

Risk Factors and Health Promotion

Risk Factors: -includes anything that can increase the vulnerability of an individual, family, or community to an unhealthy event. Risk factors may or may not be controllable. For example, Smoking, Blood Pressure, Weight, Cholesterol, and Stress may be controllable. While factors, such as Age, Gender, and Heredity cannot be controlled.

Some Risk Factors, to be considered in the area of health promotion includes:

1. Environment.
2. Work.
3. Socioeconomic status.
4. Education.
5. Gender.
6. Cultural influences and Spiritual beliefs.

1- Environment: -

It is defined as the context in which Humans live, Act, and Interact. It often Predisposes a person to Disease Processes. Living Conditions may Promote Illness as Crowded or Highly Contaminated. The nurse works as an Advocate to Alleviate them.

2- Work: -

Work influences Health and Illness!. Work Safety increases optimum health and wellness.

The nurse may take an active role in developing Health Education Programs for Individuals, Families, and Community and provide them routinely.

The nurse may also Collaborate with Business Owners to Provide Needed Information to Employees.

3- Socioeconomic Level: -

The Socioeconomic level of an individual influence the Affordability of Health Care and Health Promotion Activities. Persons may delay Seeking Treatment or Information due to a Lack of Money.

4- Education: -

It may influence the Level of Understanding among the Public. It must be Simple, Clear, and Understandable. Intellectual differences may Influence the Type and Length of Education.

Nurses will want to Speak at the Educational Level of their Clients.

The level of Education and Ability to Learn may influence the Success or Failure of Health Promotion.

A nurse must first Know the Audience and Recognize its Needs.

Information should be given in a Simple Terms at the Educational Level.

Often health promotion is Not Achieved because the general public does not know the Requirements for good health.

5- Gender: -

Individuals are susceptible to gender- specific health alterations.

Men experience high blood pressure and are diagnosed with diabetes more often than women. Women have a higher incidence of breast cancer. They encounter the health care system more frequency than men because of issues centered on their social definition as women, such as reproduction, childrearing, and caring for the elderly.

6- Cultural and Spiritual Influences: -

Many cultures own preset beliefs regarding health, religion, and wellness. Knowledge of various cultural beliefs will enable the nurse to prepare an appropriate teaching tool relevant to specific cultures and religions.

Cultural and spiritual differences must be recognized to enhance learning and allow for the development appropriate health prevention measures for a client.

The nurse must first understand cultural beliefs before stating reasons for intervention.