Research Proposal: Obesity in the CNMI

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This proposal was written on February 09, 2016 and was prepared in partial fulfillment of the subject course EN202 – 03 English Composition II under Mrs. Kimberly Anderson’s class.

Much of the content and data provided originated from multiple citizens and organizations within the CNMI.

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It seems like obesity is not much of an issue in the Commonwealth of the Northern Mariana Islands (CNMI). Many residents continue to make poor choices when it comes to their overall health and longevity without considering the consequences. Not many people in he CNMI are taking action to prevent obesity. They become ignorant of the facts of obesity not realizing that it is one of the most prominent factors of chronic diseases in the CNMI. Thus, leading to the many reasons of mortality. Based on an assessment conducted by the National Institutes of Health in 2011, a 22.7% decrease in the CNMI population was illustrated between the years of 2000 and 2010. Conclusions of conditional statistics disclose that the alarming influences of lifestyle choices are a prime factor for obesity and consequently non-communicable diseases (NCDs) (Ichiho, 2013). More and more people in the CNMI are becoming overweight and obese nowadays – and worse, many of them are children and teenagers. Therefore, this research project will 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.

Nevertheless, a research will be conducted on obesity in the CNMI by investigating facts and reviewing professional or scientific studies. Data will be collected from various ethnic backgrounds of individuals and sources around the island. A group size of up to 100 participants of different age ranges will be interviewed or surveyed concerning the topic of obesity. Such sources that will help provide data within the CNMI may include the CNMI Public School System, the Marianas Fitness Incorporation, the Department of Public Health, as well as the CNMI Diabetes Control Program and the Women, Infants and Children’s Clinic. Obesity has continued to be on the rise and numbers has rapidly increased throughout the years. Reports and data collected will help the research validate and reveal that the CNMI has one of the highest quantities of obesity in the world.

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. The following tentative research schedule is provided in Table 1.1 below.

Table 1.1

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| **Writing** | **Research** |
| Project Proposal (February 8) | Primary Research Question (February 3) |
| Organization of Ideas/Draft/Collected Data(February 10 – March 15) | Secondary Research Question(February 8) |
| Editing & Revising Proposal Draft(February 11 – February 14) | Interviews/Surveys/Poll Creation(February 19 – April 5) |
| Finalizing Research Proposal(February 16 – February 20) | Data Requests from Organizations/Groups(February 18 – March 8) |
| Research Report Process(February 10 – March 8) | Data Collection and Analysis(February 19 – April 8) |
| Editing & Revising Research Report(February 28 – March 15) | Analyzing Results(April 8 – April 15) |
| Finalizing Research Report(April 15 – April 23) | Submission of Final Research Report(April 27) |

A variety of resources that includes both academic and non-academic references as well as online encyclopedias and websites will be gathered to help support the research intended. Academic references that will be used to support the research includes: *Our Overweight Children: What Parents, Schools, and Communities Can Do to Control The Fatness Epidemic,* by Sharon Dalton and *Super Sized Kids: How to Rescue Your Child From The Obesity Threat,* by Walt Larimore, Sherri Flynt and Steve Halliday. On the other hand, a few non-academic sources that will be used in reference includes: *An Assessment of Non-Communicable Diseases, Diabetes, and Related Risk Factors in the Commonwealth of the Northern Mariana Islands: A Systems Perspective* by Henry Ichiho and *Study: 70 Percent of CNMI Adults Overweight* by Marconi Calindas.

The text entitled, *“Our Overweight Children,”* offers tips on what people can do “to control the fatness epidemic.”The book states that there is a “health crisis of epidemic proportions: children are gaining weight more rapidly and at younger ages than ever before.” It continues to point out that children are developing “grown-up maladies, from type 2 diabetes to high-blood pressure” (Dalton, 2004). On the hand, the book entitled, *“Super Sized Kids,”* offers the most up-to-date inquiry and collective “stories and experiences from patients and families who have struggled – and still struggle – with weight” (Larimore, 2005, pg. xi).

In Henry Ichiho’s article, he points out the numbers and percentages of participants surveyed in the CNMI that were obese and “morbidly obese” (2013). His article further reveals data and conclusions on “health emergencies” within the Pacific and further indicates the need for awareness within the CNMI. In another article entitled, *Study: 70 Percent of CNMI Adults Overweight*, Marconi Calindas cited a study of the number of adults in the CNMI who are obese and states that “the resulting figures could lead to the islands having a higher rank than the U.S.” (2007.)

Nonetheless, organizations and other systems or departments in the CNMI are now becoming cognizant of this matter. They offer many programs to help people develop awareness of the health risks that originates from obesity in hopes to prevent the issue from escalating. These programs also offer a wide-variety of activities and resources that people can use to help live a healthier lifestyle. Many books available at public libraries and online can help others become aware of the causes of obesity or how to prevent it. Such texts should be able to help make a difference in an obese person’s overall health for longevity.

Obesity in the CNMI continues to be an alarming issue. It has become one of the main causes of chronic diseases and death in the CNMI that many children from the islands develop overtime. Poor eating habits, inactivity, lack of parental guidance and awareness as well as cultural beliefs are the main factors for this alarming rate. Because of such choices, people from the CNMI become vested in an unhealthy lifestyle. Consequently, leading them to shorten their lifespan and suffer as they continue to live.

The research project intended will conclude and surely make known that 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. All references cited and interviews as well as surveys done will further be used to support the research. Affiliations with other organizations have already been set and established which would make it even more convenient and suitable for the project proposed.

The consequences of being obese as a child “go far beyond being teased at school” (Dalton, 2004). Therefore, the urgency to tackle obesity in the CNMI should highly be considered for the overall health and quality lives of our children.

References

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