



Community Health Worker

Healthy Lifestyles Assessment - Hannah Case Study

The CHW is doing a home visit with Hannah, who is 35 years old, is overweight (40 pounds), smokes one pack a day and has three children. Hannah lives with her parents and needs to rely on her mother who insists on doing all of the cooking for the family. Hannah is a nurse's aide and works many extra shifts to make as much money as she can. She has many bills and also needs to help support her parents.

Now write a response of at least a paragraph according to the instructions below:

The goal of the visit today is to work with Hannah on ways for her to balance her life, manage her stress, and work on her weight and smoking.

Identify three goals that can be set with Hannah and 1 health promotion strategy for each that can realistically be implemented.

Consider the cultural implications as well as the barriers that Hannah will face making the needed changes.

Complete the case study response and submit it to the dropbox called "Healthy Lifestyles" by the due date.