

**NRS 425 Benchmark - Community Teaching Project - Part 2**

Name

Grand Canyon University

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<b>Community Description:</b>
<ul style="list-style-type: none"> <li>Describe the community of interest (town/city/county) based on your findings from the windshield survey, the “County Health Rankings,” and “Environmental Justice Dashboard” resources.</li> </ul>
<p>The community of interest is Berne City in the state of Indiana. This city is located within the Monroe and Wabash area, south of Fort Wayne. Berne has a population of approximately 4,000 people, according to the 2020 Census. It is majorly known for its Swiss culture, and most of its population consists of Amish people who speak Bernese German. This city maintains a close-knit environment while providing diverse services and amenities to its residents. Economically, Berne is considered the "furniture capital of Indiana," with several furniture companies, such as Clauser Furniture and Yager Furniture, Inc., located in this region. Despite its size, this city benefits greatly from its closeness to major cities such as Fort Wayne, providing access to healthcare services and other economic and social prospects (City Of Berne, n.d.).</p>
<b>Positive Attributes:</b>
<ul style="list-style-type: none"> <li>Discuss one positive attribute of this community based on your assessment findings.</li> </ul>

Berne's unique culture is a positive attribute of this community. This city is known for its massive sense of cultural identity and tradition, founded on its Swiss heritage. This cultural identity is demonstrated in several facets of daily life, such as art and culture. This identity is important because it promotes a sense of unity and belonging among community members, prompting a unified community network. The Swiss heritage is profoundly entrenched in the city's economic and social aspects (City Of Berne, n.d.). For example, this culture is usually celebrated during the Swiss Days festival on the last weekend of each July. During this festival, residents and visitors celebrate Swiss art and food.

#### **Barriers or Challenges:**

- Discuss one barrier and/or challenge of this community based on your assessment findings.

The major challenge facing this community is limited access to healthcare. Specifically, although this community provides fundamental healthcare services, it does not provide specialized services, preventing residents from accessing advanced or unique health services. This issue is caused by the city's small size and location in major areas. These challenges pose considerable problems for people, particularly older adults, with intricate health needs, including chronic illnesses such as diabetes or cancer. As a result of this challenge, patients and their families are forced to travel significant distances to reach healthcare facilities providing specialized services, which is expensive. Also, restricted cases to crucial health care can result in deferred diagnosis and treatment and enhanced healthcare disparities (McMaughan et al., 2020).

#### **Opportunities:**

- Examine one area of opportunity that can be addressed through health promotion and support your recommendations with evidence.

One area of opportunity that can be addressed through health promotion in Berne is embracing healthy lifestyles and engaging in physical exercises, particularly outdoor exercises. Encouraging residents of this community to embrace healthy lifestyles is important because it will benefit their health and well-being. Since the city does not offer specialized healthcare services, health promotion of healthy lifestyles and physical exercise would minimize the risk of residents developing chronic illnesses such as diabetes and cardiovascular diseases. The American Heart Association and the American College of Sports Medicine suggest that engaging in physical exercise is important in the prevention and management of cardiovascular diseases (KANALEY et al., 2022). As a result, chronic illnesses like heart disease would be avoided, and this would prevent residents from traveling far and seeking specialized treatment for such illnesses. For example, physical exercises among community

members can be enhanced through the creation of recreation parks for biking, jogging, and yoga practice.

### References:

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

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

City Of Berne. (n.d.). *Welcome to Berne, Indiana*. City of Berne.

<https://www.cityofberne.com/>

McMaughan, D. J., Oloruntoba, O., & Smith, M. L. (2020). Socioeconomic Status and Access to Healthcare: Interrelated Drivers for Healthy Aging. *Frontiers in Public Health*, 8(231). <https://doi.org/10.3389/fpubh.2020.00231>

Kanaley, J. A., Colberg, S. R., Corcoran, M. H., Malin, S. K., Rodriguez, N. R., CRESPO, C. J., Kirwan, J. P., & Zierath, J. R. (2022). Exercise/Physical Activity in Individuals with Type 2 Diabetes: A Consensus Statement from the American College of Sports Medicine. *Medicine & Science in Sports & Exercise*, 54(2), 353–368.

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