

18th International Conference on

Nursing & Healthcare

December 05-07, 2016 Dallas, USA

The effect of using a food and fitness iPad application to increase obesity awareness in pre-licensure nursing students

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Obesity is a nationwide health concern in the United States with 17% of children and over 30% of adults currently obese. Obesity is referred to as a national epidemic that is causing higher medical costs and a lower quality of life. Because of the impact of obesity, it has been identified as a high priority health issue. Therefore, the focus of this project was to increase the awareness and understanding of obesity since it is such an increasing health issue. A cohort of pre-licensure nursing students were selected to develop an increased awareness of healthy eating and being physically active by tracking their eating and physical activity patterns using the iPad application of MyPlate Calorie Tracker by Livestrong.com. This study helped nursing students to first identify their own patterns of eating and physical activity in order to educate other people. Through the improved obesity awareness gained from this study, students can further educate patients on the benefits of increasing healthy eating and physical activity. This patient education will then help to raise the health status of individuals and communities in order to decrease the obesity rate.

Biography

Karen Aul completed her PhD from Robert Morris University in Pittsburgh, PA. She is an Assistant Professor of Nursing at Arkansas State University. She has been a Nurse Educator for over fifteen years in pre-licensure nursing programs and has developed a research interest in health promotion.

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