-term effects that would be brought on by obesity. To prevent obesity from affecting one's child, the parent should ensure that he or she eats low-calorie foods. The child should also increase the intake of fruits, vegetables and water. A child should be encouraged to participate in outdoor activities such as sports and games. If a child becomes obese and little or nothing is done, there are long-term effects. These include diseases like coronary issues and problems with respiratory system. Due to poor health, children may not live up to their potential. Parents' spending a fortune for their child treatments brings non-satisfaction and potential depression (Kazaks & Stern, 2009). Mothers who have jobs do not directly cause weight problems in their children, but families that are busy not really having the time to prepare food that rely on fast food and frozen dinners. Addressing obesity in children is a very vital issue. It is important to understand what causes this condition, how to identify it, treat and prevent it. The health of our children is the most important thing. No parent would like their children to suffer terminal diseases or die at an early age especially because of obesity. Children would also want to live up to their dreams and achieve their best. Obesity has been noted to cause not only body disorders but also mental instability in children. A child who is obese will probably have low self-esteem, suffer discrimination, and has lower intellect. It is important to address this condition in order to avoid all this risks.

# Sample Research Proposal Paper On Childhood Obesity

**Rachel S Tattersall**



## **Sample Research Proposal Paper On Childhood Obesity:**

Qualitative Designs and Methods in Nursing (Set) Mary De Chesnay, PhD, RN, PMHCNS-BC, FAAN, 2014-12-19 This is the first series to comprehensively address leading qualitative research designs and methods from a nursing perspective and is a must have for every research library These are practical how to guides to conducting research using seven different qualitative designs that encompass new and traditional methodologies Written by Dr Mary de Chesnay a noted qualitative research scholar and contributing specialists in each of the qualitative methods each of the seven books discusses the theoretical rationale for using a particular design describes its components and delineates a practical plan to conduct studies Utilizing a practical problem solving approach the books delineate appropriate methods ethical considerations critical issues and potential pitfalls Examples of published qualitative nursing research worldwide along with author commentary support the new researcher in making decisions and facing challenges Case studies follow a template that includes a description of the study data collection and analysis and dissemination Also included are techniques whereby researchers can ensure high standards of rigor and an extensive bibliography and list of resources The book s practical point of view is geared to help novice researchers and specialists alike develop or expand their competencies engage graduate faculty and students and aid nursing research staff in larger hospitals and other healthcare institutions as well as in service educators and students Key Features of this One of a Kind Resource Library Focuses on practical problem solving Reviews the philosophical basis for each qualitative design Disseminates the most current references in each design Provides a plan to conduct studies using the design and discusses appropriate methods ethical considerations and potential challenges Showcases the research of international scholars Is peer reviewed by design and method experts      *Nursing Research Using Grounded Theory* Mary De Chesnay, 2014-07-28 Grounded theory often considered the parent of all qualitative research is a complex approach used to develop theory about a phenomenon rooted in observation of empirical data Widely used in nursing grounded theory enables researchers to apply what they learn from interviewees to a wider client population This is a practical how to guide to conducting research using this qualitative design It is part of an innovative series for novice researchers and specialists alike focusing on nine state of the art methodologies from a nursing perspective International scholars of grounded theory discuss the theoretical rationale for using this design describe its components and delineate a plan for generating theory using grounded theory methodology Examples from published nursing research with author commentary help support new and experienced researchers in making decisions and facing challenges The book describes traditional and focused grounded theory phases of research and methodology from sample and setting to dissemination and follow up It encompasses state of the art research about grounded theory with an extensive bibliography and resources Varied case studies range from promoting health for an overweight child to psychological adjustment of Chinese women with breast cancer to a study of nursing students experiences in the off campus clinical setting among many others The book also discusses techniques

whereby researchers can ensure high standards of rigor Each chapter includes objectives competencies review questions critical thinking exercises and links to web resources With a focus on practical problem solving throughout the book will be of value to novice and experienced nurse researchers graduate teachers and students in service educators and students and nursing research staff at health care institutions Key Features Includes examples of state of the art grounded theory nursing research with content analysis and extensive bibliography Describes types of grounded theory phases of research and methodology Provides case studies including description data collection and analysis and dissemination Written by international scholars of grounded theory research

**Designing and Conducting Research in Health and Human Performance** Tracey D. Matthews, Kimberly T. Kostelis, 2011-08-09 Designing and Conducting Research in Health and Human Performance shows students how to become effective producers and consumers of health and human performance research The book provides comprehensive coverage of both quantitative and qualitative research methods and includes step by step guidance for writing effective research proposals and theses In addition the authors show how to read assess interpret and apply published research and how to conduct basic studies in health physical education exercise science athletic training and recreation Designing and Conducting Research in Health and Human Performance is filled with illustrative examples that emphasize the real world applications of research methods Throughout the authors draw on a variety of examples that were selected because they provide a context to further the understanding of health and human performance research Research to Practice examples and Tips are included by the authors to help students better appreciate the book's content These study aids provide suggestions and additional resources to assist students in understanding the research process Key Terms defined and highlighted enrich each chapter Chapter Review Questions designed to help students comprehend and follow best practices in research methods close each chapter Online resources and guides developed by the authors to support and enhance students learning of important research concepts are available

*Nursing Research Using Phenomenology* Mary De Chesnay, 2014-11-13 Phenomenology recognizes that the work of a nurse is the work of an embodied subject a feeling and knowing and experiencing person in relationship to another embodied subject the patient who is another feeling and knowing and experiencing person Phenomenology in nursing will be concerned with the subjective living person in her or his lived body in the experience of health and illness both nurse and patient As such it could have radical effects Jeffrey McCurry Director Simon Silverman Phenomenology Center Duquesne University Pittsburgh Pennsylvania From the Foreword Phenomenology is a descriptive approach to obtaining knowledge that focuses on capturing the essence of human experience through the point of view of a distinct individual As a form of qualitative nursing research it provides a perspective apart from that of empirical sciences which see the human mind and body as physical or material objects open to study only through empirical science and treatable only through physical remedies This how to book describes the foundations of phenomenology and the specifics of how to conduct nursing research using phenomenological

designs It is part of an innovative series for novice researchers and specialists alike focusing on state of the art methodologies from a nursing perspective Authored by international scholars of qualitative nursing research the book elucidates the theoretical rationale for using phenomenology describes its components and delineates a plan to conduct studies that includes appropriate methods ethical considerations and potential pitfalls The book provides guidance for writing a research proposal that justifies the importance or potential impact of a study and describes how to conduct interviews that best elicit information It focuses on achieving rigor in phenomenological research in regard to accuracy and replicability and discusses different types of data collection and analysis and when to use them Appendices include a list of qualitative research journals textbooks and other resources for more in depth study Chapters provide helpful advice on interviewing and data analysis The book will be of value to novice and experienced nurse researchers graduate teachers and students in service educators and students and nursing research staff at health care institutions Key Features Comprises the first how to guide to conducting qualitative phenomenological research from a nursing perspective Presents a comprehensive plan for conducting studies and appropriate measures ethical considerations and potential challenges Guides readers in construction of a research proposal that justifies the importance or potential impact of a study Provides examples of interviews that best elicit information

**Nursing Research Using Case Studies** Mary De Chesnay, 2016-07-18 Once considered to be a lesser pedagogical method the case study is indeed a powerful in depth tool with which to examine evidence based practice around patient care family dynamics professional roles and organizational systems Here is a unique how to guide to conducting research using case studies Focusing on leading and newer methodologies the text describes the philosophical basis and state of the art for using this qualitative method The peer reviewed designs including interviews physiological measurements psychological tests and analysis of patients diaries and journals are accompanied by an in depth research plan a discussion of appropriate methods and ethical considerations The text provides clear directives bolstered by nursing examples on how to solve practical problems a researcher may encounter Examples from international scholars who have published research using case studies are included along with coaching designed to support the new researcher in making decisions and facing challenges Also included are book and chapter objectives competencies review questions critical thinking exercises and web links to additional information The text is part of a series of eight concise volumes addressing a variety of methods for conducting qualitative research Conceived and edited by a noted expert in qualitative research the book is designed for both novice and practicing researchers seeking to develop or expand their competency health institution research divisions in service educators and students and graduate nursing educators and students Key Features Explains clearly and concisely how to conduct research using case studies Reviews the philosophical basis for using case studies Focuses on solving practical problems related to conducting research Offers rich nursing exemplars and coaching from international health mental health contributors Includes objectives critical thinking exercises competencies resources and

review material for each book      **Nursing Research Using Ethnography** Mary De Chesnay, 2014-07-28 An excellent book for researchers who want to conduct nursing research using ethnography Weighted Numerical Score 99.5 Stars Doody's Book Reviews Ethnography is a qualitative research design that focuses on the study of people to explore cultural phenomena This concise how to guide to conducting qualitative ethnography research spearheads a new series Qualitative Designs and Methods for novice researchers and specialists alike focusing on state of the art methodologies from a nursing perspective Scholars of qualitative ethnography research review the philosophical basis for choosing ethnography as a research tool and describe in depth its key features and development level They provide directives on how to solve practical problems related to ethnography research nursing examples and discussion of the current state of the art This includes a comprehensive plan for conducting studies and a discussion of appropriate measures ethical considerations and potential problems Examples of published ethnography nursing research worldwide along with author commentary support the new researcher in making decisions and facing challenges Each chapter includes objectives competencies review questions critical thinking exercises and web links for more in depth research A practical point of view pervades the book which is geared to help novice researchers and specialists expand their competencies engage graduate teachers and students and in service educators and students and aid nursing research in larger health institutions Key Features Includes examples of state of the art ethnography nursing research with content analysis Presents a comprehensive plan for conducting studies and appropriate measures ethical considerations and potential challenges Describes theoretical underpinnings key features and development level Written by ethnography scholars from around the world      *Nursing Research Using Historical Methods* Mary De Chesnay, 2014-12-10 This is a concise step by step guide to conducting qualitative nursing research using various forms of historical analysis It is part of a unique series of books devoted to seven different qualitative designs and methods in nursing written for both novice researchers and specialists seeking to develop or expand their competency Historical research is a qualitative research method that systematically examines past events from existing documents or other data or by interviewing individuals who lived through those events in order to understand the past Written by a noted qualitative research scholar and contributing experts the book describes the philosophical basis for conducting research using historical analysis and delivers an in depth plan for applying its methodologies to a particular study including appropriate methods ethical considerations and potential challenges It presents practical strategies for solving problems related to the conduct of research using the various forms of analysis and presents a rich array of case examples from published nursing research These include author analyses to support readers in decision making regarding their own projects The book provides a variety of examples of historical method studies on topics such as mental health research working with Navajo communities World War II evacuation nursing and many others Focused on the needs of both novice researchers and specialists it will be of value to health institution research divisions in service educators and students and graduate nursing educators and

students Key Features Explains how to conduct nursing research using autobiography biography oral history and document review Presents state of the art designs and protocols Focuses on solving practical problems related to the conduct of research Features rich nursing exemplars in a variety of health mental health clinical settings in the United States and internationally

**Nursing Research Using Participatory Action Research** Mary De Chesnay, 2014-12-05 PAR is the ultimate in social justice practice I suggest that PAR should be the basis for all nursing research This book will provide you with the basics for getting started Patricia J Kelly PhD MPH APRN University of Missouri Kansas City From the Foreword Participatory action research is a qualitative research method conducted in collaboration with a community of people in order to effect changes in the community that are relevant to the residents This is a practical how to resource for conducting participatory action research that guides readers step by step through planning conducting and disseminating nursing research using this qualitative design It is part of a unique series of seven books devoted to nursing research using qualitative designs and methods Examples from actual research along with author commentary illustrate potential pitfalls and challenges that may occur during the process and how to resolve them Written by a leading scholar of nursing research and nurse experts in participatory action research the book describes its philosophical underpinnings and state of the art techniques and provides a concrete road map for planning and conducting studies It considers why this particular research method is best suited for a particular study ethical considerations and potential obstacles The book also discusses how to ensure rigor during a study providing examples from scholarly literature and the authors own work Each case example features a description of the study including why the investigator decided to use participatory action rather than another research design how he or she solved gatekeeper and access to sample issues and institutional review board concerns Also included is a discussion of how to collect and analyze data and how to disseminate findings to both the scientific community and research participants With a focus on practical problem solving throughout the book will be of value to novice and experienced nurse researchers graduate teachers in service educators students and nursing research staff at health care institutions Key Features Describes step by step how to plan conduct and disseminate participatory action research Delivers new designs and methods Focuses on solving practical problems related to the conduct of research Features rich nursing exemplars in a variety of health mental health clinical conditions in the United States and internationally

**Nursing Research Using Data Analysis** Mary De Chesnay, 2014-12-05 This is a concise step by step guide to conducting qualitative nursing research using various forms of data analysis It is part of a unique series of books devoted to seven different qualitative designs and methods in nursing written for both novice researchers and specialists seeking to develop or expand their competency This practical resource encompasses such methodologies as content analysis a means of organizing and interpreting data to elicit themes and concepts discourse analysis used to analyze language to understand social or historical context narrative analysis in which the researcher seeks to understand human experience through participant stories and

focus groups and case studies used to understand the consensus of a group or the experience of an individual and his or her reaction to a difficult situation such as disease or trauma Written by a noted qualitative research scholar and contributing experts the book describes the philosophical basis for conducting research using data analysis and delivers an in depth plan for applying its methodologies to a particular study including appropriate methods ethical considerations and potential challenges It presents practical strategies for solving problems related to the conduct of research using the various forms of data analysis and presents a rich array of case examples from published nursing research These include author analyses to support readers in decision making regarding their own projects The book embraces such varied topics as data security in qualitative research the image of nursing in science fiction literature the trajectory of research in several nursing studies throughout Africa and many others Focused on the needs of both novice researchers and specialists it will be of value to health institution research divisions in service educators and students and graduate nursing educators and students

**Key Features** Explains how to conduct nursing research using content analysis discourse analysis narrative analysis and focus groups and case studies Presents state of the art designs and protocols Focuses on solving practical problems related to the conduct of research Features rich nursing exemplars in a variety of health mental health clinical settings in the United States and internationally

**Nutrition in Public Health** Arlene Spark, Lauren M. Dinour, Janel Obenchain, 2015-09-22 This second edition of a bestseller *Nutrition in Public Health Principles Policies and Practice* focuses on the role of the federal government in determining nutrition policy and influencing practice Beginning with an overview of public health principles the book examines the application of nutritional policy to dietary guidance health promot

***Nursing Research Using Life History*** Mary De Chesnay, 2014-07-28 This is an excellent book for researchers who want to conduct nursing research using life history It contains worthwhile basic information about the design and many good examples of its use

**Doody's Book Review Service** Life history is a qualitative research method used to tell the story of an individual through the eyes of a researcher who frames the story within the context of the culture in which the person lived In this book experienced scholars in qualitative life history research discuss the theoretical rationale for using this design describe its components and delineate a practical plan to conduct studies including a focus on appropriate methods ethical considerations and potential pitfalls Examples from published nursing research with author commentary help to support new researchers in making decisions and facing challenges This concise how to guide to conducting ethnography research is part of the seven book nursing series *Qualitative Designs and Methods* which focuses on qualitative methodologies The series will be of direct aid to novice nurse researchers and specialists seeking to develop or enhance their competency in a particular design

graduate educators and students in qualitative research courses research sections in larger hospitals and in service educators and students The book describes traditional and focused life history phases of research and methodology from sample and setting to dissemination and follow up Case studies follow a template that includes a description of the study data collection and



analysis and dissemination The book also discusses techniques whereby researchers can ensure high standards of rigor With a focus on practical problem solving throughout the book will be of value to novice and experienced nurse researchers graduate teachers and students in service educators and students and nursing research staff at health care institutions Key Features Includes examples of state of the art life history nursing research with content analysis Describes types of life history phases of research and methodology Provides case studies including description data collection and analysis and dissemination Written by international scholars of qualitative life history      [The Literature Review](#) Diana Ridley,2012-07-31 This Second Edition of Diana Ridley s bestselling guide to the literature review outlines practical strategies for reading and note taking and guides the reader on how to conduct a systematic search of the available literature and uses cases and examples throughout to demonstrate best practice in writing and presenting the review New to this edition are examples drawn from a wide range of disciplines a new chapter on conducting a systematic review increased coverage of issues of evaluating quality and conducting reviews using online sources and online literature and enhanced guidance in dealing with copyright and permissions issues      **Book Alone** Mary De Chesnay,Barbara Anderson,2012 Within an expanding field of study in both undergraduate and graduate nursing curricula this Third Edition explores vulnerability from the perspective of individuals groups communities and populations while addressing how vulnerability affects nurses nursing and nursing care This new edition presents a basic structure for caring for the vulnerable with the ultimate goal of providing culturally competent care Theoretical and research chapters progress towards others offering meaningful learning experiences for both nursing students and practitioners Further since nurses are the crucial link between those who are vulnerable and those with access to solutions this text provides ideas for how nurses might advocate for the vulnerable on a policy level Written specifically for nurses by nurses this Third Edition is a timely and necessary response to the culturally diverse vulnerable populations for whom nurses must provide appropriate and precise care      **Book Alone: Caring for the Vulnerable** Mary de Chesnay,Barbara A. Anderson,2011-07-19      *Advanced Nursing Research: From Theory to Practice* Ruth M. Tappen,2022-01-19 Advanced Nursing Research From Theory to Practice Third Edition is the ideal graduate level text for learning how to conduct nursing research from development of an idea to the completion of the study It focuses on the conduct of research with an emphasis on the connection to evidence based practice quality improvement and the use of aggregate data Despite its wide scope this text is concise with little repetition The outstanding feature is its reality based approach to the actual conduct of research Difficult complex topics are addressed in a readable manner while the author uses her own experience and stories about conducting a wide range of research studies to engage students Advanced Nursing Research From Theory to Practice Third Edition reflects modern practice and current thinking about research and integrates qualitative and quantitative methods including emerging mixed methods      *Business and Professional Writing: A Basic Guide - Second Edition* Paul MacRae,2019-05-01 Straightforward practical and focused on realistic examples Business

and Professional Writing A Basic Guide is an introduction to the fundamentals of professional writing The book emphasizes clarity conciseness and plain language Guidelines and templates for business correspondence formal and informal reports brochures and press releases and oral presentations are included Exercises guide readers through the process of creating and revising each genre and helpful tips reminders and suggested resources beyond the book are provided throughout The second edition includes new sections on information security and ethics in business writing New formal proposal examples have been added and the text has been updated throughout

**Business and Professional Writing: A Basic Guide - Second Canadian Edition** Paul MacRae,2019-05-13 Straightforward practical and focused on realistic examples Business and Professional Writing A Basic Guide is an introduction to the fundamentals of professional writing The book emphasizes clarity conciseness and plain language Guidelines and templates for business correspondence formal and informal reports brochures and press releases and oral presentations are included Exercises guide readers through the process of creating and revising each genre and helpful tips reminders and suggested resources beyond the book are provided throughout The second edition includes new sections on information security and ethics in business writing New formal proposal examples have been added and the text has been updated throughout

Business and Professional Writing: A Basic Guide, Third Canadian Edition Paul MacRae,Joel Hawkes,Laura Fanning,2025-03-19 Write with Clarity Communicate with Confidence Business and Professional Writing is a book that practices what it preaches The authors deliver direct engaging guidance on workplace communication with a friendly no nonsense approach The book provides realistic examples and practical strategies to ensure clarity concision courtesy correctness and positivity in every message The text offers guidelines and templates for business correspondence reports promotional materials job searching and oral presentations and covers style editing document design information security and ethics Exercises guide students through the process of creating and revising each genre and helpful tips reminders and suggested resources appear throughout

The American Journal of Clinical Nutrition ,1999 Understanding Research Methods Mildred L. Patten,2017-06-26 A perennial bestseller since 1997 this updated tenth edition of Understanding Research Methods provides a detailed overview of all the important concepts traditionally covered in a research methods class It covers the principles of both qualitative and quantitative research and how to interpret statistics without computations so is suitable for all students regardless of their math background The book is organized so that each concept is treated independently and can be used in any order without resulting in gaps in knowledge allowing it to be easily and precisely adapted to any course It uses lively examples on contemporary topics to stimulate students interest and engages them by showing the relevance of research methods to their everyday lives Numerous case studies and end of section exercises help students master the material and encourage classroom discussion The text is divided into short independent topic sections making it easy for you to adapt the material to your own teaching needs and customize assignments to the aspect of qualitative or quantitative methods under study helping

to improve students comprehension and retention of difficult concepts Additional online PowerPoint slides and test bank questions make this a complete resource for introducing students to research methods New to this edition New topic section on design decisions in research Additional material on production of knowledge and research methods Significant development of material on ethical considerations in research Fresh and contemporary examples from a wide variety of real published research Topic specific exercises at the end of each section now include suggestions for further steps researchers can take as they build their research project

Eventually, you will completely discover a new experience and feat by spending more cash. yet when? reach you resign yourself to that you require to acquire those all needs behind having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will guide you to comprehend even more with reference to the globe, experience, some places, in imitation of history, amusement, and a lot more?

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