

Health promotion intervention plan on cardiovascular disease



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Planning is defined as a step by step movement from the beginning till the end of a programme (Naidoo and Wills, 2009). It was also clearly stated by Tones and Green (2005) as an outline of different parts of a programme and how they are interwoven together.

Planning a health promotion programme requires logical approaches that run through different stages before an effective outcome can be established (Naidoo and wills, 2009). This involves the use of different kind of planning model. In this circumstance the Ewles and Simnett (2003) planning schema will be made use of to plan this intervention. This is a schedule that encompasses seven key planning actions. They include identifying health need assessment, setting goals and objective, choosing good strategies for the set objectives, sourcing for fund and man power, mapping out evaluation plan , so as to enhance good performance , setting an action plan, and lastly implementing the plan (Bartholomew et al., 2006). A top-down approach in executing programme plan will be used in this arena (Laverack, 2005). This Top-down programmes approach are usually apprehensive with lifestyle and behavioural fulfillment to specific stipulated norms (Boutilier, 1993). This is the reason why the approach will best suite this plan.

Background knowledge

Cardiovascular disease is an ailment of the heart and the circulatory system. It consists of the coronary heart disease – heart attack and angina as well as stroke. The organ that is affected by this disease is part of the toughest muscle in the body, so as to keep blood pumping constant. There are specific arteries for different organs in the body, but the one that supply the heart is called the coronary artery. When this blood vessel is affected it lead to the ailment called the coronary heart disease. This ailment occur when the blood vessel supplying the heart become narrowed by accumulation of fatty substances called atheroma within their walls. A condition called atherosclerosis. This could cause reduction of blood current to the heart due to the tightening of the vessel, which could lead to having an heart attack or myocardial infarction. This

. The nature of the health needs assessment

Cardiovascular diseases are a worldwide leading cause of death, which causes approximately 17. 1 million deaths per year (WHO, 2010).

These diseases of the heart are the major cause of death in the United Kingdom which includes the Northern Ireland (Chief Medical Officer, 1999; DHSSPS, 2004, p. 97). In spite of the reduction in the drift in death rate of diseases of the heart and the circulatory system, coronary heart disease still remains the common cause of death in the United Kingdom (British Heart Foundation, 2007). The mortality rate incurred by this ailment every year is roughly 208, 000 deaths (British Heart Foundation , 2007). This reflected roughly one in 3 people death per year, which is around 36% of the populace (British Heart Foundation, 2007). The major form of Cardiovascular Disease <https://assignbuster.com/health-promotion-intervention-plan-on-cardiovascular-disease/>

are coronary heart disease (CHD) , which account for around 48% of mortality rate and around 28% death rate from stroke.

This ailment which could lead to angina, heart attack and heart stoppage is one of the main causes of death in Northern Ireland. It was reported that this ailment causes 1 in 3 deaths in men and 1 in 4 deaths in women and is accountable for approximately 20% of the entire loss in productive years in this part of UK (Chief Medical Officer, 1999). Unal et al. (2004) claimed that a reduction in coronary heart disease (CHD) in the U. K between the 1980s and 1990s was around 58% which account for more than half of the populace. . This reduction was brought by drastic change in the primary threat, which is smoking and the remaining 42% was achieved from the secondary prevention and treatment provided (Unal et al., 2004). McWhirter (2002) claimed that the electoral wards with the top mortality rates in Northern Ireland are also those with the uppermost levels of deficiency. National Heart Forum (2002) pointed out that various citizens have a heritable nature towards coronary heart disease, but for huge mass of people the danger of coronary heart disease is basically determined during one's lifespan by the food being consumed, physical immobility and smoking. National Heart Forum (2002)stated that heart attacks and ill health from coronary heart infection may seem inaccessible to children's lives, but the major risk factor for developing coronary heart disease like (rise in blood cholesterol, high blood pressure, high blood glucose level and smoking) all build up throughout the lifespan, most occurring during childhood and teenage years. Various researches have confirmed that the early signs of coronary heart infection are already obvious in some children and teenagers (DHSSPS,

2004). The growing levels of obesity amongst children and young people mean that they are likely to be at advanced threat of developing coronary heart disease in later life (National Heart Forum, 2002).

Cardiovascular disease need to be addressed all over the field from primary prevention in not at risk population that is by considering diet, physical fitness, overweight prevention and smoking in children and young people , which could predispose them to other life threatening diseases that are non-communicable. Therefore cardiovascular disease especially coronary heart disease is a health problem that require drastic intervention.

Aims

The overall aim of this plan is to educate and increase the level of awareness among university undergraduate students about the risk of having coronary heart disease by using the behavioural and life style approach (Laverack, 2005).

Objective Labonte (1998) claimed that nearly all conventional health promotion goals are based on disease prevention, decreasing death rate, morbidity, and behavioural changes. Therefore, the objective of this proposed intervention will focus on school based prevention approach (Laverack , 2005) by creating awareness which will result in healthy way of life from the grassroots by catching them young. The objective is tailored towards a SMART ideology, that is must be Specific, Measurable, Achievable, and Realistic as well as time conscious. The educational objective are as follows

To encourage students to dissipate knowledge among their peers of the consequences of getting a coronary heart disease.

To increase student awareness of the kind of food that could predispose them to getting the disease.

To enlighten students about the kind of lifestyle they need to inculcate to avoid the danger of having the disease.

To establish whether student have a prior knowledge about the disease and its consequences.

To inform participant about the healthy food that they need to adopt to reduce the risk of being affected by the ailment.