

Hypertension Disorder In The United States

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Introduction

America has been grappling with hypertension disorder to the point it occupies the discussion in the public domain on health matters. Regarding hypertension as a killer, the disease helps to sensitize the need to fight its prevalence in society. The management of hypertension is so sensitive that if a patient fails to receive medication, it may lead to mortality. Appreciating the vulnerability of African Americans is a single step toward tackling the real issue. As such, these results in the recording of high blood pressure since the prevailing medical conditions do not qualify as hypertension. All in all, the medical conditions leading to hypertension and pre-hypertension are common among the black community who experience high blood pressure in comparison to their White counterparts. Notably, the critique is to focus on the prevalence of hypertension among the black community but not on the basis of gender. Therefore, the development of community health centers in the Black Society neighborhoods must be forged to support black women in managing their health. The paper focuses on the critique of another student to show the exact truth of what he or she wrote.

Qualitative Study

Following the critique, there is a need to keep focus on building a correlation between the consequences of hypertension and the influence of the neighborhoods. However, it fails to appreciate the causative factors and prevalent challenges that are often faced by minority populations with the inclusion of black women.

In this discussion, high prevalence notes have been compared to get a clear picture of the matters of low-income households in the black community. There are also considerable notes in regard to ethnicity and gender. Upon attack by the disease and lack of the capability to finance hypertension management are disadvantageous. This is because of poor income, and eventually, they are faced with high blood pressure due to unhealthy and weak body organs unable to function properly.

An analytical focus on the critique proceeds to remain objective on the significance of keeping a check on the level of awareness to address the graving health situation.

Content Analysis-Data Collection

In the American health sector, health management is often met with social disparities, rendering the minority groups disadvantaged in terms of hypertension awareness, treatment and management, and

the development of initiatives to control its spread in the neighborhood. The Whites, on the other hand, have clear access to healthcare resources, which is the reason for poor hypertension management among black women.

To lower the rate of hypertension attacks among black women, there is a need for the government to realize that public health ought to be a priority. A well-integrated health program in the low-urban community, especially in African American neighborhoods, will help alleviate the situation (Al-Bayan et al., 2016).

Resources for supporting healthcare delivery are highly critical to providing the best for a community. African Americans are victims of unhealthy lifestyles. Obesity is predominant in America. The disease is attributed to an unchecked lifestyle. Identified as a big health problem, healthcare institutions have been set up to help the victims of the disease to prevent its prevalence. The facilities include a center committed to creating a resource handbook to pinpoint physical activity venues. To cater to low-income families suffering from hypertension, the healthcare community providers need to initiate programs to care for the patients in helping hypertension management. Health resources are vital in this respect. Huge investment has been allocated to bring in medical and technological infrastructure for the advancement of care delivery through clinical research and education and to formulate the leading and comprehensive health policy.

Literature Review

The state can find itself in a stalemate if no consideration is made to ensure no violation of culture and beliefs while providing health care to the different races and cultural and religious indifferences. It is the responsibility of the managers to ensure all patients are fully satisfied. In this case, there will be development in the sector, which will provide a good platform to ensure a better transition in the health sector. Since patients' cultural and religious preferences are not going away, there is a need for healthcare managers at the community level to assess the customers' needs and serve them better without violating peoples' cultures or beliefs. The diversification of cultures must be integrated into creating a healthy community that provides healthcare equity and providing quality healthcare close to the locals.

Food and nutrition health-related issues have considerably risen in the recent past. It had become a countrywide problem with citizens concerned about their health and obesity. Food companies need to be put under immense pressure from the public as people must start discussing taxes. Basically, CEOs are not well-equipped with technical skills.

For certainty, the available food options, especially the manufacturing of junk food, increase the culpability of the black community, and the need to appreciate the significance of maintaining healthy diets is a crucial step in finding a lasting solution. Companies would have to reduce their use of fat, salt, and sugar and probably impose a limit on the food industry. Again, companies had to get back to

the drawing table and re-strategize their marketing strategy, especially in commercials. Nutritional aspects of food products ought to be considered a great deal, more importantly to children.

Food factor is a major contributor to the prevalence of hypertension, especially in the black community. The authors did the unthinkable by drawing a link to cigarettes, the last thing executives wished for. To support the claim, the author quoted the words of a professor who shared the same sentiment concerning food companies and their being responsible for obesity. To make his input rather than just concentrating on a blame game, he presented a devised plan, with the help of other colleagues, to address the menace of obesity in society. Though he knew, it is the first kind of meeting that brought together the major stakeholders, not much would be achieved, the researchers believed in creating and sparking insights for industries to make a step further involving the scientists to use their expertise to find the root cause of the problem.

The critique paper has sufficiently identified and revealed the need to integrate future efforts in consideration of diminishing the social disparities in our society. It is upon the government to support community resource centers to help eliminate the prevalence of racial differences and segregation of neighborhoods on the basis of color. Additionally, the social environment must be improved, and the development of accessible healthcare resources to help in the management of hypertension as it could lead to detrimental implications.

Assumptions and Limitations

To contribute to the critique, the Black community neighborhoods have a high rate of families who are financially constrained and living in a deplorable environment. In conducting a community assessment with a focus on the environment, the windshield assessment technique becomes a critical tool. For instance, in understanding the environment, the use of mobile automotive will certainly cover large areas compared to walking surveys for systematic observation. Community health can never be separated from environmental influences. Correspondingly, poor waste management, energy efficiency, water quality, recycling, and flooding have been identified as the prevalent issues in a series of community assessments conducted. These environmental issues, in the end, are a great threat to the health of the Lexington community. Highlighting the quality of the environment as critical to health wellness has caused a change of attitude in making the community and policymakers become highly conscious of integrating the concepts in the community assessment plan. Becoming environmentally conscious helps to reduce the incidence of environmental-related diseases.

Forging a way forward, the state has developed programs to undertake workstation assessments for safe worksites. Workplace or environmental exposures to chemicals are detrimental to human health. The daily activities can lead to fatigue and restlessness, which, over time, can lead to health complications. Others work under threatening conditions, like in the mines and chemical industries, without the provision of protective gear. Implementing the occupation safety legislation offers a path for health equity. Health equity is fundamental to the wellness of a community.

Conclusion

In conclusion, I believe the critique helps to identify the prevalence and potential risk of increasing attacks of hypertension for low-income families and black women due to several natural and social factors. Racial disparity in healthcare is a major issue. The black communities are exposed to many health risks considering the unavailability of enough healthcare facilities and resources for the locals. More especially, this group lacks medical coverage. Every resident is entitled to receive quality and affordable health care. Factors such as social and environmental disorders, which include lack of food and unhealthy lifestyle, low income, and social disconnect, will develop the stress phenomenon. As a result, it triggers high blood pressure, leading to hypertension. Ensuring prevention and proper management of hypertension and pre-hypertension is through the adoption of a healthy lifestyle and consumption of healthy foods for a healthy society that can contribute to the development of neighborhood infrastructure.

References

Al-Bayan, M., Islam, N., Edwards, S., & Duncan, D. T. (2016). Neighborhood perceptions and hypertension among low-income black women: a qualitative study. *BMC Public Health*, 16(1), 1075.