

Abstract

Obesity is a common, yet serious metabolic condition affecting the health and finances of individuals in today's world. Unhealthy dietary intake, physical inactivity, inadequate sleep, and unhealthy stress management skills are few of the contributions to the rising cases of obesity both nationally and globally. The identified problem may be related to insufficient awareness and education on health promotion as well as non-compliance to healthy lifestyle behaviors. Effective education and compliance to healthy lifestyle modifications have proven to yield results that lead to prevention of diseases, maintenance of a healthy life, and reduction of comorbidities, associated expenses, and fatalities. The purpose of the Healthy Lifestyle Forever project is to increase obesity awareness, expand on an already existing healthy lifestyle education, and improve on healthy lifestyle choices and behaviors in adults through a healthy lifestyle educational workshop.

The Healthy Lifestyle Forever program embarked on a four-week quality improvement project consisting of twenty-three participants from an inner-city church. A virtual health education fair was held accompanied with questionnaires as evaluation tools to assess participants' level of knowledge, understanding, and compliance to the education provided. This was measured after the education fair, two, and four weeks into the program. The findings from this project did not demonstrate significant changes in participants' level of knowledge, physical activity, dietary choices, stress management, and sleep habits. Future projects with prolonged timeframe and larger sample will be beneficial in yielding more prominent results.

Keywords: obesity, lifestyle, modification, cost, hospitalization, nutrition, physical activity, sleep