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Biography

Damien Byas is a PhD holder and an Epidemiologist and Professor of Public Health at American Public Health Association. He is an International Public Health Delegate and President of North American Scientific Committee on cardiovascular health.

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Levels of Association	Strength of Association
<.10	Weak
.11 to .30	Moderate
.31 to .35	Strong
>.35	Very Strong

figure.1: Standard for Cramer's V and phi coefficients.

INVESTIGATING HEALTH OUTCOMES ASSOCIATED WITH OBESITY RATES IN CHILDREN AND ADULTS

Statement of the Problem: The World Health Organization (2017) has recently reported that worldwide, at least 2.8 million people die each year because of being overweight or obese, and an estimated 35.8 million (2.3%) of global disability-adjusted life years (DALYs) are caused by overweight or obesity. The purpose of this study was to examine identifiable risk factors and disease outcomes which may be associated with obesity prevalence rates in children and adult populations.

Methodology & Theoretical Orientation: This study examined inpatient pediatric patients using the kids´ inpatient database (KID), healthcare cost and utilization project (HCUP), and the agency for healthcare research and quality. A large randomly drawn sample (N=524,581) of boys (N=244,553) and girls (N=280,028) ages five to 12, was examined in this research study to test for the association between obesity prevalence and disease related outcomes. Additionally, a small adult sample of adults ages 19 to 55 (N=143), enrolled in an undergraduate level city college program, were assessed to determine if there was a relationship between obesity prevalence and the outcomes of heart disease risk and type 2 diabetes risk. The Pearson Chi Square test was applied to measure for significant variable associations in this research study in addition to the application of the Cramer's V analysis to examine for strength of variable associations. A multiple regression analysis was applied to determine if heart disease risk and type 2 diabetes risk were significant predictors of obesity prevalence in adult groups.

Findings: The research found that there were significant associations between obesity and health outcomes in children ($p<0.001$) and that the factors of heart disease risk and type 2. Diabetes risk were significant predictors for obesity prevalence in adults ($p<0.05$).

Conclusion & Significance: The outcome of this research study provides support for improved efforts to develop more effective strategies to promote positive healthy lifestyles in adults and children's populations.