NRS 425 Benchmark - Community Teaching Project - Part 1

Student Name

Program Name or Degree Name (e.g., Bachelor of Science in Psychology), University

COURSE XXX: Title of Course

Instructor Name

Month XX, 2024

Name (GCU Student)

Name of Nonprofit Organization
South Adams Senior Center https://bernein.com/member-businesses/south-adams-senior-center/

Address of Nonprofit Organization
8XX Hendricks St. Berne, Indiana

Full Name of Contact Person and Job Title
J. C. Executive director

Contact Person's Email and Phone Number

Community and Target Aggregate

- Describe the population demographic being served by this organization.

The South Adams Senior Center deals with the elderly around Berne, Indiana. The major target is individuals from the age of 60 years and above. The program targets individuals with different requirements based on their age. It caters to the needs of senior citizens, retirees, and the aged looking for leisure activities, specific support, and social interactions that are available in this organization. The services include social events, wellness and health support, meal services, exercise courses, and other supports such as transport, healthcare, and social welfare benefits.

Social Determinants of Health (SDOHs):

- Identify actual and potential SDOHs that impact the demographic served by the nonprofit organization.
- Use the following data sources or similar ones to find relevant data and identify SDOHs: 2023 County Health Rankings National Findings Report, CDC Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, and United States Census Bureau QuickFacts.

Based on the information presented by Healthy People 202, health-social determinants include an individual's learning, aging, living, working, worshiping, and playing contexts that contribute to health risks and outcomes. Various SDOHs impact the safety and quality of patient care this organization serves.

Education level is one of the SDOHs that affects the population in Indiana. Statista Research Department conducted research in 2023 and found that approximately 18% of the population aged 25 years in Indiana possessed a bachelor's degree. The majority of the population also

had high school degrees. Although Indiana tries to bridge the education gap between the US and itself, it widens as people age (Schleyer et al., 2021).

Other SDOHs include geographical location, where people in urban centers are more likely to receive quality care compared to those in rural areas. People in rural regions record higher rates of poor health (Indiana State, 2021).

The economic status of the population is the third determinant. The quality of life is dependent on the financial status of an individual. Older people from poor backgrounds have experienced challenges accessing quality care in Indiana.

Topic:

- Describe the education topic that will be relevant to provide to your identified nonprofit's community members.

The most important topic for this population served by the organization should touch on fall prevention as it remains the major issue affecting the older population. According to the CDC (2030), falls are the primary cause of death for the older population in the US and should be a topic highlighted here.

The rationale of Topic:

- Explain the reason for your choice of education topic based on your research.

The selected topic is relevant given the evidence presented on falls as the major cause of death among senior citizens in the state. According to a report by Indiana State (2016), most of the recorded injuries and deaths among the elderly are due to falls, making this topic relevant.

Healthy People 2030 (HP2030) Objectives and Measures:

- Discuss whether this topic was listed in the HP2030 Objectives and Measures.
- Explain which information on this website may be relevant to assist you with your presentation.

This topic is also highlighted in HP2030's measures and objectives. The topic aims to reduce the deaths associated with falls among the elderly. The presentation under Healthy People 2030 highlights the statistics about fall incidents and prevention which affirms the necessity of this topic.

References:

Cite a minimum of two sources in APA format to complete this assignment. Sources must be:

- Published within the past five years.
- Appropriate for the assignment criteria.
- Relevant to nursing practice.

Centers for Disease Control and Prevention (2023). *Older adult falls reported by state*. Available at: https://www.cdc.gov/falls/data/index.html

Indiana State (2021). Indiana state health assessment and improvement plan. https://www.in.gov/health/directory/office-of-the-commissioner/phpm/state-health-assessment/

Schleyer, T., Williams, L. S., Gottlieb, J. E., Weaver, C., Saysana, M., Azar, J., Sadowski, J., Frederick, C., Hui, S. L., Kara, A., Ruppert, L., Zappone, S., Bushey, M. A., Grout, R. W., & Embí, P. J. (2021). The Indiana Learning Health System Initiative: Early experience developing a collaborative, regional learning health system. *Learning Health Systems*, *5*(3). https://doi.org/10.1002/lrh2.10281

Statista Research Department (2023 *Statista*. Educational Attainment in Indiana 2021. Available at: https://www.statista.com/aboutus/our-research-commitment (Accessed: 17 February 2024).

https://nursinglance.com/