

# Current healthcare trends in south florida

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Following the current state of increasing disease prevalence and lifestyle related chronic diseases, like obesity and cardiovascular diseases, it is important to consider public health in every stage of decision making process. Nutritional approaches that do not cause any harm to the public health should be established. In addition, interventions to promote health care in communities should be encouraged. In this regard, the following discussion delves into the current health care trends, and the impact on nutrition practice in South Florida community.

Utilization of participatory strategies in healthcare and nutrition in south Florida is a major method used to reduce adverse effects of poor nutrition. The communities, in partnership with clinics help in improving the quality of health care by encouraging people to use better diets and focus on a healthy lifestyle in order to reduce diseases. People are encouraged to eat healthy foods and avoid the genetically modified food products (Almufleh et al., 2015).

Similarly, the use of local media to help in screening of various illnesses in the south Florida is another step that has been used to encourage a change in attitude and improved awareness in the people. According to According Almufleh et al. (2015), the community and local media has helped in educating people on better diets that boost their health status by encouraging proper diet and regular exercise.

Community counseling and education is another form of promoting healthy living by teaching people how to be careful on the nutrition. In south Florida, there are community set up education centers and counseling sites to enhance awareness and capacity building on healthy living (Almufleh et al., <https://assignbuster.com/current-healthcare-trends-in-south-florida/>

2015). In this case, education on pregnancy diet is also given, something that helps people to know the correct diet they should use.

There is a need to provide dietary education by increasing the number of trained nurses within the communities and coordinate with the existing leaders to educate the public. This will reduce the eminence of lifestyle diseases and even secure the health of the future generations.

## References

Almufleh, A., Gabriel, T., Tokayer, L., Comerford, M., Alaqeel, A., & Kurlansky, P. (2015). Role of community health outreach program " living for health"® in improving access to federally qualified health centers in Miami-dade county, Florida: a cross-sectional study. *BMC Health Services Research*, 15(1), 1. doi: 10. 1186/s12913-015-0826-z. Retrieved from