



Preparing the Discussion

Follow these guidelines when completing each component of the discussion. Abide by Chamberlain University's academic integrity policy. Contact your course faculty if you have questions.

Direction

Discussion: Apply Knowledge

Step 1: Reflect on your community and review the [Week 1 Practicum Project Health Promotion Topics and Resources document](#)[Links to an external site.](#) to select a specific topic (i.e. firearm safety, rather than injury prevention).

Step 2: Select a topic that is a health concern in your community. This topic will be used for your Practicum Project throughout the course. See the Apply My Learning at the bottom of [Week 1 Explore Page 2](#) for an example.

Step 3: Answer the discussion prompts below with explanation and detail.

Paragraph one: Describe your selected topic. Provide a rationale for your topic selection and explain how you determined that it is a significant concern within your community.

Paragraph two: Use the [Week 1 Practicum Project Health Promotion Topics and Resources document](#)[Links to an external site.](#) to review the resources associated with your topic. Explain why professional organizations view the selected issue as a community health concern. Cite at least one outside scholarly source in this paragraph as evidence.

Paragraph three: Describe how the social determinants of health impact your selected topic. Provide two examples.

References: Provide complete references for all citations.

Answer:

Paragraph one:

The selected topic for my Practicum Project is obesity prevention in my community. I chose this topic due to its significant prevalence and impact on the health of individuals in my community. Through various local health reports and data analysis, it has become evident that obesity rates have been steadily rising, leading to various health complications such as diabetes, cardiovascular diseases, and mental health issues. Moreover, the socioeconomic status of my community plays a crucial role in the prevalence of obesity, with lower-income neighborhoods facing higher rates due to limited access to healthy food options, safe spaces for physical activity, and healthcare resources.

Paragraph two:

According to the Week 1 Practicum Project Health Promotion Topics and Resources document, obesity is recognized as a significant health concern by various professional organizations such as the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). These organizations emphasize the importance of addressing obesity through comprehensive strategies that include promoting healthy eating habits, increasing physical activity opportunities, and creating supportive environments. For instance, the CDC highlights the role of



community-based interventions in reducing obesity rates by implementing policies and programs aimed at improving access to nutritious foods and encouraging active living (CDC, 2020). Furthermore, a study by Wang et al. (2020) emphasizes the multifaceted nature of obesity prevention efforts and underscores the need for collaborative approaches involving healthcare providers, policymakers, educators, and community leaders.

Paragraph three:

The social determinants of health significantly impact obesity rates in my community. One example is the availability and affordability of healthy food options. In lower-income neighborhoods, there is often limited access to grocery stores that offer fresh produce and whole foods, leading residents to rely on convenience stores and fast food outlets, which tend to offer calorie-dense but nutrient-poor options. Additionally, the built environment plays a role in shaping physical activity levels. For instance, neighborhoods with inadequate sidewalks, parks, and recreational facilities may discourage outdoor activities and contribute to sedentary lifestyles, thereby increasing the risk of obesity (Sallis et al., 2016).

References:

Centers for Disease Control and Prevention. (2020). Obesity Prevention. Retrieved from <https://www.cdc.gov/obesity/index.html>
Wang, Y., Cai, L., Wu, Y., Wilson, R. F., Weston, C., Fawole, O., ... & Segal, J. (2020). What childhood obesity prevention programmes work? A systematic review and meta-analysis. *Obesity Reviews*, 16(7), 547-565.

Sallis, J. F., Floyd, M. F., Rodríguez, D. A., & Saelens, B. E. (2012). Role of built environments in physical activity, obesity, and cardiovascular disease. *Circulation*, 125(5), 729-737.

Step-by-step explanation

Certainly! Let's delve deeper into each paragraph:

Paragraph one:

In this paragraph, I introduced the topic of obesity prevention as the focus of my Practicum Project. I explained why I chose this topic by highlighting its prevalence and impact on the health of individuals in my community. I mentioned that I came to this conclusion through local health reports and data analysis, which showed a rising trend in obesity rates and its associated health complications. Additionally, I pointed out the influence of socioeconomic factors, such as limited access to healthy food options and healthcare resources, in contributing to the prevalence of obesity within certain demographics of my community.

Paragraph two:

Here, I discussed why obesity is recognized as a significant health concern by professional organizations like the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). I cited the Week 1 Practicum Project Health Promotion Topics and Resources document, which highlights the importance of addressing obesity through comprehensive strategies. I provided an example of the CDC's emphasis on community-based interventions to reduce obesity rates. Furthermore, I referenced a scholarly source by Wang et al. (2020) to support the multifaceted nature of obesity prevention efforts and the need for collaborative approaches involving various stakeholders.

Paragraph three:

In this paragraph, I explored how social determinants of health impact obesity rates in my community. I provided examples, such as the availability and affordability of healthy food options and the built environment, to illustrate these impacts. I explained how limited access to nutritious foods and environments that discourage physical activity contribute to higher obesity rates, particularly in lower-income neighborhoods. By incorporating these examples, I demonstrated the interconnectedness between social factors and health outcomes related to obesity.