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by Report Report

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Health Models

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Health Models

Community Wellness Model

Community wellness is classified as a community health model. It is a process-oriented system that incorporates a community-based approach to health problems (Pitas et al., 2021). It seeks to bring together members of the community to collectively identify the health needs, create effective strategies to curb the issues, and implement the strategies together to provide the best solutions. As a result of this model, community infrastructure has become more robust. In addition, the model facilitates the development of human capital and creates good community leadership, which improves the general social well-being.

Internal Reference

Pitas, N. A., Mowen, A. J., & Powers, S. L. (2021). Person-place relationships, social capital, and health outcomes at a nonprofit community wellness center. *Journal of Leisure Research*, 52(2), 247-264.

HEALTHY PLAN-IT (CDC, 2000)

This is a community-based model. The model represents a 2000 national strategy aimed to improve the wellness of all united states citizens (CDC, 2021). It would work through engineering changes in environmental factors and changing people's lifestyles. HEALTHY PLAN-IT had three main objectives; increasing life healthy span, reducing health disparities in the country, and succeeding in providing accessible preventive services for all united states citizens.

Internal Reference

Centers for Disease Control and Prevention (CDC). (2021). Healthy People 2000 Review.

<https://www.cdc.gov/nchs/pressroom/96facts/hp2knchs.htm>

Healthy Communities and/or Healthy Cities and/or Healthy People in Healthy Communities (USDHHS)

The healthy cities model requires all community members to participate in creating a healthy society (Alley et al., 2016). Therefore, this model qualifies to be a community model. It is a theoretical structure for a collaborative process through which community members work together to create healthy communities. It advocates for an all-inclusive social- approach as the only effective method in addressing health problems. The social health and development determinants play a crucial role in ensuring the success of this model. Issues like social justice, a stable ecosystem, equity, shelter, income, food, and peace are vital aspects targeted by the community when adopting this model.

Internal Reference

Alley, D. E., Asomugha, C. N., Conway, P. H., & Sanghavi, D. M. (2016). Accountable health communities—addressing social needs through Medicare and Medicaid. *N Engl J Med*, 374(1), 8-11.

MAPP Mobilizing for Action through Planning and Partnerships (MAPP) by National Association of County and City Health Officials

This model is categorized as a community-driven process that seeks to plan for the improvement of community health (Allee, 2017). Public health leaders run it to help the community incorporate strategic thinking to make issues of public health a priority and identify the necessary resources to deal with them. The key to its success is in the establishment of partnerships and gaining insight into the community's perspectives.

Internal Reference

Allee, M. K. (2017, November). Mobilizing for Action through Planning and Partnerships (MAPP): An approach to resilience. In *APHA 2017 Annual Meeting & Expo (Nov. 4-Nov. 8)*. American Public Health Association.

MATCH Multilevel Approach to Community Health by Simons-Morton, Simons-Morton, Parcel & Bunker, 1988

The model is classified as an intrapersonal, interpersonal, and community health model. It displays the ecological levels while incorporating actions to plan, implement, and evaluate the community organization process (Merlo et al., 2019). This intervention model influences health at three levels, including the personal, community, and governmental levels. Each of the model's phases encompasses various parts that allow the model to adapt and be flexible depending on the targeted population.

Internal Reference

Merlo, J., Wagner, P., & Leckie, G. (2019). A simple multilevel approach for analyzing geographical inequalities in public health reports: the case of municipality differences in obesity. *Health & place*, 58, 102145.

References

- Allee, M. K. (2017, November). Mobilizing for Action through Planning and Partnerships (MAPP): An approach to resilience. In *APHA 2017 Annual Meeting & Expo (Nov. 4-Nov. 8)*. American Public Health Association.
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