Healthy Planning Project  
NURS 470, NURS 471 – Community Health Nursing

Purpose of Assignment
The purpose of this assignment is to utilize the Health Planning Model to improve aggregate health and to apply the nursing process to the larger aggregate within a systems framework.

Student Approach to Assignment
For this assignment, our group identified an aggregate within the local community that was in need of health improvement. Our targeted aggregate were temporary residents living in the Haven House – a ForKids shelter that provides for homeless families with children in Norfolk, VA. Haven House provides a 120 day program that is designed to help homeless parents with various issues related to physical and mental health, employment, budgeting, and childcare. Our community health group spent a significant amount of time researching the aggregate, their health issues, and their health needs. Obesity was determined to be a significant health issue for many of the Haven House families. So, we then planned a series of teaching interventions designed to address obesity-related health issues in order to improve the health and wellness of the aggregate. The attached paper is a summary of our findings and interventions. This project has spanned the course of two semesters.

Reason for Inclusion of this Assignment in the Portfolio
Community healthcare is deeply intertwined with the nursing profession. Nurses play a significant role in recognizing community health issues and trends, and they are often responsible for finding a solution to such problems, and with carrying out proposed treatment interventions. This assignment addresses local community health issues within the Hampton Roads area, and provides suggestions for tackling these issues and improving the health and wellness of our local citizens.

❖ Critical Thinking
   ➢ Engages in creative problem solving.
     ▪ Example: For this project, our group was responsible for examining an aggregate population, determining a common health issue that the aggregate shared, and then creating an intervention to address the identified issue. After studying the Haven House aggregate, our community health group determined that obesity posed a significant health risk to the aggregate. We then constructed a multi-faceted intervention plan that involved educating the aggregate and teaching them ways to maintain a stable, healthy weight by making better food choices and by following a simple exercise regimen.

❖ Communication
   ➢ Expresses oneself and communicates effectively with diverse groups and disciplines using a variety of media in a variety of contexts.
     ▪ Example: This health teaching project took place over the course of two semesters. During that time, all members of our group communicated with our aggregate on multiple occasions in order to assess their various health issues, identify their health
needs, and construct teaching interventions. Obesity-related teaching interventions that were initially laid out in the attached paper were later presented to the aggregate. These teaching sessions each addressed a different aspect of the obesity issue, such as learning how to select healthier fast food choices, and learning how to perform a daily physical workout. In one session, aggregate residents were provided fast food brochures and prompted to fill out a meal-comparison chart, while in another session, they were provided with nutritional labels and taught how to interpret their content. In another session, the aggregate was guided through a physical workout routine.

- **Accesses and utilizes data and information from a wide range of sources to enhance patient and professional communication.**
  
  **Example:** For the attached paper, we examined a large number of resources in order to gather data that pertained to our community health issues, including the prevalence of obesity, poverty, inadequate healthcare, and homelessness. We reviewed credible website information, such as obesity-related data from the U.S. government’s Center for Disease Control’s website, to gather local, regional, national, and global statistics and trends that pertained to these issues. We also sought out recommendations for achieving better health and wellness from other government sites, like the website for the National Institute of Health’s *We Can!* initiative to promote exercise and healthy eating. In addition, we sought out a variety of pertinent professional nursing journal research articles that explored similar community health issues. We also contacted local resources, like the Norfolk Police Department, in order to explore trends in Oceanview community where Haven House is located.

- **Teaching**
  
  - **Provides relevant and sensitive health education information and counseling to patients, and families, in a variety of situations and settings.**
    
    **Example:** As previously described, our community health group researched facts and trends related to obesity and its’ associated health dangers, and ways to combat these dangers through lifestyle changes and healthier diet and exercise. Later, we relayed these health dangers and suggestions for improvement to the aggregate during our teaching interventions. On different occasions, we provided the aggregate with tips on how to select healthier food options, how to shop on a budget, how to avoid the perils of eating unhealthy fast-food, how to read nutrition labels, and how to incorporate a healthy exercise routine into the daily lives.

  - **Uses information technologies and other appropriate methods to communicate health promotion, risk reduction, and disease prevention across the life span.**
    
    **Example:** This project consisted of several components. Early planning and exploration of the aggregate and their issues consisted of Internet searches of national and local health data, and formal professional literature research searches, in conjunction with utilizing well-known, previously developed government health programs and guidelines, like *Bodyworks* and the *We Can!* initiative, to help guide our proposed obesity prevention teaching plan and provide ideas for communicating better health practices to the aggregate. We later utilized these various programs, and the information that we acquired during our research and planning phase, to carry out a variety of interactive health teaching sessions with our aggregate that emphasized
nationally recommended healthy eating practices and physical fitness recommendations.

- **Evaluates the efficacy of health promotion and education modalities for use in a variety of settings with diverse populations.**
  - Example: During the first half of this project, our group assessed the aggregate and planned teaching interventions to address obesity-related health issues. During the second half of the project, we carried out the teaching interventions through a variety of formats, and then evaluated the aggregate in order to determine if their knowledge had improved as a result. During one teaching session, we performed a question and answer session, and provided a written assignment in order to evaluate resident knowledge and understanding pertaining to the discussed topics, including unhealthy eating behaviors, making healthier food selections, and shopping on a budget. During a teaching session pertaining to understanding food nutritional labels, residents were evaluated on their understanding of the material through discussion and return demonstration. During a physical fitness teaching session, residents were guided though a physical workout routine and visually evaluated to determine if they could perform the exercises.

- **Research**
  - **Applies research-based knowledge from nursing as the basis for culturally sensitive practice.**
    - Example: For this project, we performed extensive research on national health trends, local health issues, and health issues specific to our aggregate. We researched numerous professional journal articles related to community health nursing issues pertaining to low-income and single motherhood, the obesity health epidemic, and ways to promote positive health lifestyle changes. We also explored government data from websites like the Center for Disease Control, and we utilized government-approved health education programs like the *We Can* initiative to help guide our interventions.

- **Leadership**
  - **Assumes a leadership role within one's scope of practice as a designer, manager, and coordinator of health care to meet the special needs of vulnerable populations in a variety of practice settings.**
    - Example: For this project, we took a proactive approach to fighting a national and worldwide obesity epidemic by designing obesity-related health teaching interventions and implementing them to an aggregate within our local community. We designed our project and interventions from the ground up to specifically address a vulnerable local aggregate - low-income, homeless families who reside at Haven House, and then implemented the interventions in an effort to motivate the aggregate to make lifestyle changes that would positively influence their long-term health and wellness.
  - **Initiates community partnerships to establish health promotion goals and implements strategies to meet those goals.**
In an effort to make a positive influence by confronting an important community health issue, we contacted the local ForKids organization about working with some of their low-income homeless families who were taking part in one of their temporary residence programs. With assistance from ForKids and Haven House employees and volunteers, we jointly determined the most pressing health issues and health needs of the aggregate, which ultimately led to the design and implementation of our previously discussed obesity-prevention teaching interventions.

- Organizes, manages, and evaluates the development of strategies to promote healthy communities.

  Example: Throughout the course of two semesters, our community health group kept a close eye on our aggregate with frequent assessments. We repeatedly tailored and refined the design of our teaching interventions to better suit the aggregate when assessment data was gathered. We ultimately settled on educating out aggregate on how to make healthier food selections, how to interpret food nutrition labels, and how to meet national physical fitness recommendations. We later implemented the interventions, and then conducted post evaluations with simple written assignments and visual observations in order to determine the aggregates’ responsiveness to each intervention and their potential for change.

- Culture

  Articulates an understanding of how human behavior is affected by culture, race, religion, gender, lifestyle, and age.

  Example: Our Healthy Planning Project was specifically designed to involve us with community health issues, as they related to the different cultures and lifestyles of the citizens within our local community. The aggregate that we targeted for this assignment was comprised mostly of younger, low-income, homeless, single mothers with children who resided in the Hampton Roads area. Research suggested that obesity is frequently associated with lower income families nationwide. Assessment of the Haven House population revealed that obesity was, in fact, a local health issue as well. In the attached paper, we explored cultural associations between low income and obesity and we offered suggestions for health teaching interventions that could potentially help combat local obesity-related health issues.

- Maintains an awareness of global environmental factors that may influence the delivery of health care services.

  Example: The issues dealt with during this project aren’t just local issues, or even nation-wide issues – they are worldwide issues. This community health project examined community and health issues that are problematic for many other nations around the world. Issues, such as poverty, inadequate healthcare, and obesity, are epidemic problems. This project was designed to address such issues and to promote positive health changes, by first starting with addressing these issues in the local community. We addressed the presence of these issues within the community by designing health interventions associated with obesity prevention that could lead to positive health changes in local citizens, and in distant communities.