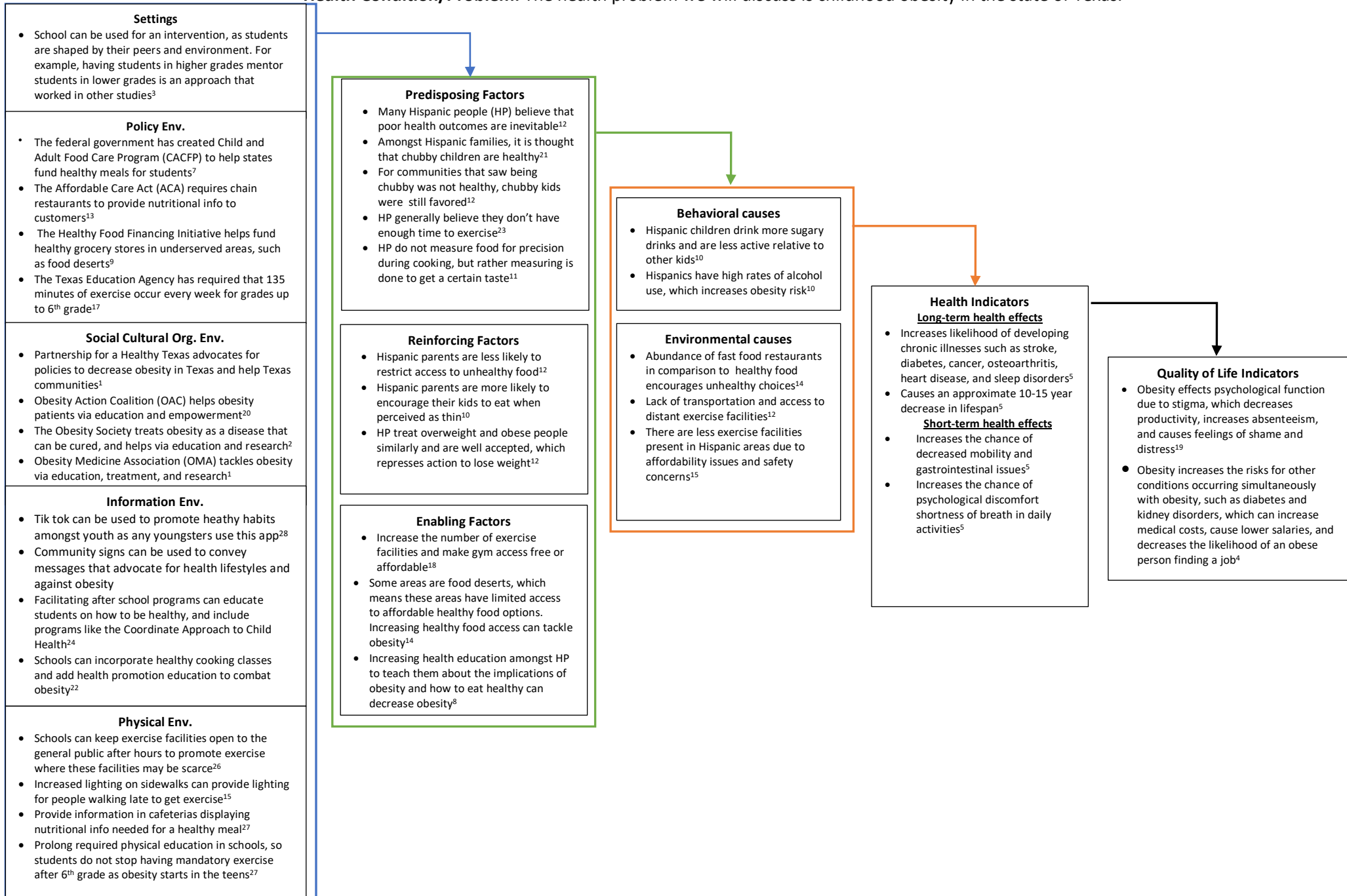


## PRECEDE Model

**Priority Population:** The priority population is children aged 0 to 18 years old in Texas. Particularly, we are interested in individuals who are of Hispanic origin as people who are Hispanic are expected to become the largest racial group in Texas by the year 2040<sup>25</sup>

**Health Condition/Problem:** The health problem we will discuss is childhood obesity in the state of Texas.



The health problem studied is childhood obesity in the Texas, where the priority population is individuals aged 0-18 with a focus on people of Hispanic origin. I chose to investigate childhood obesity in Texas as I work as a part-time medical assistant and frequently see patients of Hispanic origin who suffer from comorbidities related to obesity. As a result, I thought it would be interesting to see how this issue could be tackled from a public health perspective using the PRECEDE model. Lastly, with Hispanic Americans expected to become the largest racial group by 2040, I believe it is important to understand this group in regards to obesity so that public health officials can work to prevent any comorbidities involved with this obesity<sup>25</sup>.

To begin, we will examine the behavioral causes. The behavioral causes we identified included people of Hispanic origin drinking more sugary beverages while also being less active, and high alcohol consumption<sup>10</sup>. The connection between these two points and obesity has been made by previous literature as alcohol consumption decreases metabolism, sugary drinks are high calorie, and being sedentary decrease calorie loss, which ultimately all lead to a higher risk for obesity<sup>16</sup>. This can be mitigated if people are educated about alcohol usage, sugary drinks, and sedentary lifestyle as this will change people's attitudes towards these topics, which will ultimately change behavior. Next, when looking at environmental causes, we see that abundance of fast food and difficulties getting access to exercise facilities could be related to obesity<sup>10,14,15</sup>. If efforts were made to create more healthier options available in the locality and to increase local exercise facilities or improving community safety, people may feel more incentivized to make healthier food choices or become more active. However, this would only be the beginning of such an initiative as it would be necessary to change people's attitudes towards exercise and healthy food to make these facilities of use.

Now, we will look at the most important predisposing factor, which is that many Hispanic people (HP) believe that poor health outcomes are inevitable<sup>12</sup>. This idea is rooted in people's mindsets, but can be tackled by using people of Hispanic origin who have overcome obesity in media related to this topic as people will relate better. Next, we look at the most important reinforcing factor, which is that HP treat overweight and obese people similarly and are well accepted, which represses action to lose weight<sup>12</sup>.

This issue would involve changing attitudes, which can be accomplished by educating schoolchildren about obesity, while also explaining long term implications. Next, we look at the most important enabling factor, which is creating more healthy food options for people in underserved areas. This can be tackled by establishing grocery stores with produce or creating a community garden. Although both options are expensive, their presence is bound to change dietary habits.

The setting will be schools as students are shaped by their peers and school environment<sup>3</sup>. The policy environment can influence this setting as the federal government has created Child and Adult Food Care Program (CACFP) to fund healthy meals for students and adults in care center, which encourages both groups to eat healthy<sup>7</sup>. Since students only attain healthy meals while in day cares or after-school programs, this policy can be extended to encompass more meals so that students are getting more nutrition in substitution for junk food. Additionally, the Texas Education Agency has required that students complete 135 minutes of physical activity on a weekly basis<sup>17</sup>. Although this policy helps keep students healthy, I believe the total exercise time should increase to help students in areas where getting exercise may be difficult. Next, the social environment can impact students via the OAC and the OMA. Both of these entities help empower those who are obese via health education. It is worth noting that the OMA can also suggest possible treatments to those who are obese. Next, we will look at how the information environment can effect students in the school setting, where will particularly focus on Tik Tok and community signs<sup>28</sup>. With Tik Tok becoming popular amongst youth, this platform can promote content about healthy living and reach students easily. On the other hand, with community signs being everywhere, such as roads/highways, students are bound to see the message on these signs as they move through town. Lastly, we look at how the physical environment effect obesity via schools and school cafeterias<sup>26,27</sup>. It is important schools make an effort to keep their exercise facilities open to students and the general public after hours as some students may have limited access to other exercise facilities when not in school. Also, school cafeterias should make an effort to provide students with nutrition information needed for a healthy meal so that students can pick and choose their food options wisely when purchasing a meal in school.

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