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## Effects of Heart Disease

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# HEART DISEASE IN OUR COMMUNITY

HEA 356: Health Promotion Programming Photovoice Research Project – Fall Semester 2016

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## The Problem:

- The problem I chose to address is the rise of heart disease in Calloway County.
- According to the CDC, “Heart disease is the leading cause of death and a major cause of disability in the United States. About 600,000 Americans die of heart disease annually. This represents almost 25% of all U.S. deaths.
- Some key risk factors to heart disease include high blood pressure, diabetes, smoking, genetics, ethnicity, age, and obesity.
- Heart disease is the leading cause of death among many ethnicities including Whites, African Americans, and Hispanics. It is also more prevalent in the elderly population.
- Heart disease is something that be reduced by simply exercising regularly and trying to maintain a healthy diet. We as health professionals can teach this and spread the information to the community in hopes of reducing the rising rate of heart disease.



This is a picture of construction here in Murray. Reasons why construction may cause issues with heart diseases include:

- With roads blocked off, it makes access to health care more difficult.
- Many patients may not want to get out for check-ups if they know they are going to have to take alternate routes to get there and it may take more time.

This picture is of sidewalks here in Murray specifically on campus. Reasons why these are beneficial to heart disease include:

- Exercising regularly helps to reduce heart disease
- Reducing the rising rate of obesity will help lower heart disease because obesity is a key factor in the cause of heart disease.



## Conclusions & Recommendations:

- My ultimate goal is to reduce heart disease not only in Calloway County, but also spread the work throughout other communities.
- I think we can encourage groups of people to work out together in hopes of reducing one’s chance of having heart disease.
- My main recommendation is to aim to eat healthier and work out regularly because this will be key in helping to reduce heart disease.
- Overall, this is a topic that is prevalent throughout the entire world and I believe if we work together we can reduce the number of individuals who have heart disease.

## Research Methodology:

- Photovoice is “a process that allows community members to take pictures reflecting their unique perceptions of community members to take pictures reflecting their unique perceptions of community needs and assets” (Doyle et. al, 2010).
- According to Wang & Burris (1997), photovoice is something that is used to show a communities’ weakness and strengths in hopes of improving each. If members of government, or even members of the community of higher status, are physically shown things that need improvement, things are more likely to be accomplished.

## Resources Available:

- Local Cardiologist
- Local hospital
- The CDC ([www.cdc.gov](http://www.cdc.gov))
- American Heart Association ([www.heart.org](http://www.heart.org))
- For help locally, here in Murray the best options are to go to the local cardiologist or hospital.
- For general information, the above websites offer an abundance of helpful information.

## References:

- Doyle, E. I., Ward, S. E., & Oomen-Early, J. (2010). *The Process of Community Health Education and Promotion* (2nd ed.). Long Grove, IL: Waveland Press, Inc.
- Heart Disease. (2016, September 13). Retrieved from Centers for Disease Control and Prevention: <http://www.cdc.gov/heartdisease/index.htm>
- Kurantani, D. L. G. & Lai, E. (2011). *Photovoice Literature Review*. Retrieved October 11, 2016 from University of Southern California, TEAM Lab Web site: <http://teamlab.usc.edu/Photovoice%20Literature%20Review%20%28FINAL%29.pdf>
- Wang, C. & Burris, M.A. (1997). Photovoice: Concept, Methodology, and Use for Participatory Needs Assessment. *Health Education & Behavior*, 24(3), 369-387.