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Research Interests

- ◌ Childhood Obesity
- ◌ Obesity
- ◌ Nutrition
- ◌ Health Policy
- ◌ Women's Health

Childhood Obesity

- o As clinicians, we must do better at educating our patients and community on the health and financial consequences of obesity
 - o Healthy eating
 - o Nutrition
 - o Exercise
 - o Microbiota and gut health

Childhood Obesity

- Helping parents and communities understand causes of obesity is paramount
 - Knowledge may improve dietary changes
 - Organize community seminars/classes
- Disease prevention and health promotion
- Make diet a matter of what people should and *can eat* rather than what they can't eat
 - Deprivation is not sustainable

Childhood Obesity

- o Major contributor of childhood obesity is sugar-laden drinks

- o Juices

- o Sodas

- o Energy drinks

Encourage parents and children to drink water and tea

Childhood Obesity

- Over 20% of children aged 12 - 19 in the United States are obese*
- This is an alarming trend because childhood obesity usually leads to obesity in adulthood
- Obesity contributes significantly to chronic diseases such as diabetes, hypertension, and cardiovascular disease (CVD)

*National Center for Health Statistics.
Health, United States, 2013: With Special Feature
on Prescription Drugs. Hyattsville, MD. 2014.

Obesity

- Reducing the prevalence of obesity is a public health priority because obesity is correlated with excess morbidity and mortality
 - CVD
 - Hypertension
 - Diabetes

Obesity

o Causes:

- o Genetics
- o Medications
- o Lack of exercise
- o Diet
- o Endocrine disorders

Obesity

- Karra et al., found a genetic predisposition involved in increased ad-lib food intake, “particularly fat consumption and impaired satiety.” Additionally, frequent exposure to a high fat diet leads to an up-regulation in the fat mass and obesity-associated gene (FTO), which in turn leads to increased fat intake.

Karra, E., O'Daly, O.G., Choudhury, A.I., Yousseif, A., Millership, S., Neary, M.T. and Batterham, R.L. (2013) A Link between FTO, Ghrelin, and Impaired Brain Food-Cue Responsivity. *Journal of Clinical Investigation*. <http://dx.doi.org/10.1172/JCI44403>

Obesity

- o Abundant clinical evidence suggests successful weight loss will be achieved by reducing food intake, rather than increasing exercise*.
- o However, evidence indicates exercise is a key element in *maintaining* weight loss**.

*National Heart, Lung, and Blood Institute (1998) Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. <http://www.cdc.gov/obesity/data/adult.html>

**Bray, G.A. (2013) Behavioral Strategies in the Treatment of Obesity. <http://www.uptodate.com/contents/behavioral-strategies-in-the-treatment-obesity>

Obesity

- Anti-obesity drugs are indicated along with lifestyle changes for select obese adults and BMI greater than 30kg/m², who have failed to achieve weight loss goals through diet and exercise alone

National Heart, Lung, and Blood Institute (1998) Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. <http://www.cdc.gov/obesity/data/adult.html>

Nutrition

Health Care Providers should increase their knowledge on nutrition to assist the public

- o Learn the effects of nutrients on our bodies
- o Avoidance of obesity and chronic disease development
- o Nutrition courses should be highlighted in nursing and medical school
- o Sugar intake and its effects on our brains and bodies is important to understand

Nutrition

- o Suggestions for educating the public about nutrition
 - o Provide weekly or monthly seminars in the community about nutrition
 - o Utilize medical offices for educational events
 - o Utilize churches and community centers
 - o Have monthly health fairs
 - o Speak at schools, local gyms, health clubs

Health Policy

- I am the Immediate Past President of the California Association for Nurse Practitioners (CANP)
- Have been involved in CANP and in leadership positions since 2006
- Travel to Washington DC and Sacramento, CA frequently to contribute to the health policy agenda

Women's Health

- Women's health is an ever changing discipline
 - Guidelines are revised frequently
 - Evidence-based research is abundant but not always accepted by mainstream health care providers
 - Essential to keep abreast of the latest research to ensure highest quality of care

Works Completed and Ongoing

Deck, K.M., Haney, B., Fitzpatrick, C.F., Phillips, S.J. and Tiso, S.M. (2014) Prescription for Obesity: Eat Less and Move More. Is It Really That Simple? *Open Journal of Nursing*, **4**, 656-662.

<http://dx.doi.org/10.4236/ojn.2014.49069>

Works Completed and Ongoing

- Hold monthly seminars on nutrition and disease prevention at my practice
- Provide wellness exams, comprehensive physicals and diet and exercise assessments
- Board member of the YMCA – Orange County Branch
- Contribute articles to journals on obesity
- Speak at educational conferences

Works Completed and Ongoing

- Faculty at University of California, Irvine since 2010
- Teach:
 - Advanced Physical Assessment
 - Women's Health
 - Procedures (suturing, punch biopsy, casting etc.)
 - Frameworks for Advanced Practice Nurses

Contact Information

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