

Theory of freeing

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Running Head: theory OF FREEING Health Sciences and Medicines of the of
the of the Abstract

Childhood obesity has emerged as one of the critical problems in Latino communities across the United States. More emphasis and attention has been offered in pin pointing reasons behind the obesity issue among Latino Children with little success in curtailing it in the past as well as in the present. The assignment aims at highlighting the childhood obesity problems among children along with creating a program of self awareness using the Theory of Freeing. This would help in understanding their problems along with finding ways to curtail them in the short as well as in the long run.

Theory of Freeing

The Theory of Freeing is aimed at empowering people through education by promoting participation of people along with controlling their lives and decisions. This is implemented in their communities and larger societies where controlling lives does not mean dominating others by enforcing decisions but to create free minds in order to take sound decisions.

Education is the key in this theory that is not based on conventional mode of lecturing but sharing of ideas and information. Participants are motivated to share their thoughts along with setting their priorities. All participants engaged in the education process learn from each other that empowers them in terms of making appropriate health decisions (McKenzie. et al., 2009)

Reason behind Choosing the Theory

The primary reason behind choosing this theory was to create awareness among Latino children suffering from obesity along with empowering their parents to take appropriate health decisions based on learning and sharing
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of information. This theory helps in controlling others lives by sharing and exchanging of ideas and information on a specific problem along with restricting its impact in the short as well as in the long run.

Use of Theory of Freeing

The Theory of Freeing aims at educating others through dialogues and motivating speeches. It creates a teacher- student relationship among the educators and participants. This theory would help in educating Latino children and their parents on obesity issues and ways to curtail its impact and influence in the present as well as in the future. It also aims at freeing people from pre-conceived notions and dependency in order to make health care related decisions based on their needs and demands.

Implementation of the Theory

The theory would be implemented in three phases including:

Listening- listening to the problems and issues of participants pertaining to obesity issues based on social, economic and demographic factors and analyzing the same.

Dialogue- creating awareness through knowledge and understanding over the impact and influence of internal and external factors. The use of motivating speech and focus on every individual would further help in creating awareness along with empowering them to take effective health care decisions.

Action- the positives from the dialogue and sharing of ideas and information would be put together in an analytical manner for further discussion and sharing. This would also help in offering desired solutions along with offering people belief and confidence to understand their priorities and take proper actions to fulfill them using education and knowledge.

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Conclusion

There is no doubt that this program requires great change in the perception and thinking of people and would act as a barrier but freeing people from dependency and pre conceived notions has been the main aim of this initiative and thus eliminating barrier through education.

References

McKenzie, J. F, Neiger, B. L and Thackeray, R. (2009). Planning, Implementing and evaluating health promotions programs. San Francisco: Pearson Education