**CommunityAssessment**

Gordon N. Beire

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Cynthia Willis, DNP, RN, MBA, CMSRN

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The assignment discusses the community health concerns that are most prevalent in the community.Several diseases are found among the populations in a particular community. The condition's prevalence depends on the risks factors that the individuals are exposed to in that specific community. Besides, the assignment analyzes the health care concern using Milio’s framework for prevention, the nursing diagnoses of chosen health care issue, and the health people 2030 national goal that is nearer the identified community problem. The long-term and short-term goals with the interventions of the health care problem are also covered in the assignment.

**CommunityHealthCareConcern**

Most individuals in the community are suffering from cardiovascular diseases. Cardiovascular diseases are conditions that affect the physiological function of the heart, blood, and blood vessels. The most common cardiovascular disease that is prevalent in the community is hypertension. High blood pressure is another name for hypertension. The pressure inside the artery walls is higher than average. Hypertension is a chronic disease that most people have been diagnosed with within the community(Nies & Mcewen, 2019). The primary causes of hypertension are lifestyle factors, including high dietary cholesterol, fats, salts, and lack of physical exercise. 13.5% is the mortality rate of hypertension globally.Older adults in the community are the ones that are at risk of getting hypertension.

**Milio's Framework for Prevention**

The framework aims to explain the relationship between an individual's health and the community's health. The framework model alsooffers that the health status prevailing in people occurs because of too minimal or excess acute health-supporting resources. Persons who needadequate and safe food, shelter, water, and environment are susceptible to infectious ailments, which extra food will result in obesity(Leveck & Mountain, 2021). Population behavior forms also affect health because knowledge and perception are predisposed by informal and formal education and familiarity. Milio expressed six propositions to describe the interrelation of anindividual’s choices as they match the propertiesaccessible in public. In researching the topic of heart disease, there are three precise propositions from Milio’s framework for prevention that could be useful to the community.

Milio’s first preposition theorizes an individual’s health is affected directly by too few resources sustaining health. Milio reports that those wealthy members of her community took too much food, soda pop, and alcohol which is similar to the current community where most people seem to indulge in fast foods, soda, and liquor.Regular intake of foods with high carbohydrates, fat, salt, and sugar poses risks of developing hypertension and obesity.

The second proposition of Milio's framework of prevention is an individual develops habits depending on their real or perceived choices.Individuals tend to develop bad habits quickly because they are comfortable, and to make a positive change, requires consciousness(Shapiro & Hua, 2020). People can easily access fast food through restaurants for various reasons that depend on their perception. Many people find it hard to face time constraints to change their lifestyle factors as their priority, which will help them prevent developing hypertension. The lifestyle factors that need change by most persons are dietary changes, including diets free from cholesterol and salts and regular exercise.

Hypertension and obesity have a close relationship to the number of fast-food restaurants, deficiency of physical activity areas, and, very probably, lack of community education on healthy lifestyle choices. Another Milio proposition covered is that individuals choose based on their perceived private or public resources. The more restaurants present in a particular community, the higher the number of hypertension individuals. Most people will consume food in restaurants than their own. Besides, fewer recreational centers present in a community indicate that individuals are at risk of getting hypertension. Recreational facilitiesprovide activities that will help individuals perform physical exercise.

**Nursing diagnoses**

One of the nursing diagnosesof hypertensive patientsis activity intolerance. The nursing diagnosis is activity intolerance related to hypertension, evidenced by the patient reporting weakness, abnormal heart rate due to activity, and dyspnea. The nursing diagnosis helps the community health nurse formulate the plan of care for hypertensive patients and the necessary nursing interventions to address the patient's needs(Rector, 2018).

**Healthypeople2030nationalgoal**

The closest 2030 national goal to the nursing diagnoses of activity intolerance is promoting healthy development, healthy behaviors, and well-being across all life stages. Health promotion goal focuses on enhancing the quality of life among individual in the community(McGinnis, 2021). The objective describes how healthy behaviors such as doing regular exercise and taking foods free from cholesterol and fewer salts benefit the hypertensive patients in the community. Every individual at risk of getting hypertension, including the elderly in the community, applies health behaviors.

**Long and short-term goals and interventions**

The long-term goal of activity intolerance is developing recreational facilities that enable individuals to do physical exercise. Regular exercise is beneficial as it helps lower the cholesterol level in the body reduces the chances of getting hypertension. The short-term goals include teaching the patients about medication compliance and its consequences, teaching them to avoid foods with fats or cholesterol, and educating them about low salt intake in the foods(McGinnis, 2021). According to the nursing diagnoses, some nursing interventions are noting factors that result in fatigue, evaluating the patient's extent of intolerance, monitoring vitals, and assessing the emotional factors that might contribute to activity intolerance.

**Conclusion**

In conclusion, hypertension is prevalent among most communities in the US. Individuals with hypertension risk developing complications such as stroke when they defy treatment. Most societies are applying Milio's prevention framework to reduce the chances of individuals getting hypertension. Activity intolerance is a common nursing diagnosis among hypertensive patients, and several interventions are put in place to meet the patient's needs.

**References**

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