Population and Its Primary Health Concern.

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**Windshield survey**

When living in a country as large as the United States, it is a given that there are going to be people from different ethnicities. Living in the 21st century, discrimination based on race should be put behind, but unfortunately, it is still present in many areas. People are denied their right based on being from a different race; being a minority just adds to their hardships and makes them more vulnerable. In order to provide effective health to the community, the healthcare provider needs to fully understand the demographics, cultural beliefs, economy, behaviors and needs of the consumer in the community. The paper gives a report of Windshield survey addressing the issue of health disparities for people living in Brooklyn Center.

Overview of Brooklyn Center zip; code 55429, 55430

It should be understood that America is a country with diverse culture, religions, beliefs, and people with different values. The nurses who are in distinct places, meet new people from various ethnicities every day. People who are generally part of a diverse culture are said to be vulnerable. These people suffer from disparities of health when they are put in comparison with the dominant population; this issue makes them vulnerable. Disparities generally exist in a high amount in the US; nurses need to make a targeted effort in order to bring a difference. Areas like Mississippi, Michigan, and Miami are the cities which face such issues. A lot of African Americans and Hispanics reside in these areas. In general, I would like to add that these are the areas with abundant population, but I have witnessed that where the diverse group is in the minority, the issues faced by them to access healthcare is higher. Brooklyn Center is one of the cities in Hennepin County located in the State of Minnesota, United States. It is on the west bank of the River Mississippi and borders Minneapolis to the northwest border.

Demographics

According to the most recent census estimate of 2017, the area has a population of 31006. Whites made about 46.6 % of the racial makeup, 27.8 % comprises of the African American, the Asian made 16.6 %, Native American was 0.8% while 0.1% Pacific Islander. People from other races make 4.4 % of the population. Hispanic or Latino were 9.6% of the population. The city's average age is 32.1years. 27.6% of inhabitants were children under the age of 18; 60.2 % were adults between the ages of 18 to 64; while the old aged 65 or older made 12.2% of the population. 48.3% were male and 51.6% female by the gender makeup.

Surveillance survey of Brooklyn Center

The survey will give a detailed overview of people living in Brooklyn Center. The areas of interest will be education, economy, households, lifestyle, pollution, and culture. As per Bailey, D. N. (2010), Vulnerable groups in the population and health disparities will be based on age, wealth and level of education among the different races. Majority of the people who are not whites lack health insurance. If the health insurance issue can be solved for blacks, Asians, Hispanics, and other minorities, the things would become a whole lot better for them. According to the survey, it was suggested that the people living in the area lacked health insurance. If that was not enough, it was found out that the way they were treated by the nurses was not how a regular white was treated. It is safe to say that discrimination is present in the Healthcare sector. I will be focusing on the African American community and how a big chunk of them suffer from being overweight. It was seen in the area that their willingness to shed weight was quite less as opposed to white people.

Education

About 10% of the population has achieved less than 9th grade and similar group less than 12th grade. A larger population of about 30% are high school graduates, 21% have gone to college while 11% are degree associates. This might be the case as they might not be well aware of what consequences can they suffer from. If they were more aware of what results can being overweight for a longer period of time bring, they would be a lot more interested in trying to make an effort to reduce it.

Economy

The economy of Brooklyn Center has a labor of up to 15000 people. Most of them specialized in Management, Manufacturing, and healthcare Social Assistance. The average income per household is $50,618. The overall poverty rate in Brooklyn is 18.2%. The back race and the uneducated group is more vulnerable to poverty with about 30% and 27% of them living below the poverty line respectively. Sometimes, people refuse to go to the clinic based on their wages. They cannot afford it; a lot of these people opt for online help or home remedies. There are usually a few elders of the community who help relieve pain with home remedies. Further, they do not pay much attention to someone being obese or overweight. In the black community, there are still thoughts that having extra kilograms is a good thing. Another thing that needs to be kept in mind is the fact that when one is living in poverty, they accept the majority of the food that they get in any situation or gathering. This obviously means that they will gain weight.

Lifestyle and Housing

Brooklyn Center features a life of urban to the suburban regime. The environment has miles of trails, sidewalks, numerous parks and river access which offers an active way of life. There are roughly 11 000 households in the city. More than 60% had an owner-occupied housing unit rate with a median value of 151,500 $, 0.6 times smaller than the national average. If awareness can be created, then there can be a difference made. The nurses that are recruited in these areas need to make the people more aware. In my opinion, health caregivers need to be given awareness when it comes to diversity. They need to know how to deal with people from different ethnicities so when they deal with people who are from different cultural backgrounds they would know how to deal with them. A lot of people do not understand the fact that people of a different race at times do not go to clinics just because of the fear that they have of how they will be treated.

Pollution

One of the main problem facing the people of Brooklyn Center is access to clean water. The city waters are impaired to the pollutants such as bacteria, turbidity, nutrients, and industrial effluents. This is also a cause that the areas go through various health issues. Now when it comes to being overweight, imagine the number of processed foods present in the market. People do not have the awareness and nor the guidance to opt for a healthier lifestyle. It is pretty simple; the thought of organic food just makes people think of the price tag. An overall difference needs to be made so people can make healthier choices on a budget.

Culture and diversity.

Brooklyn Center is a multicultural community with diverse cultural and religious ethnicities. There are Christians making the largest proportion of the community, Jews, Muslims, and other religious expressions. 90% 0f the population is an American resident. Spanish forms most of the foreign language with about 25000 speakers, African Languages with 1200 speakers and 300 Latino’s speakers. Language can be a barrier to effective healthcare in a community. It is a fact that because the health caregivers not being well aware there is a barrier to getting proper healthcare. There are going to be people who will not be able to communicate what the actually want. So, as I mentioned above, I will mention this here as well that the nurses need to be given diversity education.

How demographics have changed.

According to the 2010 census the area had a population of 30,104. This is about 3% increases for the last 7years and by0.33% between .2015 and 2016. Whites racial makeup reduced by about 4% while African American and Asian make up increased. According to Lindeke, B. (2014). Over the last decade, Brooklyn and Minnesota in large have been evaded by fast-changing sub-urban tension of poverty. Since the last census, Brooklyn Center's Poverty rose from 4.8-11.4%. According to Dilworth‐Anderson. (2012). World Health Organization’s list poverty is one of leading the determinants of health, and the trend is worrying.

Prevalent health risks statistics and Health Care in Brooklyn Center.

The most dominant diseases in Brooklyn Center High blood pressure and being overweight with 25%. Prevalence next is asthma with 20% preference followed by diabetes at 15%. Hearing and vision problems are also common at 15% according to Dartmouth Atlas healthcare 2017; Heart failure is low with about 377 patients, Myocardial acute infection with 220 patients and pneumonia with about 340 patients. Diabetes Medicare enrolls 611black enrolled, and 2941 non-black enrolls for treatments related to diabetes and is aged between 65-75. There are 117 primary physicians, 91 dentists, 312 mental profession s and 141 0ther providers for every 100,000 people. Due to a lack of health insurance for most of the vulnerable group, they cannot go to more than half of these clinics. The African American community has been around for so long, yet, they still do not have the same rights as most of the whites. White privilege is an issue, and it needs to be dealt with on a higher level in the hierarchy to make a difference further.

Health Disparities and Social Determinants.

Culture is an intrinsic element in the community of Brooklyn that has its own impact on health. Religious affiliation has a high correlation to health hence an impact on stress, diabetes, and high blood pressure diseases. Some cultural beliefs refrain one from seeking medication or using some products. Research shows that patient’s satisfaction is meant if the spiritual beliefs and practices are meant. There are going to be people with different mindsets, be it African American, Asian or Muslim. They will not go for healthcare thinking that medication is not good for the health. At times one's own culture can become a hurdle in getting healthcare. Awareness for such patients also needs to be created that how at times things can spiral out of control leading to a near-death experience if medication is not taken on time.

Since 2017 the members of Brooklyn Center have been complaining about the icky odor and taste of tap water provided. The city is blaming the cause of this awful water to the debris of the new treatment work. The rich have shunned the water leaving the poor in the risk of contradicting water-borne diseases arising from drinking the unsafe water. The rich have easier access to better health services compared to the poor. (DeNavas-Walt, C. 2010). It is not just the fact that rich people get what they want; it is more like a community as a whole kind of scenario. Everyone needs to be held accountable for their actions from the rich to the poor. This will bring a change to a higher level.

The educated have better knowledge in solving physiological problems. Among the adolescent, there is anxiety, depression, self-esteem, gambling, and drug abuse. Among the old, there are cardiovascular diseases, schizophrenia, obesity, and other dementia problems, the educated among these vulnerable groups have higher chances of awareness, diagnosis, and treatment of underlying conditions (Sorensen et al. 2012). Further, the reason why obesity and overweight is such a common thing in the black community is because they do what they saw their elders doing. Awareness needs to be brought not in just the system but the families as well.

**Conclusion**

Brooklyn Center is known to be one of the culturally diverse counties in Minnesota. The diversity also prevailing in levels of education, culture and wealth distribution has formed to be major disparities affecting health in the community. Social equality needs to prevail among all classes of lifestyle in order to achieve superb healthcare to each and every resident of Brooklyn.

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