



NR-222 HEALTH AND WELLNESS

REQUIRED UNIFORM ASSIGNMENT: HEALTH PROMOTION PROJECT

PURPOSE

To apply concepts you have learned about health promotion concepts and strategies, enhance your written communication skills, and demonstrate a beginning understanding of cultural competency.

COURSE OUTCOMES This assignment enables the student to meet the following course outcomes.

- CO #1 Discuss the professional nurse's role in health promotion activities. (PO #1 & 2)
- CO #3 Discuss health promotion, illness prevention, health maintenance, health restoration, and rehabilitation in relation to the nurse's role in working with various populations. (PO #1 & 2)
- CO #7 Identify health promotion strategies throughout the life span. (PO #1 & 2)

DUE DATE

The Health Promotion Project (RUA) is due in Unit 5. However, refer to the Course Calendar for variations in campus requirements and details. The Late Assignment Policy applies to this assignment.

TOTAL POINTS POSSIBLE 100 Points

REQUIREMENTS

1. Identify a health problem or need for health promotion for a particular stage in the life span of a population from a specific culture in your area. Choose one of the Leading Health Indicators (LHI) priorities from Healthy People 2020 (see the Healthy People.gov 2020 Leading Health Indicators website link in the Assignment section for Unit 2 under "Web Links). **Students in a cultural concentration will use that specific cultural focus to complete this assignment.**
2. Research a topic related to health and wellness associated with one of the Healthy People 2020 topic areas. Students in a cultural concentration will use that specific cultural focus to complete this assignment.
3. Submit your topic to the instructor for approval at least 2 weeks prior to the assignment (during Unit 3) but earlier if desired. *All topics must be approved.*
4. You will develop an educational health promotion project addressing the population/culture in your area. For example, if you are in the Hispanic concentration, your project might be educational interventions to address how food choices are related to the high rates of diabetes among Latinos; or, a community project that addresses the statistic that Hispanics experience new HIV infections at more than twice the rate of whites; or, finding opportunities to intervene with Puerto Ricans, a Hispanic subculture, who suffer asthma at twice the rate of the general population (2020 LHI Topic Three: Environmental Quality: (see the Healthy People.gov 2020 Leading Health Indicators website link in the Assignment section for Unit 2 under "Web Links)).
5. **General expectations**
 - All articles must be from nursing or scholarly journals and should include health promotion and wellness content. Articles must be published within the last five (5) years. If you are unsure whether the article is appropriate, ask your instructor. You could lose significant points if the article is not from a scholarly source and/or appropriate to the topic.
 - Please ask questions if you need clarification.

PREPARING THE ASSIGNMENT

1. **Writing the Paper:** You will explore the topic and explain the information in writing a 3-4 page APA formatted paper.
 - a. Select a minimum of three (3) scholarly nursing or research article (published within the last 5 years) related to your topic that include health promotion and wellness content. Students in a cultural concentration will select at least one article specifically related to the cultural focus for this assignment. You may need to evaluate several articles before you find appropriate selections. For more information on how to choose a scholarly article, open the “Course Resources” tab under the “Course Home” Menu to the left of your Learning Studio (eCollege) course page and open “What Is a Scholarly Source.”
 - b. Write a 3-4 page paper (excluding the title and reference pages) using the following guidelines:
 - Write brief introduction of the topic and describe why it is important to health promotion in the specific cultural population in your area.
 - Include a description of the topic and the targeted sub culture or population (include statistics).
 - Explain how the project relates to the Healthy People 2020 topic area you have chosen.
 - Summarize the articles; include key points or findings from the articles.
 - Discuss how you used the information from the articles for your Health Promotion Project. Provide specific examples.
 - Describe the approach/approaches you developed to educate the target population about the topic. Include specific ways to promote lifestyle changes within the specified population relative to your specific culture. The approach should be appropriate for your cultural concentration.
 - Write your conclusion and summary.
 - c. Your paper must follow APA format. Include a title page and a reference page. Use 12-point Times New Roman font and include in-text citations (use citations whenever paraphrasing, using statistics, or quoting from the article). *Please refer to your APA manual as a guide for in-text citations and sample reference pages.*
 - d. Use TurnItIn in time to make any edits that might be necessary based on the Similarity Index prior to submitting your paper to your instructor. Consult with your instructor about the acceptable Similarity Index for this paper.

DIRECTIONS AND ASSIGNMENT CRITERIA

Assignment Criteria	Points	%	Description
Articles and Turn It In Submission	5	5%	<ul style="list-style-type: none"> • A minimum of three (3) scholarly articles is used as sources. • Articles meet criteria of being from scholarly journals and include health promotion and wellness content. Students will select at least one article specifically related to the cultural focus for this assignment. • Submitted paper to TurnItIn; Necessary/Appropriate revisions made based on originality report.
Introduction and Conclusion	15	15%	<ul style="list-style-type: none"> • Establish the purpose of the paper • Create an effective conclusion that identifies the main ideas and major support points from the body of your report. Minor details are left out.
Relate Topic to Target Population	25	25%	<ul style="list-style-type: none"> • Description of topic and targeted cultural population. • Relationship to the Healthy People 2020 topic area. • Statistics to support the significance of the topic.
Summary of Articles	20	20%	<p>Summary of articles include:</p> <ul style="list-style-type: none"> • Statistics to support the significance of the topic. • Key points and findings of the article. • Discussion of how information from the articles is used in your Health Promotion Project (give specific examples).
Health Promotion Project Discussion	25	25%	<ul style="list-style-type: none"> • Description of approaches to educate the target cultural population about the topic • Specify a culturally sensitive approach to promote lifestyle changes within the specified population.
APA Style and Format	10	10%	<p>APA Style (Writing)</p> <ul style="list-style-type: none"> • Correct use of Standard English grammar and sentence structure. • No spelling or typographical errors. • Organized around required components. • Information flows in a logical sequence that is easy for the audience to follow. <p>APA Format</p> <ul style="list-style-type: none"> • All information taken from another source, even if summarized, must be cited and listed on the Reference page using (APA 6th ed.) • Document setup: Title and Reference pages; Margins; Spacing; Use of Headers • Citations in the text and reference page.
Total	100	100	

GRADING RUBRIC

Assignment Criteria	Outstanding or Highest Level of Performance A (92–100%)	Very Good or High Level of Performance B (84–91%)	Competent or Satisfactory Level of Performance C (76–83%)	Poor, Failing or Unsatisfactory Level of Performance F (0–75%)
Articles and Turn It In Submission 5	<ul style="list-style-type: none"> • A minimum of three (3) scholarly articles are used as sources. • Articles meets criteria of being from scholarly journals, includes health promotion and wellness content, and are current (published within the past 5 years). • At least one article is related to your chosen cultural group. • TurnItIn is used prior to submitting paper to instructor for grading. Necessary/Appropriate revisions made based on originality report. <p>Note: This criterion is “all or nothing.” If you meet all of the criteria for the article and use TurnItIn, you will earn 5 points.</p> <p style="text-align: center;">5 points</p>	Article does not meet all criteria. Or TurnItIn is not used. <p style="text-align: center;">0 points</p>		
Introduction and Conclusion 15	Introduction establishes the purpose of the paper and stimulates the reader’s interest. AND The main ideas and major support points from the body of the paper are presented in the conclusion. <p style="text-align: center;">14-15 points</p>	Introduction establishes the purpose of the paper. AND The main ideas and major support points from the body of the paper are presented in the conclusion. <p style="text-align: center;">13 points</p>	The introduction and conclusion provide very general information related to the topic of the paper. <p style="text-align: center;">12 points</p>	The introduction and/or conclusion are vague, does not relate to the topic, and/or not evident. <p style="text-align: center;">0-11 points</p>
Relate Topic to Target Population 25	Thoroughly covers all required elements; Demonstrates excellent understanding of health promotion concepts and applied them consistently. Required elements are: <ul style="list-style-type: none"> • Description of topic and target cultural population. • Relationship to the Healthy People 2020 topic area. 	Generally covers all required elements; Demonstrates general/basic understanding of health promotion concepts and applied them consistently. Required elements are: <ul style="list-style-type: none"> • Description of topic and target cultural population. • Relationship to the Healthy People 2020 topic area. 	Generally covers all required elements; Demonstrates limited understanding of health promotion concepts and/or did not apply the concepts consistently. Required elements are: <ul style="list-style-type: none"> • Description of topic and target cultural population. • Relationship to the Healthy People 2020 topic area. 	Missing some of the required elements; Demonstrates very limited understanding of health promotion concepts and/or did not apply the concepts consistently or inappropriately. Required elements are: <ul style="list-style-type: none"> • Description of topic and target cultural population.

	<ul style="list-style-type: none"> Statistics to support the significance of the topic. <p>23-25 points</p>	<ul style="list-style-type: none"> Statistics to support the significance of the topic. <p>21-22 points</p>	<ul style="list-style-type: none"> Statistics to support the significance of the topic. <p>19-20 points</p>	<ul style="list-style-type: none"> Relationship to the Healthy People 2020 topic area. Statistics to support the significance of the topic. <p>0-18 points</p>
Summary of Articles 20	<p>Summary of articles includes:</p> <ul style="list-style-type: none"> All key points and findings from the articles. Comprehensive discussion of how information from the articles is used in the Health Promotion Project with several specific examples provided. <p>19-20 points</p>	<ul style="list-style-type: none"> Most key points and findings from the articles are included. Discussion of how information from the articles is used in the Health Promotion Project included with specific examples provided. <p>17-18 points</p>	<ul style="list-style-type: none"> Some key points and findings of the article are missing. Limited discussion of how information from the articles is used in the Health Promotion Project. Examples included, but very general/not specific. <p>16 points</p>	<ul style="list-style-type: none"> Little understanding of the key points of the articles demonstrated. <p>OR</p> <ul style="list-style-type: none"> Discussion of how information from the article could be used in your Health Promotion Project not included. <p>0-15 points</p>
Health Promotion Project Discussion 25	<p>Thoroughly covers all required elements; Demonstrates excellent understanding of health promotion strategies and applied them consistently.</p> <p>Required elements are:</p> <ul style="list-style-type: none"> Description of approaches to educate the target population about the topic Specific ways to promote lifestyle changes within the specified population. <p>23-25 points</p>	<p>Generally covers all required elements; Demonstrates general/basic understanding of health promotion strategies and applied them consistently.</p> <p>Required elements are:</p> <ul style="list-style-type: none"> Description of approaches to educate the target population about the topic Specific ways to promote lifestyle changes within the specified population. <p>21-22 points</p>	<p>Generally covers all required elements; Demonstrates limited understanding of health promotion strategies and/or did not apply the concepts consistently.</p> <p>Required elements are:</p> <ul style="list-style-type: none"> Description of approaches to educate the target population about the topic Specific ways to promote lifestyle changes within the specified population. <p>19-20 points</p>	<p>Missing some of the required elements; Demonstrates very limited understanding of health promotion strategies and/or did not apply the concepts consistently or inappropriately.</p> <p>Required elements are:</p> <ul style="list-style-type: none"> Description of approaches to educate the target population about the topic Specific ways to promote lifestyle changes within the specified population. <p>0-18 points</p>
APA Style and Format	<p>APA Style (Writing)</p> <ul style="list-style-type: none"> Correct use of Standard English grammar, paragraph, and sentence structure. No spelling or typographical errors. 	<p>APA Style (Writing)</p> <ul style="list-style-type: none"> One to three minor errors in use of Standard English grammar, paragraph, and sentence structure. 	<p>APA Style (Writing)</p> <ul style="list-style-type: none"> One major error or more than four minor errors in use of Standard English grammar, paragraph, and sentence structure. 	<p>APA Style (Writing)</p> <ul style="list-style-type: none"> Language needs development. More than four spelling and/or grammar errors. Poorly organized thoughts & concepts.

<p>10</p> <ul style="list-style-type: none"> Paper is clearly organized around required components. Information flows in a logical sequence that is easy for the audience to follow. <p>APA Format</p> <ul style="list-style-type: none"> All information taken from another source, even if summarized, must be cited and listed on the Reference page using. All elements of each reference included in the correct order. Document setup includes title and reference pages in correct APA format. Correct/Appropriate use of margins, spacing, and headers. Citation of sources included in the body of the paper using correct APA format Sources cited correctly on the reference page <p>10 points</p>	<ul style="list-style-type: none"> One to two spelling or typographical errors. Paper is organized; one required component not clearly identified. <p>APA Format</p> <ul style="list-style-type: none"> All information taken from another source, even if summarized, must be cited and listed on the reference page. All elements of each reference on the reference page included. Some elements not in the correct order. Document setup includes title and reference page, with 1-2 errors in APA format. Use of margins, spacing, and headers has 1 to 2 errors. One source cited in the paper not included on the references list OR one source listed on the Reference page not cited in the paper. <p>9 points</p>	<ul style="list-style-type: none"> Three to four spelling or typographical errors. Paper is organized; one required component not clearly identified. <p>APA Format</p> <ul style="list-style-type: none"> All information taken from another source, even if summarized, must be cited. Format for citations not correct. Some references on the reference page have elements missing. Document setup includes title and reference page. Three or more errors in APA format of the title page. Use of margins, spacing, and headers has 3-4 errors. Two sources cited in the paper not included on the references list OR two or more sources listed on the Reference page not cited in the paper. <p>8 points</p>	<p>APA Format</p> <ul style="list-style-type: none"> All information taken from another source, even if summarized, must be cited. Lacks proper citations and/or does not reference sources. Document setup includes title and reference page. Three or more errors in APA format of the title page. Use of margins, spacing, and headers has more than 4 errors. Three or more sources cited in the paper not included on the references list OR three or more sources listed on the Reference page not cited in the paper. <p>0-7 points</p>
---	--	--	---

Total Points Possible = 100 points