**Community Nursing**

**Introduction**

Obesity has been a severe issue associated with poor mental health, thus increasing the level of mortality globally. In the united states, obesity has been one of the leading causes of mortality rate. Obesity has been a public health crisis in the united states, consisting of one-third of obese adults, two-thirds being overweight. Most of the Hispanic, black, and Native Americans in the united states adults are affected by obesity, near half of their total population.

**Problem statement**

National Health and Nutrition Examination Survey state that the age difference in obesity incidence varies between males and females. The obesity rate has positively impacted on the welfare of the united states. According to O'Sullivan, Fallon, Byrne & McAuliffe( 2020),older women have been found to have an increased rate of obesity as compared to younger women. However, there is no difference by age in obesity incidence in males. Obesity occurrence among adults is higher as compared to pre-school aged children.Obesity and increased weight increase the risks of hypertension, cardiovascular disease, cerebrovascular disease,diabetes, high blood cholesterol or breathing difficulties, and certain types of cancer. Causes of obesity include metabolic reactions, behavioral, environmental, social, economic, and cultural effects.

**Population target**

The target population will be United States citizens who suffer from obesity and those at a high risk of being obese. Children and adults will be included in the study.

Obesity mostly results fromthe uptake of lots ofcalories than are burnt through regular exercise. Symptoms of obesity include uptake of lots of saturated fats, which increase the health risk factors. Additionally, obesity increase the risk factors of chronic health conditions, and sixty year and above are prone to obesity.There are different social determinants of health, including essential earning, educational opportunities, gender imbalance, racial segregation, and transport availability. Additionally, social support, childhood experience, development and employment status, and physical environment determine a patient's social health. In areas that are prone to crime, and increased violation negatively affect the health of an individual. Through health promotion, individuals and groups can increase control over health issues and improve their quality of life. The health promotion concept stresses the positive and active role that persons and groups play in improving their health.

**Risk Factors and Preventive Measure of Cardiovascular Disease**

Different risk factors are associated with cardiovascular disease, which should be examined in Maria's family. They include high blood pressure, smoking, high blood cholesterol, diabetes, inactivity, obesity, ethnicity background, and genetic factor.Additionally, age, diet, and alcoholcontribute to cardiovascular disease; thus, they should be assessed in Maria’s family. High blood pressure damages the blood vessels, which lowers the supply of oxygenated blood in the body.Nicotine present in tobacco damage narrows the blood vessels, which increases the risk of cardiovascular disease; also, the cholesterol level leads to deposition of a fatty substance, which narrows the blood vessels, thus increasing blood clotting risk. Blood clotting may lead to a personal attack on cardiovascular disease.

The different types of diabetes increase the risk of cardiovascular disease, increasing the level of blood sugar, which narrows the blood vessel, thus increasing the chance of Maria’s father's attack of cardiovascular disease. Lack of exerciseaffectsan individual such that it increases the cholesterollevel, obesity which affects the blood vessels. Maria’s mother being obese increases the chance of cardiovascular attack.According to Schade, Ramo, Obenshain, Schrader & Eaton ( 2019),there are different ways of preventing cardiovascular disease, including maintaining a healthy lifestyle and avoiding smoking. Furthermore, having a balanced dietwill help maintainhealthy body weight, thus reducing obesity in an individual. Moreover, maintaining regular exercise, avoid massive uptake of alcohol.

**Role of Community Health Nurses**

Community health nurses play a significant role in providing treatment to all patients. As community health nurses, I will plan for the educational assemblies and conduct health screenings for all persons. Additionally, I will give out medication and treatment, hand out fliers, and administer immunizations. As a community health nurse,I collaborate with teams to plan for the care of patients; also, they advocate for their patients' health and overall wellbeing. Moreover, I will ensure that diagnosis individuals for a different disease, educate patients on healthy living, offer information on various health care aspects and management of the disease, and provide support to those patients by advising the patients and families on ways to reduce other risks with the disease. Being a community health nurse is trained in performing primary care for patients, including emotional support, the procedure of administering injections, how to clean and dress wounds injured patients. Additionally, it will assist doctors with their different examinations and medical procedures and provide emergency care services.

**Theoretical Frame Work**

According to Okui (2020),thebehavioral change model will be useful for addressing the preventive approach and focuses on the lifestyle behaviors that positively impact patients' health issues. The theory will help persuade individuals to adopt healthy lifestyles that will minimize disease and how to use preventive health services. Additionally, the theory will help individuals to take responsibility for their health.

**Different Ways of Evaluating of Community Health**

According to Micheal (2019),health nursing intervention actions help nurses participate in the health team by providing safe medical facilities for all patients.The community-basedinterventionis a multi-component intervention that associates environmental and a person’s strategic change across various settings, enabling the prevention of dysfunction and promoting the health care of all individuals in the community.Community health initiatives are funded by the government and also the control and preventioninitiatives.Community health may be evaluated through choosing questions and planning the evaluation, data gathering and synthesis, and data collection designing an observational system. Additionally, selecting an appropriate evaluation design,collecting and analyzing data, gathering and implementing ethnographic information, and collecting and using archival data are ways of evaluating the community-level intervention.

**Social Marketing**

Social marketing uses behavioral persuasion that exposures theories to target changes in health risk behavior. The development of brands related to health behavior and lifestyleshelps promote health care to individuals. In a nutshell, it is essential to maintain a healthy lifestyle to overcome the risk factors associated with cardiovascular disease. Also, community health nurses play a significant role in providing health care for patients.

**Reference**

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