

heart disease and stoke

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COMBSATING AND PREVENTION OF CORDIOVASCULAR DISEASES

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Combating and preventing Cardiovascular Diseases

Do away with heart diseases and stroke program

Background

Heart disease and stroke, the major components of cardiovascular disease, are a crucial cause of death worldwide and a leading foundation of disabilities, projected to cause billions of money to a country's economy (Hackshaw et al., 2018). Over the coming years, it is predicted that these cases will increase sharply primarily because of the current disease burden, growing inconsistencies among specific populations, and recent trends in people's lifestyles. While cardiovascular diseases are a worldwide cause of worry, the United States of America is one of the continents with the highest number of reported cases of these diseases (Benjamin et al., 2018). More than an estimated 800,000 ³Americans die of heart disease and stroke, or other cardiovascular diseases annually, forming one-third of all deaths experienced in the country.

Many risk factors bring about heart disease and stroke. Some of the leading risk factors for these cardiovascular diseases include physical inactivity, high low-density lipoprotein cholesterol, and abuse of drugs such as tobacco and alcohol, and passive smoking (Chokwijitkul et al., 2018). Besides, high blood pressure, overweight, and obesity, and unhealthy diet are also ²key risk factors of heart disease and stroke. Different hereditary factors and conditions such as diabetes increase the vulnerability to cardiovascular diseases. Fortunately, the CDC and the American Medical Association, among many other diverse groups, are working tirelessly to combat the ²risk factors for heart disease and eradicate health differences through community and health systems interferences.

Heart disease and stroke is a significant cause of worry for us in the US as it has led to a large number of deaths and greatly affected our economy. While these cardiovascular diseases are prevalent everywhere in the US, my report will mainly focus on combating heart disease and stroke in Oklahoma. According to the data from Kaiser Family Foundation, Oklahoma has the highest reported mortality rate linked to heart disease and stroke. In 2014, research done showed that heart disease was a chief cause of death in Oklahoma, accounting for 1 in 4 deaths experienced.

Heart disease and stroke have many negative impacts on a person and a country as a whole. It causes deaths reducing the labor force for a country and government revenue. Also, these cardiovascular diseases cause permanent disability among working-age adults, thus reducing the workforce hence decreasing a country's productivity (Coyne, Duncan & Hall, 2021). The government has to invest a lot of money to deal with these diseases leading to an increase in tax rates which may eventually lead to an economy's inflation (Zou et al., 2020). They experience financial challenges since heart disease and stroke is the most expensive health conditions to treat. Also, the loss of loved ones to these diseases comes with many heartbreaks, stress, and frustration to family members.

The good news is that these conditions are preventable and controllable. Tommy G. Thompson, the secretary of Health and Human Services, expressed in the publication, the Steps to a Healthier US, that the lasting solution for the healthcare crisis of our nation is through prevention (Felipe, 2019). Even though heart disease and stroke have proven to be pandemic and have claimed many lives, it is possible to take measures to help prevent, control, and combat these diseases. By that, if people were to watch on their weight, control their blood pressure, do a lot of exercises, eat healthily, and avoid smoking, among many other things, we will be able to

defeat these diseases. Further, if more awareness is made on cardiovascular diseases, it would be easier to combat them since it is impossible to fight what you know nothing about (Vaughan et al., 2021).

Population:

The main target population for my project, Do away with Heart Disease, and Stroke are the middle-aged people, the elderly old sixty-five years and above, and children born to parents with these cardiovascular disorders in the state of Oklahoma. Besides, it will also target tobacco smokers and alcoholics. The main reason for this is because these are the people who are most vulnerable to heart disease and stroke.

Rationale:

Heart disease and stroke have become a source of global stress due to its reported death rate and the economic effects that it causes to a nation as a whole. The debilitating effects of these cardiovascular disorders are often seen in the elderly, tobacco and alcohol abusers, the middle-aged, and children born of parents with these diseases. An individual's risk factor usually determines the rate of progression of these CVDs. Total heart disease and stroke risk usually depend on a person's risk factor profile: age, hereditary, and sex. Research has found that cardiovascular diseases such as heart disease and stroke are more prominent in men than in women (Nowbar et al., 2019).

However, early diagnosis, sustained lifestyle interventions, and drug treatment where necessary are vital in the prevention and reduction of heart disease events and stroke, especially among people with a high-risk factor of getting these cardiovascular diseases. Besides, it also helps to reduce disability, indisposition, and mortality rate of heart disease and stroke. One major

cause of increased events of CVDs is ignorance and lack of knowledge about an individual's risk factors. Thus, frequent screening by clinicians should be encouraged so that one is made away of his or her risk factors such as blood pressure, irregular blood lipids, hereditary factors, among others (Richards et al., 2017). Early prediction of an individual's risk factor is beneficial in determining prevention methods for stroke and heart diseases and making a clinical decision on the intensity of prevention interferences. Apart from determining an individual's risk factor, people must be aware of other practices that may make them vulnerable to heart disease and strokes (Kaptoge et al., 2019). These include abuse of tobacco, lack of exercise, inappropriate diet, and failure to watch weight, to mention a few.

My proposed project called Do Away with Heart Disease and Stroke will work in association with community programs, parents whose children have a high risk of CVDs. Health clinics, recreational departments, fitness instructors, government professionals, transport departments, schools, and volunteer clinicians and scientists will also be needed. Also, I will work with different organizations that are steered towards the prevention of CVDs, such as the Center for Disease Control (CDC), American Heart Association, National Institute of Health, and World Health Organization, among other groups. This program will create awareness about heart disease and stroke and provide free screening for risk factors. It will also educate people about standard unhealthy practices that may make an individual vulnerable to heart diseases. Further, various activities will help in the attainment of low blood pressure and weight control. At the end of the project, there should be fewer cases of heart disease and stroke in Oklahoma, people should have adopted healthy practices that help in the prevention of CDCs, and at least everyone should be aware of their risk factors.

Model/theories:

1. Risk Stratification Model (RSM): This model will help determine ⁵ the risk factors of attaining heart disease and stroke of the target population. The screening will be done on each individual to see their probability of being a victim of these cardiovascular diseases. The prediction of individuals' risk factors will help determine the intensity of preventive measures to be used or whether drugs need to be administered.
2. The Trans hypothetical Model (THM): This model will encourage the active participation of the target group in the various health and fitness activities organized. It will also create awareness of the different practices and lifestyles that increase the vulnerability of heart disease and stroke.

Measures:

During the project's execution, I will do screening on the target population with the help of health practitioners, clinicians, and doctors to determine the risk factors of individuals to attaining heart disease and stroke. I will also use qualitative measures to obtain the numerical data needed to calculate an individual's mass index after measuring the BMI of each individual ³ according to the Centers for Disease Control and Prevention guidelines. This is because obesity and overweight are among the leading causes of heart disease and stroke. Further, I will do a qualitative analysis by giving the target population survey questions on these cardiovascular diseases and interviewing them. The ultimate measure would be promoting awareness of heart disease and stroke, making individuals aware of their risk factors, and coming up with appropriate prevention measures for these diseases.

Mission statement:

This project aims to provide a long-term solution for preventing and dealing with heart disease and stroke through progressively effective prevention actions to have a healthy nation.

Goals:

- To promote awareness about practices that increase vulnerability to heart disease and stroke.
- To make people aware of their risk factors for cardiovascular diseases.
- To promote healthy practices and lifestyles that reduce the risk of getting heart disease and stroke.
- To increase the participation of people, especially the elderly, in fitness activities.

Objectives:

- At the end of the project, we should significantly reduce the mortality rate in Oklahoma due to heart disease and stroke.
- By 2030, at least three-quarters of the Oklahoma population should be well aware of their risk factors for cardiovascular diseases.
- All schools and care facilities should have incorporated fitness activities into their curriculum.
- By 2020, people should have learned healthy practices and lead healthy lifestyles.

Health Education Strategies:

I will use the following health education strategies:

- During the seminar held at the beginning of the year, magazines and handouts containing information about cardiovascular diseases should have been published and given to each one of the target population.
- Work with the World Health Organization, clinicians, and volunteer health practitioners to screen the target population to determine their risk factors for heart disease and stroke.
- Have fitness instructors in every school and care facilities for the elderly to help in fitness activities for the target population
- Send information about the project to everyone via electronic media to have a higher number of participants.

Resources:

Workforce: We will need health professionals from the World Health Organization, American Heart Association, and National Institute of Health to act as an advisory committee and help in making a clinical decision on the intensity of prevention interventions that should be used. Clinicians and doctors will also help carry out screening sessions.

A plan: A plan will help determine how the seminars will be held and how we will incorporate our fitness program into the school curriculum and care homes' timetables. We will also need to know how we will hold awareness campaigns and do the screening.

Equipment: WE will need tables, chairs, computers, microphones, printers, and weight measures. Besides, we will also need cotton, syringes, gloves, and disinfectants for screening.

Financial resource: Different volunteer organizations and government officials will finance the program. We will also arrange fundraising campaigns and publish some books on cardiovascular

diseases, selling, and getting money. The publication of the books will be sponsored by some companies that we partnered with.

Marketing strategies:

The marketing strategy will include products where we will give out free journals and newspaper articles that focus on knowledge of heart disease and stroke. There will also be some published books on different cardiovascular diseases that will be sold to raise funds. There will also be a gift voucher for everyone who goes for screening sessions, skipping ropes, balls, and other equipment for fitness activities. Free swimming lessons will also be offered for the whole target group. The screening sessions will be made free of charge to increase the turnout as people mostly enjoy free things. Further, we will partner with different schools and locations within Oklahoma that can hold many people. Finally, to make my project vastly known, we will use electronic media such as Facebook, Twitter announcements, among others.

Timeline for implementation:

The project is to follow a specific timeline for the implementation of all its programs. Screening should be done to the target population every year, and awareness campaigns are done each month. The following is the timeline that the events should follow:

- January: All the target population and the partnering organizations should have been identified.
- February: The first seminar should be carried out exact date to be determined later.
- June: Everyone should be screened to determine their risk factors for heart disease and stroke.

- August: Summer sessions giving the target population time for fitness activities, including swimming lessons.
- December: Holiday periods where people can meet for fun activities and awareness campaigns.

Evaluation of program:

To assess the program's success, different evaluations will be done. These include formative evaluations, where we will assess the strategies taken before starting the project, summative evaluations that will look at the effectiveness of the project. If it is determined that the project failed to meet the required outcomes, we will change the approach taken for the project. Further, we will also do an impact evaluation to determine the effects the project has had on the targeted group and know whether there have been any positive or negative consequences. Finally, we will do an outcome evaluation to know the overall results of the project and if we have managed to combat heart disease and stroke threats.

Personal reflection:

As a Health and Wellness consultant, this project meant a lot to me. Having worked in this profession for a long time, I have seen many people lose their lives due to heart disease and stroke, mainly due to a lack of awareness on preventive measures for the disease and leading unhealthy lifestyles. I have also seen how families are left hopeless and frustrated due to the loss of loved ones and an overall effect on our country's economy due to heavy expenses involved in treating these diseases and losing labor force to deaths. I know that to have a healthy future and generation, prevention is better than cure, and that's why I initiated this project.

This project deals with different approaches to combating and preventing cardiovascular diseases. It creates awareness and teaches a healthy lifestyle. If the project strategies are followed to the latter, we will have a healthy nation where heart disease and stroke will no longer be a threat. I hope that in the future, the project will be able to extend to other continents and not just Oklahoma because cardiovascular diseases have threatened lives worldwide. We need to save the lives lost to heart disease and stroke.

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