

**EXPLORING
PERCEPTIONS IN
WEIGHT AND HEALTH
STATUS AMONG
ADOLESCENTS
DEALING WITH
HYPERTENSION**



Background

As presented by the Centers for Disease Control and Prevention, about 17% of adolescents and children in the United States alone suffer from obesity (CDCP, 2015). On top of that, children who are categorized as overweight are more likely to grow into being overweight adults. It has been recognized that obesity only increases the potential risk of acquiring cardiovascular diseases, dyslipidemia, type 2 diabetes, sleep apnea, liver disease, as well as other negative psychological consequences. It has also been estimated that about 1% to 5% of adolescents and children already have systemic hypertension. One study revealed that a quarter of high school students sampled viewed themselves as overweight even though about a half of them were really overweight according to measured weight and height. Unfortunately, only a little amount of data is available, examining the perceptions of the health status among adolescents who are dealing with hypertension.

Purpose

The purpose of this project is to add to the existing knowledge body about the perceptions of adolescents regarding their weight status.

Methods Used

This project uses a two-group, descriptive design which explores on the perceptions of weight status, as well as other health related issues among adolescents. Samples will be used from different retrospective chart reviews for a period of six months, focusing on patients who have met the criteria. The aim for sample sizing is at 35 for every group (Myers, 2015). They include adolescents aging between 13 to 17 years old at the time of the initial assessment for hypertension, being obese or overweight as defined by the CDC, and receiving treatments for hypertension.



Most often, nursing homes are preferred as they offer the best setting for elderly individuals who need physical assistance 24 hours a day for activities like bathing, dressing, eating, toileting, ambulation, as well as overall nursing care. Two groups will be created, consisting of individuals who have successfully lost at least five pounds during the first six months of evaluation, regardless of whether they gained their weight back, as well as those who did not lose weight at all within the similar time frame. All of the participants will be asked to complete the risk behavior survey and statistics will be used in examining the differences in between groups in terms of weight status, perceptions and other health related concerns.

Results

Analysis and data collection are currently in progress. The team involved in this project hopes that among the obese or overweight adolescents who have hypertension, there are significant differences statistically in terms of perceptions regarding their weight, in relation to other health related concerns, especially between those attempting to modify their lifestyle as well as those who simply do not (Lyle and Powers, 2015).

Practice Implications

Obese and overweight children in the US have become a strain on the healthcare system of the society. It has been hoped that modifications in their lifestyle will eventually lessen the overall impact of these diseases related to obesity. Even though treating hypertension using medication is highly recommended, and even warranted in several different cases, it is not the usual and preferred first line of treatment. Weight loss can further lower blood pressure. In certain instances, medication may not be required at all. This project will eventually contribute towards having a better understanding regarding some health perceptions that usually affect changes in lifestyle.



It is also hoped that by encouraging better understanding, adolescents will eventually attempt to change their lifestyle. With this, intervention may be changed to focus more specifically towards specific adolescents in order to help them find the motivation to succeed. This will also help health care professionals to work further on increasing successful management of hypertension. All in all, this will improve long term health, not just of the individuals involved in the study, but those who are aware of it as well. This will further reduce the impact of this problem in the health care system in the US. Since this project is aimed at adding to the currently existing body of knowledge, it will not, in any way, create distinctive conclusions about the subject. However, data can be used for further studies involving the same topic and other related issues, if deemed possible, with the clear hope that it will also benefit those who will look into the subject in the future, along with the advancements in technology that may abound at a given time period.

References

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