

# Community Health Assessment

## NURS 492 – Community Health Nursing

### 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.

Topics have been identified from *Healthy People 2020* Objectives. Presentations should be developed around one objective from the Healthy People 2020 focus areas.

### Student Approach to Assignment

I was interested in the area I currently live in because there is a diverse population around the area. This assignment helped me understand the area's current population and the community's health in general, especially the health of low-income individuals and families and the homeless. I served at the food bank at Northern Virginia Food Services SERVE campus to distribute donated food to low-income families and homeless people for the semester to do this project. My Healthy People 2024 objective was to promote health and healthy behaviors across the lifespan. I identified some health problems, especially in this population, and laid out initiatives to better serve these people and promote healthy eating through food banks.

### Reason for Inclusion of this Assignment in the Portfolio

This assignment reflects my research abilities as a nurse in finding and applying nursing interventions in the community for health equity. As a nurse, I must educate the community about primary disease prevention, and obesity is a leading cause of other health disparities. Therefore, I aim to help my community and ensure that when I volunteer for the food bank, I contribute my knowledge as a nurse to benefit others' health.

### Domain 1: Knowledge of Nursing Practice

o (5): *Maintains an awareness of global environmental factors that may influence the delivery of health care services.*

The suburban area assessed in this project has many resources that people can access easily. A hospital and several urgent care clinics are also nearby in the surrounding area. The public transportation available also makes it easy to access needed resources. Even though these resources are available, health is still a problem

### Domain 3: Population Health

o (9): *Implements nursing care practices as appropriate to provide holistic health care to diverse populations across the lifespan.*

Healthy eating and preventing obesity start with young children and apply throughout the lifespan. The goal is to provide families with healthy foods and food habits through the food bank and to make smart food choices by choosing more fruits and veggies and less fats and sugars. This starts with parents teaching their children to eat healthy, which will help them make good habits throughout their lives.

*o (18): Educate individuals and families regarding self-care for health promotion, illness prevention, and illness management.*

Illness prevention starts with preventing obesity by having a healthy diet and exercising, as explained in this assignment. Education to individuals and families is provided briefly, and other nurses are encouraged to provide information to their patients through teaching. Also, healthy eating is needed to manage illnesses like heart disease and diabetes.

*o (23): Prioritize patient-focused and/or community action plans that are safe, effective, and efficient in the context of available resources.*

The action plan discussed is to hand out more donated foods that are healthy rather than empty calories and treats. Systems should be in place, such as SWAP or systems that regulate what is given out for each family.

#### **Domain 7: Systems-Based Practice**

*o (4): Recognize the impact of health disparities and social determinants of health on care outcomes.*

Since low-income individuals or families and homeless individuals get donated food from places, they are directly impacted by the food they receive. They should be able to receive more healthy foods than unhealthy ones. Sometimes, they are given the cheapest foods, and those are not always the best healthy choices. SWAP programs encourage donors to give healthy foods to homeless shelters to distribute.