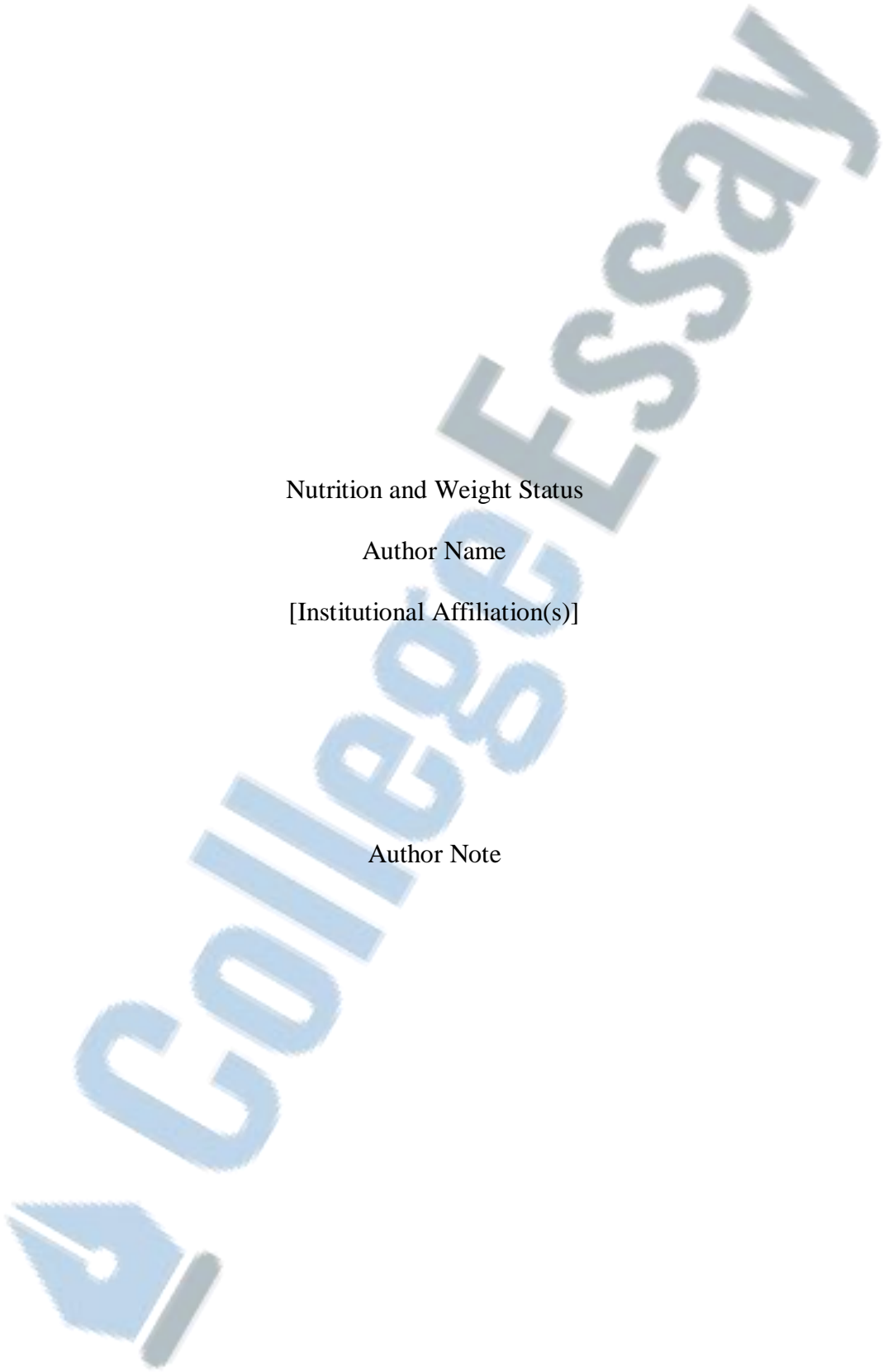


Nutrition and Weight Status

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1) Introduction

Living a healthy life free of chronic diseases is among the goals of Healthy People 2030. However, proper dietary habits containing appropriate nutrients must be followed to have a healthy life. A good diet plan helps fulfill the nutrient requirement and maintain weight or body mass index (BMI). A healthy diet comprises ingesting an appropriate number of vegetables, grains, and fruits. Moreover, a healthy diet also limits sugars, calories, sodium, and fats. By following such a dietary plan, lifestyle, and living standards can be improved.

2) Body

The issue of poor dietary habits and increased weight status due to poor diet prevails across the US. This issue prevails because individuals do not follow diet plans recommended by dietitians. Consequently, poor diet leads to people being overweight or obese, which is common in the US. Hales, Carroll, Fryar, & Ogden (2017) surveyed 2015 to 2016 to evaluate obesity status across the US. The authors found that approximately twenty percent of adolescents and forty percent of adults in the US were suffering from obesity. Similarly, CDC (2021) reported that Americans consume approximately 2,300mg of sodium per day, whereas the optimum level of sodium consumption is 1000mg per day. Therefore, proper diet plans must be followed to maintain weight status and health.

3) Goals of Nutrition

Healthy People 2030 has set various goals and objectives for addressing the issue of nutrition. The goals include providing counseling services to obese individuals (adults and children) regarding proper diet habits. Other objectives comprise enhancing fruit, vegetables, and whole-grain consumption in children and adults. Similarly, reducing sodium consumption in

adults and children is another goal of Healthy People 2030. Furthermore, enhancing calcium and iron intake is also the goal of Healthy People 2030. Lastly, Healthy People 2030 is to reduce the spread of chronic diseases such as diabetes and cardiovascular diseases through proper diet.

4) Goals of Weight Status

The goals of weight status as formulated by Healthy People 2030 are connected to the goals of nutrition. Approximately twenty percent and forty percent of children and adults, respectively, suffer from obesity. There are several reasons for obesity, for instance, irregular or junk diet consumption, which comprises a significant number of saturated fats and calories that are injurious to health. Thus, weight status is significantly compromised by poor dietary habits. Thus, the goal of Healthy People 2030 is to regulate the dietary habits of individuals in such a way that they ingest healthy food such as vegetables, whole grains, and fruits. Healthy food consumption will improve the weight status of obese people in US society.

5) Background of Nutrition

Nutrition comprises different things, such as carbohydrates, proteins, vitamins, electrolytes, minerals, and fats (saturated and unsaturated). Carbohydrates and fats are the most significant energy units, as eighty-five of the energy utilized daily comes from carbohydrates and fats. Similarly, fifteen percent of energy is derived from proteins used to perform daily life activities. Inappropriate food consumption can disrupt the nutrition status, which is used for daily activities.

6) Background of Weight Status

Weight status is also known as BMI and is estimated using weight divided by the square of height. Weight status is directly proportional to the dietary habits of an individual. Dietary habits vary from person to person or from culture to culture. According to Hales, Carroll, Fryar, & Ogden (2019), weight status or obesity is influenced by cultural dietary attitudes. For instance,

obesity is less prevalent among non-Hispanic Asians and whites, whereas it is more common among Hispanics and non-Hispanic African Americans. It implies that dietary habits significantly impact weight status.

7) How does nutrition affect others?

Nutrition affects not only the consumer but rather the whole community. For instance, if a person prefers junk items, he will also provide the same junk food to his family, undoubtedly affecting the whole family. Similarly, people following improper dietary habits will also share it with their relatives or friends, who will also start consuming junk food. Thus, this poor nutrition habit will affect the individual, his/her family, and friends. Furthermore, junk food habits will increase obesity overall in society resulting in an increased prevalence of chronic diseases such as heart disease and diabetes. The spread of chronic diseases will result in increased hospitalization, which will require more budget allotment to the healthcare sector. Thus, improper nutrition will affect society overall.

8) How does weight status affect others?

Weight status does affect not only the individuals but also the surrounding around them. According to Stubert, Reister, Hartmann, & Janni (2018), weight or obesity during pregnancy is associated with children's poor health. There is an increased risk of diseases among children born to obese women. These diseases may include heart diseases etc. Thus, mothers must take care of their health so that the offspring born are healthy.

9)

Nutrition is an element that significantly affects others, for instance, children. According to Barker and colleagues (2018), the nutrition status of a couple before conception dramatically impacts the health, growth, and development of offspring. The authors stated that interventions

such as behavior change, supplementation, and fortification must be introduced in women as they are the main carrier of preconception. This will positively influence the development of offspring. Similarly, registered and student nurses can also help the couple yield positive results as they can make a dietary plan for women or couples that will be beneficial at conception and at the time of delivery.

Furthermore, Gutacker, Bloor, Bojke, & Walshe (2018) stated that variation in the healthcare sector must be introduced to yield more significant positive results. A variation involves introducing new interventions and technologies for the treatment of patients. In such a manner, nutrition can be improved. For example, nurses or providers can assign supplements or other plans to patients, positively affecting them and other individuals in society.

10)

Weight status or BMI can be improved by utilizing quality improvement measures. Continuous quality improvement (CQI) is a technique that can be employed effectively in the healthcare sector. According to McCalman and colleagues (2018), CQI can improve primary and secondary care in the healthcare sector. CQI can be used to regulate patients' weight status, which will also have a positive impact on the health of others. According to Simon and colleagues (2020), obesity in women can lead to detrimental consequences in offspring. Children born to obese women may have the chance of developing illnesses such as heart disease or neural tube defects (NTDs). These illnesses can impact the development and health of children all their life. Therefore, nursing interventions such as CQI must be adopted to regularly take care of women's and men's weight status. Providers and nurses can help patients by developing a proper treatment or dietary plan which can help them to reduce obesity.

11)

Providers and nurses can help develop a nutrition plan for patients, which comprises an experiment-based Plan-Do-Study-Act (McNicholas, Lennox, Woodcock, Bell, & Reed, 2019). This plan is beneficial not only for patients but also for others. A proper diet plan based on patient's health will help them get rid of diseases such as obesity and can help them control diabetes. Improved nutrition in couples before conception will undoubtedly help develop healthy offspring. Similarly, Georgieff, Ramel, & Cusick (2018) reported that improved nutrition in a couple at conception or during pregnancy in women could help in brain development. Moreover, Georgieff, Ramel, & Cusick (2018) claimed that healthy dietary practices during the neonatal period or late fetal positively impact brain development in offspring. The authors concluded that nutrition must be significantly considered during conception or pregnancy.

12)

Increased weight status has a detrimental impact on others, such as the health of offspring or newborns. Quality charts or quality improvement charts can maintain BMI in patients. Quality improvement charts comprise healthy diet plans for obese patients or patients suffering from other chronic diseases. Healthy diet plans can be established by providers or nurses, which will assist patients in reducing their weight or obesity. According to Tran, Dale, Jensen, & Lied (2020), plant-based diets can be used instead of a meat diet to reduce weight. Plant-based such as legumes comprise a considerable percentage of proteins, carbohydrates, and little to no fats; thus, they are very effective in reducing the weight of individuals.

13) Conclusion

Nutrition and weight status are issues that are prevalent across the US, and these issues prevail due to poor dietary habits that people follow. Poor dietary habits comprise food having excess sugars and fats, which are detrimental to health. These foods are also causing agents of

obesity or increased weight status. Poor nutrition or increased weight status imparts many consequences on the health of individuals, others, and on government. Individuals may be affected by diseases, for instance, cardiovascular diseases and diabetes, due to poor nutrition. Individuals ingesting poor nutrition may also harm family, relatives, or friends' dietary habits or lifestyles.

Moreover, increased diseases also impart a burden on the government, which will have to subsidize more in the healthcare sector due to the poor health of citizens. Dietary plans for reducing obesity or improving nutrition can be prepared with the help of providers and practitioner nurses. Seeking help from healthcare professionals will improve nutrition, ultimately improving weight status.



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