**NR 394 Transcultural Nursing**

**Week 3: Course Project Part 1**

**Directions:** Prior to completing this template, carefully review Week 3: Course Project Part 1 Directions paying attention to how to name the document and all rubric requirements.

**Your Name:** \_\_\_Tynika Bostic\_\_\_

**Cultural Community Needs**

1. Describe specific culture/ethnic population selected in detail.

The ethnic group that I chose for this course is Hispanic. There are many Hispanics from our neighborhood who present with different health issues that necessitate a need for health promotion. This ethnic group includes any person of Mexican, Cuban, Puerto Rican, or Central America origin. I have observed significant differences in mortality, morbidity, risk factors, and access to care among the Hispanic population in our community.

1. Describe rationale for selecting this population.

I chose this population group because they present with significant health issues that have enormous implications for the future of their health and the healthcare needs of all Americans. Within our community, the Hispanic population represents one of the most dynamic demographic trends affecting the whole community. The health status of Hispanic children plays a significant role in shaping the health of the whole population.

1. Describe a cultural/ethnic need within your area, clinical practice, or community.

The health of Hispanic people is often shaped by cultural barriers, which determine their access to care. There is a need for culturally and linguistic appropriate healthcare treatment to sustain the health of Hispanic population in our community.

1. Describe the approved health issue from your chosen cultural population.

The health issue prevalent in this population is obesity. For this assignment, I will examine the prevalence of obesity in Hispanic children. Nearly three outof four Hispanic children in our community are obese. Obesity results due to poornutrition and inadequate physical exercise, and people who have obesity are at a risk of developing many health conditions. Despite the efforts of Affordable careact, the number of Hispanics with deteriorating health conditions continue toincrease.

**Details of the Health Issue**

1. Describe how the health issue is based on the Leading Health Indicator (LHI) priorities from Healthy People.

The Healthy People leading indicator associated with this health issue is the indicator of nutrition, physical activity, and obesity. Obesity is usually characterized by overweight, and good nutrition and exercise are necessary to enhance one’s body mass. Obesity in Hispanic children results due to poor nutrition. Good nutrition and exercise can help reduce an individual’s risk of developing serious health conditions, such as obesity. Ensuring that Hispanic children get a healthy diet and participate in physical exercise is critical to improving their health.

1. Describe the reason why the health issue was selected.

Nearly three outof four Hispanic children in our community are obese.Obesity increases one’s risk of developing serious health conditions that could result to death. There is no doubt that children will age to swell the ranks of young and middle-aged adults in society. Hence, their health status and behaviors will play a central role in determining the health of the whole population. Hence, tackling this problem from its onset is critical to saving the lives of million children who are at risk of developing obesity.

1. Why it is important to focus on this health issue?

Childhood obesity is a complex challenge, and without proper interventions, many Hispanic children are at risk of developing this health problem. Children who are obese are at risk of developing other life-threatening conditions, such as heart attack, asthma, and high blood pressure. Spotlighting on this issue will help save the health of Hispanic children.

**Clinical Impact**

1. How can this content be related to clinical practice in general?

This information relates to the clinical practice because it exist to ensure the health of people in general. It is the role of clinicians to ensure the health of individuals, and they can do this by understanding the health needs of communities they work with. Understanding this health issue will help nurses in devising appropriate nursing interventions to curb this problem and promote the health of everyone.

1. How do the cultural community needs and details of the health issue impact **your** area, clinical practice, or community?

As a community we are impacted by the prevalence of obesity among Hispanic children. It presents an issue of concern to see children suffer from overweight, something that could have been presented with proper nutrition. In the clinical practice, this issue will help nurses to advocate for this population and develop interventions aimed at improving health.