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Community Health Education Proposal

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Community Health Education Proposal

Health education in the community plays a crucial role in improving individuals' quality of life, promoting health, and avoiding diseases in the community. Therefore, community members can change their health status and behaviors through learning the essentials of enhancing their well-being. The topic of my health education proposal is unintended pregnancies. The reason for selecting the subject is the significant increase in the number of women having unintended pregnancies every year. According to Finer & Zolna (2016), argued that almost five percent of the reproductive-aged women have an intended pregnancy, also, based on the United States 2011 data, nearly 45 percent of six million pregnancies that year were unintended. Therefore, this makes the issue a problem in the communities and thus essential in educating the community on how they can avoid accidental pregnancies.

I will use secondary and primary data to support my choice, by reviewing information from different healthcare providers in society and other literature. Information obtained from the works of literature will prove that unintended pregnancies do not affect only one place and get the gap in community health education. Many literature pieces have explained some of the education programs utilized in the community and present if there were successful or failed. Therefore, this will help in identifying the programs that need to be implemented. Also, the nearby health facilities' information will present the areas with increased cases of unplanned pregnancies, which will ensure the proposal has focused on providing education in the areas effectively.

Moreover, health status and associated behaviors are dependent on specific policies, ecological and personal stimuli. Therefore, through community programs and education, individuals in society can have a substantial effect in enhancing the community's well-being. The

community health education program is essential in it allows countries such as the United States to achieve healthy people objectives in the country. Besides, the programs provide individuals with health insights and prevention strategies that will improve health outcomes over the years. The community education of unplanned pregnancies is intended to utilize techniques outside the traditional healthcare settings. Therefore, it can reach people in academic institutions, healthcare organizations, workplaces, and communities in general. deThis will allow the information to get as many people as possible by utilizing the present social structures.

Community health nurse plays a critical role in health education. Community nurses are individuals that have more contact with the community. Thus, they can ensure affordable treatment is attained in the community and are involved in vigorous education to the community where they work on health problems that allow them to stay in a healthy ecology that stop illness. Scott et al. (2018), argue that it is the responsibility of community nurses to visit homes and deliver care and health education to the patients concerning illness management and palliative care. This process is essential in providing nurses with a chance to realize their patient's lifestyles and educate them on good living to enhance their health. Also, patients' advice allows them to stay away from admission at healthcare facilities, hence decreasing the population in hospitals and reduced medical bills. Another work for community nurses is arranging training sessions that are safe, effective, and entertaining events. The activities will allow participants to learn fundamental strategies on preventing unplanned pregnancy such as the use of contraceptives, managing medication planning, enhancing health, diet and exercise. Community nurses can provide the underprivileged individuals with personalized education such as encouraging wellness among the old and handling physically challenged persons.

References

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