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**Family Centered Health Promotion**

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**Introduction**

In the healthcare industry, understanding the structure and composition of the family is a primary concern. This can be possible with the help of an interview of a family to identify the health-related strengths and weaknesses. The paper will discuss the family structure, overall health behavior of the family, functional health pattern strengths and health problems, and the family systems theory applied to the members to bring positive changes in the overall family functions.

**Family structure**

The family selected for the assessment is a Hispanic family of four members. The members are a father, a mother, two daughters. The father is 45 years, the mother is 40 years, the elder daughter is 15 years, and the second daughter is 11. The father migrated to the United States from cuba around 28 years ago. The parents got married in Cuba. The mother is was also born and brought up in the Cuba . The family is religious.. Both the parents attend church regularly and they often take one or two of their kids with them.. The family seems to have a healthy relationship among all the siblings and parents. They visit their grandparents with frequency. The mother Also works a fulltime Job a nurse but also is in charge of fulfilling the family needs and look after the domestic chores.

**Overall health behaviors**

Based on the interview, it is found that all of them have good health. The parents do not suffer from any health illness like cancer, diabetes, blood pressure, etc. They often visit the medical health examiner for a routine check-up. The mother focuses on cooking healthy food as he is health conscious and does not want any of her kids to be overweight (Knobl, Dallacker, Hertwig, & Mata, 2022). However, they go for dinner or lunch once a week. The biggets problem is the mother has a time constrain problem. The primary reason for this issue is the covid-19 pandemic put more a of a work load on her plate . She has asked daughter for support at home with chores. The family has a busy everyday schedule for all the children and they go to school. Due to this, all the children get up on time and prepare for school on their own.

The mother had a history of hypothyroidism due to stress. However, she is able to overcome the ailment with routine exercise and a change in diet. She fears that any of her children might experience the same problem due to genetic inheritance as her mother also had the same ailment for which she had to take medication. The sensory perception of all the members is good. This means there is no problem with vision, hearing, smelling, or surgeries. All the members have positivity and good self-perception. They are also involved in communicating their thoughts and emotions. The mother fears that her younger daughter might have short height because she is not tall. All of them have good role acceptance. All the children respect their culture and parents. The parents are also sexually active and there is no history of infertility. The mother often talks to her children about their daily routine so that they can express the stressful concern they might experience at school.

**Findings**

The strength I have detected among the family members is communication. The elder daughter assists her mother with the younger sibling in aiding her with her studies .They like to communicate and stay together. The children respect their parents as they often observe their parents obey and respect their grandparents. The only health issue detected among the family is stress due to lack of time. Husband tries to keep wife and children stress-free so that they should express their emotions (Lee & Roberts, 2018). The suppressed feelings and emotions result in a depressive environment leading to numerous health concerns, like diabetes, thyroid, etc. the mother also fears that the stress level might cause future blood pressure issues .

**Family systems theory is applicable**

Bowen's family systems theory can be applied to initiate changes in the family members (Keller & Noone, 2019). The theory considers the family as an emotional unit to develop a system of relationships. This will help to carefully analyze the behavior and development of each member of the family. The theory states that the disconnected members of the family can experience a profound impact on their actions and emotions. However, there can be differences in the degree of interdependence between the family members.

**References**

Keller, M. N., & Noone, R. J. (Eds.). (2019). *Handbook of Bowen Family Systems Theory and research methods: A systems model for family research*. Routledge.

Knobl, V., Dallacker, M., Hertwig, R., & Mata, J. (2022). Happy and healthy: How family mealtime routines relate to child nutritional health. *Appetite*, 105939.

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**Appendix**

Value perception

1. Do you identify your family to have a strong belief in cultural and religious groups? Yes, everyone believes in church although we are respect everyone opinions.

2. Is there any incident of drug use? No.

3. What efforts do you make to enhance the overall health of the family? I prepare healthy food for my family and go for regular health check-ups.

Nutrition

1. How often do you eat food together? With my Husband being in the military he is not home everyday.

2. Do you go out for eating? Yes, we go out once every 2 weeks or so.

3. Do you eat fresh or packed food? I prepare fresh food at home every day for my toddler.

Sleep

1. At what time do you go to bed? We go to bed at around 10PM

2. Do your family experience sleeping problem? Yes, with a one year old and work we don’t get appropriate sleep .

3. Does the health care provider prescribes medication? No.

Elimination

1. Is there any history of cancer in the family? My grandfather hand lung cancer.

2. Is there any problem with a bowel movement? No.

3. Do the children have problems urinating?no.

Activity

1. How often do the members exercise? Daily.

2. What activities do they do regularly? I do walking and running

3. How much time do you spend on exercise in a week? Around 4 to 5 hours

Cognitive

1. Is there any history of learning difficulties? No.

2. Is there any history of mental problems? There is no issue of mental illness

3. Does anyone in the family visit therapist? None

Sensory perception

1. How is your hearing? No issues

2. How is your eyesight? Eyesight is perfect

3. Is there any difficulty with sensory organs? No, everything is fine

Self-perception

1. Describe your feelings about daily life? I feel happy with my life

2. Describe if anyone in the family seems uncomfortable with their appearance? No issues.

3. How hopeful are you for your family? I am hopeful I believe we are haoy and a strong team .

Role relationship

1. What is the role of each member of the family? Mom and dad are head of home and providers . And baby is the priority

2. Describe any big change experienced in the relationship? When the baby was born. We had to adjust .

3. How do you keep your children disciplined? I try my best to teach him values.

Sexuality

1. Do you experience any infertility? No.

2. Are you planning for another child? Not right now

3. Is there any history of sexual dysfunction or infertility in your family? No.

Coping

1. What methods do you use to handle the stress? Listen to relaxing music.

2. How does your family cope with problems? We talk about the issue

3. Is there any history of prominent stressful events in your family, recently? Yes My father had a terrible car crash 3 months ago and is trying to rehab himself back to normality .