

Community health promotion tool

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Community Health Promotion Tool Affiliation: Coronary heart disease is a heart problem caused by accumulation of fatty deposits in the walls of blood vessels known as coronary arteries which are in charge of taking blood to the heart. Once accumulated, the arteries clog and the blood has difficulties reaching the heart causing heart attack. The process of blocking arteries is called atherosclerosis while these fatty deposits clogging the arteries are known as atheroma. This heart disease is caused largely by the bad healthy habits people accustom themselves with such as smoking, eating unhealthy food with lots of fat, being overweight, lack of physical exercise, diabetes, high blood pressure as well as high cholesterol levels in the body. There are populations that are at risk of getting the heart disease quickly which are male with a history of the heart disease in their family as well as increase in age. Older people are at high risk of getting the disease than the younger population (Topol and Califf, 2007).

The population being targeted by this summary research is the African American male over the age of 65 years as they are the ones whose death statistics from the coronary heart diseases has been on the increase in the last decade. This population is at risk because of their gender, their race, and lack of physical activities, unhealthy eating habits, their high blood pressure and above all their high increase in diabetes (Topol and Califf, 2007).

The African American male at this age of over 65 years believe themselves to be invincible to any health problems and they therefore engage in reckless eating habits. They already have their families and hence are not looking out to improve their appearance or impress the females by going to the gym and exercising as is the norm with the younger generation. This population at this age has children who are in their mid-twenties and thirties

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and most of them are not turning out the way they are supposed to. For elderly male whose children have resorted to crime and prostitution and others who have neglected their parental duties, their high blood pressure seems to be on the increase ever.

With the increased high blood pressure combined with diabetes from the bad healthy choices combine with reckless eating habits and lack of exercise, these population develops the coronary heart disease faster than any other population group and it kills them faster as well. Their cultural beliefs do not pay special attention to seeking constant medical attention as prevention techniques or carrying out regular medical checkups. They believe that the only time they should be in hospital is when they are really sick otherwise constant hospital visits render them weaklings in the eyes of their peers and children as well.

The management of this disease is very expensive and depletes the hard earned savings of majority of the people. Most of the people who are affected like the target population do not have a substantial medical insurance and hence the treatment and management of this disease is not covered by their insurance policy. For those who do, it is only partially covered such as the inpatient procedures but there are still increasing expenses of drugs (Topol and Califf, 2007). Resources are also used in ensuring that they eat proper healthy and balanced diet as well as regularly exercise with assistance from experts not to mention the numerous doctors' appointments for checkup they have to undergo all of which is very expensive.

References

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Topol, E. and Califf, R. (2007). Textbook of Cardiovascular Medicine. New York: Lippincott Williams & Wilkins.