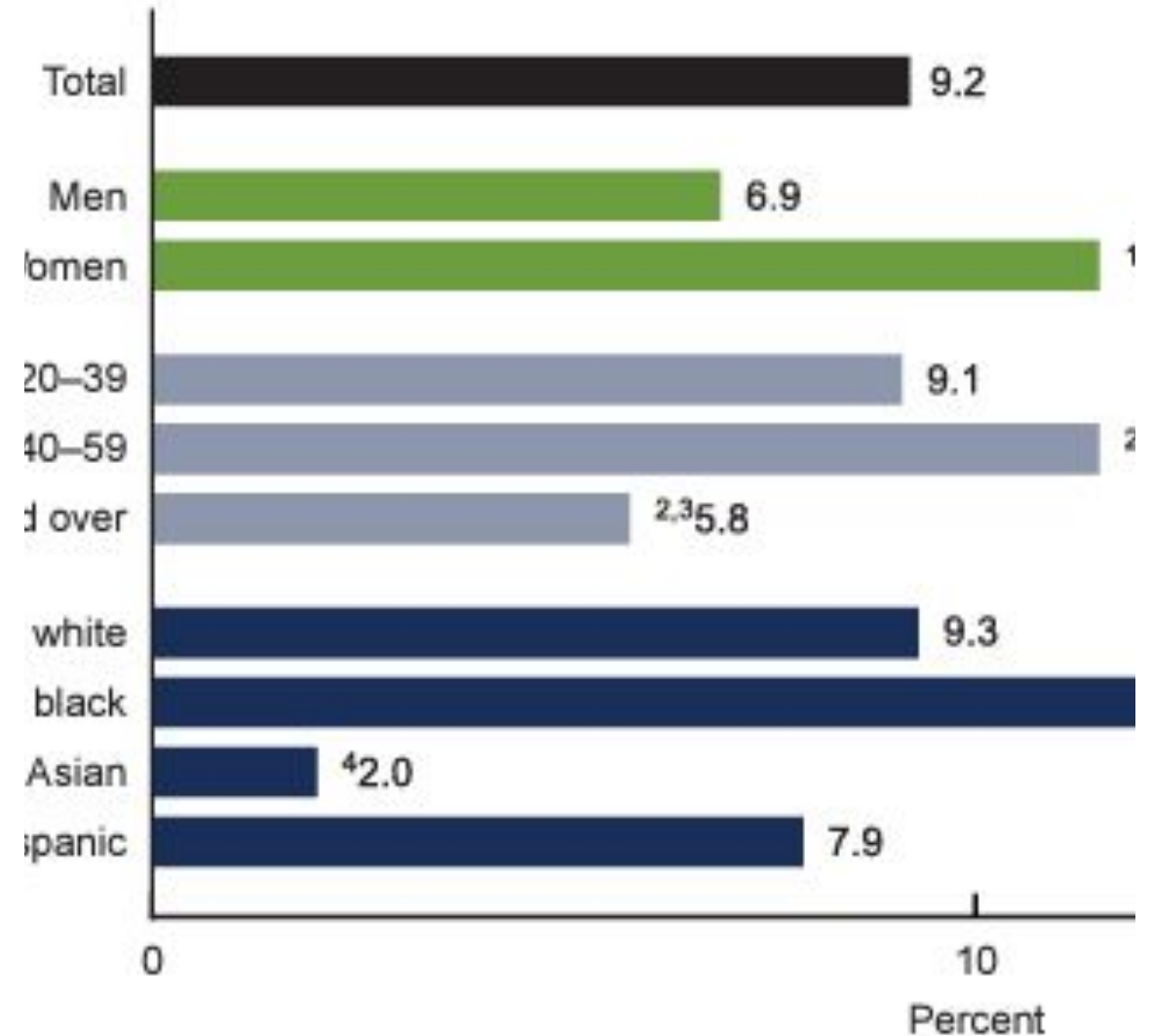


Evidence-Based Population Health Improvement Plan - Obesity in African American Community

Student Name
Capella University
NURS-FPX6011
Prof.
March, 2023

Introduction – Obesity in African American

1. Approximately 47% of African American adults are obese, compared to 38% of the general population.
2. Social determinants of health contribute to obesity risk factors among African Americans.
3. Obesity is linked to an increased chance of acquiring a number of illnesses and can contribute to psychological issues.
4. Health disparities and higher rates of chronic diseases in the African American community make the health outcomes more significant.



Community Demographic, Epidemiological, and Environmental Data

Obesity is a significant public health concern in the US, and African Americans are disproportionately affected.



Factors such as socioeconomic disadvantages in African American communities have been identified as contributors to this problem.



Environmental factors such as inadequate access to physical activity, unavailability of healthy eating options, and exposure to air pollution can contribute to higher rates of obesity



To address obesity in this population, effective strategies must be developed, including

Ethical Health Improvement Plan

- The African American Collaborative Obesity Research Network (AACORN)
- AACORN focuses on conducting in-depth research on environmental, cultural, and biological factors contributing to obesity in the AA community.
- It contributes to the development of evidence-based interventions that can address the unique needs of the African American community, leading to more effective obesity prevention and treatment strategies.



Criteria to Evaluate Achievement of Plan Outcomes

- The Care Continuum Alliance (CCA) model is an evidence-based strategy, emphasizes on a patient-centered approach to healthcare and proactive health promotion programs.
- Incorporating the key components of the CCA model into population health improvement programs can ensure that they are effective, measurable, and culturally appropriate.
- Evaluating the impact of these programs on known population health disparities is crucial and can be tracked using various metrics.



Relevance and Value



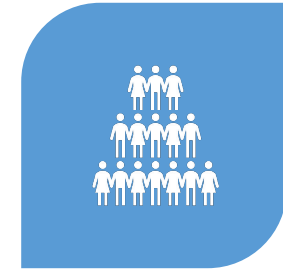
AACORN – A RESEARCH
NETWORK



MULTIDISCIPLINARY
TEAM OF EXPERTS



COLLABORATION
BETWEEN AACORN
AND THE CDC



COMMUNITY-BASED
APPROACH,

Strategies for Communicating with Community Stakeholders



Effective communication
among stakeholders

Communication barriers

Strategies to remove
communication barriers

Plain language

Visual aids



Conclusion

The issue of obesity among African Americans is a major health problem, emphasizing the impact on public health due to social determinants of health such as limited access to healthy food options, inadequate physical activity, and environmental factors. The AACORN is highlighted as an organization that contributes to the development of evidence-based interventions to reduce obesity rates among African Americans through culturally sensitive and community-specific interventions.

References

- Acciai, F., DeWeese, R. S., Yedidia, M. J., Lloyd, K., Tulloch, D., DeLia, D., & Ohri-Vachaspati, P. (2022). Differential Associations Between Changes in Food Environment and Changes in BMI Among Adults Living in Urban, Low-Income Communities. *The Journal of Nutrition*, 152(11), 2582-2590. <https://doi.org/10.1093/jn/nxac186>
- Bogard, J., Lindquist, R., & Rehayem, M. (2019). Partnering to Tackle the Obesity Epidemic: How Employers are Rethinking Obesity to Better Address Care, Treatment, and Engagement with Their Employees. *NAM perspectives*, 2019. <https://doi.org/10.31478/201906a>
- Chukwudozie, O. S., Onyenekwu, C. P., Okafor, C. I., & Anyaehie, U. B. (2021). A systematic review of community-based interventions to reduce obesity among African Americans. *Journal of Community Health*, 46(1), 73-84. <https://doi.org/10.1007/s10900-020-00882-2>
- Grosicki, G. J., Bunsawat, K., Jeong, S., & Robinson, A. T. (2022). Racial and ethnic disparities in cardiometabolic disease and COVID-19 outcomes in white, Black/African American, and latinx populations: Social determinants of health. *Progress in Cardiovascular Diseases*. <https://doi.org/10.1016/j.pcad.2022.04.004>
- Hales, C. M., Carroll, M. D., Fryar, C. D., & Ogden, C. L. (2020). Prevalence of Obesity and Severe Obesity Among Adults: United States, 2017-2018. *NCHS Data Brief*, (360), 1-8. <https://pubmed.ncbi.nlm.nih.gov/32487284/>
- Hennessy, M., Byrne, M., Laws, R., Mc Sharry, J., O'Malley, G., & Heary, C. (2019). Childhood obesity prevention: priority areas for future research and barriers and facilitators to knowledge translation, coproduced using the nominal group technique. *Translational Behavioral Medicine*, 9(4), 759-767. <https://doi.org/10.1093/tbm/iby074>
- Howard, E. R. (2020). *The Effectiveness of the American Health Association Self-Management Program in Reducing High Blood Pressure in African Americans* (Doctoral dissertation, Grand Canyon University). <https://www.proquest.com/openview/d4dccbb1854295ab2f1de0679854f7de/1?pq-origsite=gscholar&cbl=18750&diss=y>
- Janssen, J. A. (2021). Hyperinsulinemia and its pivotal role in aging, obesity, type 2 diabetes, cardiovascular disease and cancer. *International Journal of Molecular Sciences*, 22(15), 7797. <https://doi.org/10.3390/ijms22157797>
- Mackey, E. R., Burton, E. T., Cadieux, A., Getzoff, E., Santos, M., Ward, W., & Beck, A. R. (2022). Addressing structural racism is critical for ameliorating the childhood obesity epidemic in black youth. *Childhood Obesity*, 18(2), 75-83. <https://doi.org/10.1089/chi.2021.0153>
- McGregor, B., Belton, A., Henry, T. L., Wrenn, G., & Holden, K. B. (2019). Improving behavioral health equity through cultural competence training of health care providers. *Ethnicity & disease*, 29(Suppl 2), 359. <https://doi.org/10.18865/ed.29.s2.359>
- Nutbeam, D., & Lloyd, J. E. (2021). Understanding and responding to health literacy as a social determinant of health. *Annu Rev Public Health*, 42(1), 159-73. <https://doi.org/10.1146/annurev-publhealth-090419-102529>

References

- Oyer, R. A., Hurley, P., Boehmer, L., Bruinooge, S. S., Levit, K., Barrett, N., ... & Pierce, L. J. (2022). Increasing racial and ethnic diversity in cancer clinical trials: an American Society of Clinical Oncology and Association of Community Cancer Centers joint research statement. *Journal of Clinical Oncology*, 40(19), 2163-2171. <https://doi.org/10.1200/jco.22.00754>
- Sadaf, A. (2023). The role of built environment, personal, religious, cultural, and socioeconomic factors in increasing overweight and obesity rate in women vs men: a case study of Karachi, Pakistan. *Cities & Health*, 1-14. <https://doi.org/10.1080/23748834.2022.2155290>
- Seixas, A. A., Moore, J., Chung, A., Robbins, R., Grandner, M., Rogers, A., ... & Jean-Louis, G. (2020). Benefits of community-based approaches in assessing and addressing sleep health and sleep-related cardiovascular disease risk: a precision and personalized population health approach. *Current Hypertension Reports*, 22, 1-18. <https://doi.org/10.1007/s11906-020-01051-3>
- Sepulveda, A. R., Solano, S., Blanco, M., Lacruz, T., & Veiga, O. (2020). Feasibility, acceptability, and effectiveness of a multidisciplinary intervention in childhood obesity from primary care: Nutrition, physical activity, emotional regulation, and family. *European Eating Disorders Review*, 28(2), 184-198. <https://doi.org/10.1002/erv.2702>
- Schubbe, D., Scalia, P., Yen, R. W., Saunders, C. H., Cohen, S., Elwyn, G., ... & Durand, M. A. (2020). Using pictures to convey health information: A systematic review and meta-analysis of the effects on patient and consumer health behaviors and outcomes. *Patient education and counseling*, 103(10), 1935-1960. <https://doi.org/10.1016/j.pec.2020.04.010>
- Thorndike, A. L., Yetman, H. E., Thorndike, A. N., Jeffrys, M., & Rowe, M. (2022). Unmet health needs and barriers to health care among people experiencing homelessness in San Francisco's Mission District: A qualitative study. *BMC public health*, 22(1), 1-8. <https://doi.org/10.1186/s12889-022-13499-w>
- Wang, Z., Dang, J., Zhang, X., Moore, J. B., & Li, R. (2021). Assessing the relationship between weight stigma, stress, depression, and sleep in Chinese adolescents. *Quality of Life Research*, 30, 229-238. <https://doi.org/10.1007/s11136-020-02620-4>
- Westfall, J. M., Roper, R., Gaglioti, A., & Nease Jr, D. E. (2019). Practice-based research networks: strategic opportunities to advance implementation research for health equity. *Ethnicity & disease*, 29(Suppl 1), 113. <https://doi.org/10.18865/ed.29.s1.113>