

Coursework

Community Health Assessment and Promotion

Name

Institution

Course

Tutor

Date

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Introduction

Substance abuse is a notable prevalent health concern affecting adolescents and youths across the globe. Edmonton, Alberta, Canada, is one of the most recognizable regions with substance abuse concerns. This location is home to over 250,000 adolescents and young adults aged between 15–29 (Sorensen, 2019). Youths living in Edmonton are exposed to different kinds of drugs, the most popular ones being alcohol, tobacco, cannabis, and opioids. Adolescence is usually a unique stage that brings about multiple social, physical, and mental changes, including coping with relationships, brain development, evolving independence, and puberty. Therefore, there is a need for the health care sector to work directly with communities and provide the resources needed to reduce the prevalence of this issue.

The healthcare investigators will use open-ended web-based questionnaires to assess the community health concern. This method is highly reliable for collecting data from a large group of individuals within a short period. This method is more flexible as participants can be contacted easily and data collected without researchers spending a huge sum of money to finance the endeavor (Borgobello et al., 2019). On the flip side, however, due to no personal interaction, it is difficult for the researchers to collect valid data. Another challenge that the researchers might face is the contrast in understanding and comprehension. Even though the questions may be understandable to most respondents, some could struggle to understand some of the inquiries. It is critical to note that the respondents are members of the vulnerable population aged between 15 and 29.

Background Information

As stated earlier, adolescence and young adulthood are unique intellectual, biological, psychosocial, and intellectual development stages. This is the period when many establish their lifelong behavioral patterns and skills. It is vital to note that many in this stage fall vulnerable to substance use. For some, this use is occasional or experimental, but for a substantial minority, the use may cause devastating health and well-being impacts. Therefore, other community members need to provide the necessary support to help this group avoid indulging in activities that may hinder them from reaching their fullest potential.

Substance abuse is a major health concern in North America, specifically Canada. Many communities have failed to manage this issue effectively due to inadequate funding for age-appropriate educational services (Hop Wo et al., 2020).

Failure to address this issue may invite negative impacts on communities. For instance, substance abuse has increased crime and violence rates, housing problems, financial problems, vagrancy, and homelessness (Sorensen, 2019). Most of those homeless in Edmonton are struggling with substance use disorder.

Prevalence of the Issue

Adolescents and young adults indulge in drug use for various reasons. Also, substance use by this population is a complex, ever-changing phenomenon as illicit drugs tend to go in and out of favor as time goes by. According to recent reports, alcohol, tobacco, and cannabis are the most frequently used drugs by Canadian youth (Hop Wo et al., 2020). Canada, primarily Edmonton, ranks among the leading regions for rates of frequency and prevalence. The prevalence of substance dependence among the youth was 7% with a female to male ratio of 1:3 (Sorensen, 2019). There is also substantial evidence highlighting the prevalence of other drug use among adolescents and young adults in Canada. A recent national survey reported that 83% of Canadian youth aged between 15 and 29 were past-year or current drinkers (Sorensen, 2019). Binge drinking is also a common problem among Edmontonian youths. Even though only a substantial minority abuse opioids, their use seems to grow gradually. This indicates the critical need for this community health concern to be constantly addressed.

The Magnitude of the Health Concern

Substantive evidence shows that tobacco, alcohol, cannabis, and other illicit substances are among the leading causes of disease, disability, and even death in developed countries (Moral-García et al., 2020). It is also crucial to note that substance abuse among the youth may also cause devastating outcomes for family members, friends, as well as the entire community. Young individuals who abuse drugs often experience a wide range of problems, such as academic difficulties, poor peer relationships, and health-related problems. Mental health issues such as depression, withdrawal, apathy, developmental lags, as well as other forms of psychosocial dysfunctions are associated with drug abuse among young individuals.

Regarding academics, adolescent substance abuse is associated with problems such as declining grades, truancy, absenteeism, and an increased likelihood of dropping out. Also, as mentioned above, substance abuse may increase one's chances of getting injuries, physical disabilities, illnesses, and overdoses. Research shows that disproportionate numbers of young individuals involved in chronic drug use are at high risk of dying from suicide, accident, homicide, and disease (Lu, 2019).

It is also worth noting that many of those who abuse drugs tend to indulge in despicable behavior that may increase their vulnerability to contracting sexually transmitted diseases, including HIV/AIDS. Thus, the health education program was necessary to inform the public about the devastating impacts of the health-related concern.

Factors that Contribute to Substance Abuse

Substance abuse is a complex problem brought forth by individual, familial, and environmental causes. Various individual characteristics have been associated with increased risk of substance use. To begin with, age is notably the strongest determinant. According to studies, most teenagers' drug use begins during adolescence at about age 15 and steadily increases in the early to mid-20s (Lu, 2019). Other recognizable individual-level risk factors include but are not limited to beliefs and attitudes concerning the risk of use, childhood psychological disorders, sensation seeking, and impulsivity. Particular interpersonal factors in one's family, peers, and around the school premises may also be associated with substance abuse. Poor parenting practices like neglect or inadequate monitoring, family conflict, and low degree of parent-child bonding are all associated with an increased risk of teenage substance use (Lu, 2019). Importantly, parents are advised to take up the responsibility to support and monitor their children to ensure that they use their time constructively.

School-related factors like academic failure in primary or elementary school are also associated with substance abuse. It is vital to note that the "drinking culture" has caught up with many young teenagers who indulge in alcohol because other peers find it cool and trendy. These wrong choices lead to some struggling to stop unhealthy habits. Thus, the community health promotion initiative will be the first step in improving the situation around the Edmonton region.

Priority Health Education (Short-Term and Long-Term Goals)

The sole priority of the health education initiative is to increase public awareness regarding the devastating impacts of substance use. Following studies, substance-abusing teenagers and young adults are more susceptible than non-users to psychosocial health issues, including conduct problems, depression, suicidal thoughts, suicide, attempted suicide, and personality disorders, to mention a few (Hop Wo et al., 2020). Therefore, the first short-term goal is to help the vulnerable population thrive by exposing them frequently to helpful information that will boost their knowledge and understanding of the negative health and well-being impacts of

substance abuse for three months. Additionally, the long-term goal will be to improve lifelong quality of life by teaching the sundry within Edmonton, Alberta, how to adopt healthy lifestyles and refrain from substance use temptations weekly for six months. This goal will be instrumental in inspiring young individuals to seek other areas where they may thrive and work to improve themselves (Moral-García et al., 2020). Inevitably, these goals will significantly impact reducing the prevalence and negative outcomes of the substance abuse problem.

Description of the Teaching Resource and Strategy

Choosing the right teaching resources is relevant in fostering a good learning experience for learners. These resources play a major role in the interaction process between learners and teachers throughout the learning and teaching process. In this scenario, the program facilitators use some significant digital teaching/learning resources such as audio, video conferences, and image presentations (Han & Ellis, 2019). The first teaching strategy would be group discussions. This method has been proven to encourage active participation and engagement among group members. As a result, it tends to invite good problem-solving and decision-making. During implementation, the program facilitators will provide students with templates and infographic materials that contain educational summaries of what is taught. Here, the learners will have a general outlook of the factors, impacts, and prevention measures that can be used to improve one's health and well-being. The strategy would also include discussions about pictorial evidence of some of substance abuse's negative outcomes. Therefore, this strategy would help the sundry understand the severity of the concern and may influence them to consider changing their ways of living.

Another workable strategy that the public health administrators might rely on is visualization. According to research, this approach enhances students' attention as it keeps them focused on what they are being taught (Han & Ellis, 2019). During implementation, the program facilitators would use an interactive whiteboard that displays audio clips, photos, and videos. By utilizing this strategy, the administrators would have ample time to gain individual perceptions, ideas, and opinions on extensive subject-related matters, allowing teachers to explore other complex areas that very few learners are knowledgeable about. Similarly, visualization would be consequential in influencing the target audience to change how they perceive substance use, inspiring them to adopt healthy living habits.

Evaluation

The evaluation process is critical in helping teachers note whether their lessons have

Here, the program administrators would gather valid data and note whether the endeavor needs to be revisited. Another evaluation strategy would be a pre-and post-test. The pre-test would be relevant in helping the assessment team get an idea of where the learners are regarding the topic. At the same time, the post-test would be instrumental in allowing the teachers to reflect on each learner's mastery of the health concern. In turn, the program facilitators would note the areas many learners find difficult to comprehend.

Conclusion

In summation, the public needs to know of the devastating impacts of substance abuse. Most crucially, efforts should be directed toward teaching the vulnerable population about the various factors contributing to substance use and abuse. Also, information regarding the various ways of combatting health concerns is important in influencing the right changes among communities. Parents, teachers, and the rest of the community members are advised to provide the right support and resources to help young individuals adopt healthy ways of living.

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