HEALTHY PEOPLE ASSIGNMENT
Nursing 492 – Community Health Nursing
Health Planning Proposal: Nutrition Education to Reduce the Risk of Heart Disease

Purpose of Assignment

The purpose of this assignment is to involve students in the comprehensive community needs assessment. Students will develop/utilize tools to identify perceived factors (both negative and positive) that impinge on the population’s health. This information will then be used to develop and implement strategies for health promotion.

Approach to Assignment

In order to complete this assignment, we conducted a community needs assessment of Amelia County, which is a rural community located 35 miles southwest of Richmond, Virginia. The reason why we chose Amelia County was because their rates from heart disease and cerebrovascular deaths were higher when compared to the entire state of Virginia. We saw this as an excellent opportunity to create a health-planning proposal focusing on nutrition education to reduce the risk of heart disease in this community by partnering with the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). By partnering with this group, our plan was to provide education to women of childbearing age (14 to 45 years old) that participated in the WIC program and so it would be easy to incorporate healthy nutrition information into their visits. We chose this group because unhealthy eating behaviors learned early in life often persist into adulthood and so our goal was to reach the younger population and children to help instill nutritious eating habits in the hope of reducing the risk for heart disease in the future.

Reason for Inclusion

This group assignment required a comprehensive community assessment requiring extensive amounts of research to include the rates of heart disease, children and adult obesity rates, death rates due to complications from heart disease and the percentage of women that participated in the WIC program. After the research was completed, we put together an intervention strategy which included the creation of pamphlets that would contain information regarding the risk factors of heart disease, the importance of exercise in the prevention of heart disease, examples of nutritious foods, how to read food labels for sodium content, healthy weight ranges, the importance of not smoking and they would also be given information on the signs and symptoms of heart attack and stroke. Our plan also incorporated a pre-test, a healthy eating class and a post-test to evaluate for learning when the pamphlets are first introduced. Teaching would be reinforced during each visit with an evaluation of the success of the program at a year. This assignment shows a capability to conduct research and use the information to participate in community health nursing. It also shows collaboration among nurses and nursing students and this is why I included this assignment into my portfolio.
Curricular outcomes

Leadership

- *Initiates community partnerships to establish health promotion goals and implements strategies to meet those goals.*

  This assignment helped us to meet these goals because it required us to submit a proposal to an organization requesting to partner with them on our quest to establish a nutrition education program in an attempt to reduce the risk of heart disease in their community. We reached out to the Amelia County WIC clinic because they were already providing a healthy nutrition promotion service to the community and this would allow us to incorporate our teaching in an already established program. Our proposal included a complete description of the information that we would hope to provide as well as a description of how that information would be presented and evaluated for effectiveness.

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

  Our proposal to the Amelia County WIC clinic included an organized step-by-step plan describing the information we hoped to provide, how we would provide it, which included a pamphlet and a nutrition class as well as evaluation tools that would assess the program for effectiveness. This plan was all in our quest to promote a healthy community in Amelia County.

Culture

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

  The population that we were trying to reach with our proposal was low-income, child-bearing women and their families in rural Amelia County that were already enrolled in the WIC program. Statistics indicate that this population is at risk due to factors that include limited access to preventative health care, lack of education on healthy nutrition and the possibility of limited access to healthy foods. This is why being able to provide healthy nutrition information to this community was an important goal to our group.