Process Essay: Methods on Collecting Data for Obesity in the CNMI

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Methods on Collecting Data for Obesity in the CNMI

Obesity has become one of the leading factors of mortality in the Commonwealth of the Northern Marianas Islands (CNMI). It is linked to an array of chronic diseases that many are now acquiring because of such pandemic. The CNMI is considered to be homes to some of the largest rates of obesity amongst the nation (Calindas, M., 2007). Consequently, the local population has continued to decline. As a result, research was conducted in the Pacific Island of Saipan to further justify the root of such epidemic and suggest ideas as well as other healthy alternatives in order to prevent obesity from occurring and officially stop it from escalating. This paper will mainly discuss the process and schedule of the research being conducted and further explain the methods and strategies that will be utilized. The research was organized into a structural process of production, planning, informational consolidation and data analysis.

Initially, a topic of research as well as a thesis statement was acquired on February 8, 2016 for development, production and preparation of conducting a research on obesity involving the Pacific Islands. The thesis stated that the research project would be conducted to further justify and dictate the need for obesity to be addressed and prioritized in the CNMI for the overall quality of life for future generations to come. In order to produce such research, the investigation of health background and statistics for review lead into process. A variety of information and methods were used and gathered to help support the research intended as well.

On the dates of February 18, 2016 through April 5, 2016, an online survey was created and piloted to begin collecting data. A group size of up to 100 participants was surveyed concerning the topic of obesity. The survey comprised of a variety of questionnaires in which some were required to be answered and a few were optional. The survey included a series of multiple-choice options, check-all that apply types, a linear scale as well as open and closed answer responses. Participants were required to indicate their gender as well as age group. A Body Mass Index (BMI) Chart was also provided for participants to assess the amount of body fat they had and indicate their measurement on the list provided. Some examples of the questions within the survey provided are as follows: (Please refer to the rest in Appendix A)

1. How often do you exercise?

2. Do you think obesity is a serious issue in the CNMI?

3. Rate your daily schedule or prioritization of work/family and other outside influences on a scale of 1 to 5 on how it affects your lifestyle (in the way you eat, sleep, exercise) from 1 being not at all to 5 being extremely.

Such questions were included in the survey to determine the actual reasons and causes that leads to obesity and why it continues to increase in the CNMI. The questions required both open and closed answers as to not limit responses and rather to get ideas or suggestions on how to go about in addressing obesity in the CNMI. The survey principally required participants to state their preferences as well as their challenges in lifestyle choices and ways of living.

Nonetheless, survey participants were chosen randomly around the community as to indicate the overall health of different population groups in the CNMI. Survey responses range from a variety of different ethnic backgrounds, age groups, as well as family class types that were included into the research. In addition to this, an anonymous participant volunteered for personal interview to discuss his experience and knowledge about obesity. This participant was confirmed for interview due to the following reasons: 1) The interviewee was a victim of obesity since childhood. 2) The interviewee overcame obesity at the age of 30 and continues to maintain a healthy and active lifestyle along with his family. The two reasons justified that the volunteer was a perfect interviewee for such topic. The interview process took a total of 20 minutes. Examples of the following questions were asked: (Please refer to the rest in Appendix B)

 1. How old were you when you learned that you were obese?

 2. What do you think lead you to becoming obese?

 3. What helped you to choose a healthier lifestyle?

Furthermore, data was requested from two essential groups on obesity in the CNMI during the dates of February 18, 2016 through March 8, 2016. Such agencies included the Public School System of William S. Reyes Elementary School (WSR) and the Commonwealth Health Center (CHC). A general consolidation of about 700 students BMI data was collected from that of WSR and a history on patient data was requested from CHC. All data and statistics from both groups were consolidated and analyzed for review and justification of the need to address obesity in the CNMI.

In order to consolidate results and analyze data, a deadline on collecting data and facts was established to ensure preparation of concluding results. The deadline commenced on April 8, 2016. All references cited and interviews as well as surveys completed was further used to support and enhance the validity of the research. Affiliations with the two group organizations indicated in the aforementioned were found in order to complete the research. All results and conclusions are being analyzed as of April 8, 2016 and will continue to be examined through April 15, 2016. The final report will then be completed indicating results of the overall research by April 27, 2016.

To conclude, the methods indicated and utilized throughout the research were purposefully chosen to collect results on why and how obesity continues to be a common problem around the islands today and has unfortunately become the norm. There are many ways in which data may be collected to justify statements of why obesity continues to rise in the CNMI. Interviews and surveys will be conducted from a variety of participants to compare lifestyles as well as eating habits and cultural beliefs. Data analyses will also portray numbers and percentages of studies that involve obese people in the CNMI and indicate suggestions on living healthier and active lifestyles.

Due to life-threatening consequences, obesity has not only become one of the most prevalent reasons of long-term illnesses in the CNMI, but also the leading cause of death. Results collected within the survey as well as the groups selected will warrant and determine why obesity continues to be a serious issue and should not be ignored. Otherwise, life expectancy will continue to decrease. Therefore, with systematic planning as well as thorough consolidation and data analysis, results indicated within the research will conclude and surely make known that it is essential for obesity to be addressed and prioritized in the CNMI. Once addressed, obesity will fail to control the many lives of those currently enduring such ailment and bring back health and wellness as well as longevity for future generations to come.

References:

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