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**Introduction**

Diabetes in African American women is one of the health concerns that are posed as a serious issue. African American women have 1-6 folds high diabetic rate as compared to other Americans and this proportion suffers from type 2 diabetes. In contrast, the risk of type 2 diabetes is 1-4 folds high in white Americans. African Americans bear the burden and threats of morbidity and mortality that are associated with diabetes.

**Healthcare Policies**

There are a lot of governmental efforts that are being made to address the health concern taking into account that the American Diabetes Association (ADA) has taken some radical steps to address the impact of diabetes on the minority population. This authority worked in collaboration with the African American Diabetes Action Council (AADAC) (Osei, et al.2019). Other correspondence to enforce and add to the efforts of ADA is the Latino Diabetes Action Council and Asian Pacific American Diabetes Action. All these councils are trying to increase awareness and treatment options for type II diabetes. These councils are made effective by the inclusion of diverse people and populations within councils such as certified diabetes educators, nurses, physicians and the dietitians who are all working on the front lines so that diabetes can be removed from the legacy of this minority population. These councils are also called Tri-councils that have provided leadership opportunities in different legislative efforts along with the development of strategic partners such as including minorities in making a strong voice for the focus on health disparities in the yearly strategic plan. There are a lot of other legislative steps as well, taken with an aim to eliminate disparities in the diabetes prevention, access and care act (EDDPAC). This bill also includes some additional human health resources and the services administrations that can be used to provide grants for the diabetic education and the availability of the care camps that highlight cultural sensitivity and assert patient care within the minority population. Another legislative opportunity called Patent Protection and Affordable Care Act of 2010 is also meant to achieve health equality in people. One of the prime concerns of this legalization is to curb and mitigate the ratio of diabetic patients in the United States of America. Under the impact of CAA, there are different organizations and movements that are designed to address the issue and the increased ratio of diabetes among the African American population, taking into account that the screening for type II diabetes is ensured and considered compulsory (Osei, et al.2019).

All these councils and the legislation are designed primarily and specifically with the aim to reduce the ratio of Diabetes within African American women Also, it is asserted that under these programs, different trainings, campaigns, and teaching centers are formulated that can help to educate people about type 11 diabetes. The inclusion of nurses and dieticians is necessary to ensure that women can be taught about overcoming diabetes. Also, these women can be taught and trained to take care of their health so that the chances of diabetes can be reduced. There are hardly any gaps in these steps because different advocacies and legislations are acting parallel to each other so the gap of one of the legislation is automatically filled by the other.

**Health advocacy Group advocating health issues**

Among many of the advocacy groups that are working to overcome and mitigate the prevalence of type II diabetes among the Africa American Women, the American Diabetes Association (ADA) is one of the groups that are attempting to advocate effort that can lower the rate of diabetes in the African American Women. There are different ways of collaborating with the organization, taking into account the research strategies and the co-support applications that allow externalities to become part of the advocacy council and undergo activities in the form of funding or the camps that can be used to address the growing rate or type II diabetes in the African American women. One of the possibility of collaboration with the advocacy group is the option to get enrolled in the council and take part in the research and awareness activities that can help to teach women about the increasing rate of diabetes and the teaching of lifestyles and activities that can help to create awareness among the women and teach women about the diet plans and other activities that can help them maintain a healthy lifestyle. This collaboration can prove effective in the long run as well as in the short term because it can help to teach women how to live in far off areas or the areas of the participants to teach and train women about the activities that can prove effective in spreading awareness about diabetes, risky lifestyles and the activities that can save women (Brown, et al. 2019)

**Public health theory or model**

The public health model that can be used in the prevention and awareness of type II diabetes in African American women is the "ecological model”. This model is also called an ecological approach or perspective that focuses on both population levels as well as on the individual level so that the determinants of health and its interventions can be defined and determined. In accordance with this model, health is the product of different level determinants, these levels are public policy, intrapersonal factors, interpersonal factors, and the community propositions that are meant to achieve some particular goals.

In the program "Awareness of type II diabetes in African American Women", this model will be used to teach and inform African American women about different determinants, statements and the factors that are playing a central role as the causative agents of diabetes. What are the influencing and other attractive factors that can help to reduce the prevalence of diabetes? Also, this model will be used to analyze the factors that are different in rural areas and changed in rural areas. Collectively, this model can be used to incorporate an in-depth and critical analysis of the causative and suppressive agents and different levels. It is evident that there are different researchers have sued different information sources as the causative agents of the disease. For many researchers, it is the ethnicity that is the cause of diabetes, for other, it is the lifestyle that causes diabetes in the African American women., while there are a lot of researchers for whom, diabetes is caused as a result of some biological factor such as secretion that are the parts of the body. In a nutshell, it can be said that there are different factors and levels that are involved and termed as the causative agents of diabetes. Studying all these levels will help to get a clear idea of what needs to be taught and how. Using an ecological model will help to understand and get information from all the factors that are directly or indirectly associated with causing diabetes. Also, ecological models will be used because of the diversity associated with it and the diverse means of collecting and using information that can prove effective in the long run. (Brown, et al. 2019)

**Proposed intervention**

There are different interventions that can be used to address public health issues. One of the proposed and possible interventions is the teaching campaign and awareness camp. It is one of the interventions that would be effective easy-going and easy to manage. Under this intervention, a training session will be conducted that will comprise of the volunteers who will be trained. These volunteers would be given tasks in a systematical way, ranging from the identification of the areas and knowing the ratio and the total number of women to the total number of resources that are required to address the health concerns of the women living in that particular area. This procedure will begin by training, this training comprises of the ethical and social communication so that language barriers and the cultural barriers in terms of diseases and response to the unexpected responses and questions of the women can be addressed. Also, it will include the teaching of the participants in terms of the material that they would be teaching to the other women. After their training, each of the groups will be sent to the areas where there is a greater population belonging to African American women. Under the intervention plan, the women would be taught in the form of flyers and the oral information along with the distribution of the different diet charts that can help these women to take better care of them and become conscious of them. It is important to note that this intervention would be a set of complete instructions that are required by the women in order to overcome the threat as well as the existing dilemma of type II diabetes. Also, there would be different modes and means of communication that will be considered and used because it is not justified that all the women will be educated so different languages, as well as both written and oral communication strategies, would be used to teach the women. In addition, the diet plans in the forms of flyers will be distributed along with the camps where women can come and share their particular cancers about their health which they think are contributing or the causative agents of diabetes.

**Human resources**

As the plan would be initiated in coordination with ADA so the funding would be supported by the department itself and if not, the Public Health Fund would be used for carrying out the intervention. It is highlighted that public health funds are merely used for this purpose because the data collected and information is used to carry out different researches and analyze this information in terms of policymaking. In addition, Aetna funding is another major option that can be used for funding for this public health intervention, this platform is designed to address the funding and the economic needs of the researchers so that they can play their role in addressing health challenges and cater to the health needs. In addition, some human resources would be needed such as dietetics, nutritionists, psychics, and nurses. There would be some additional partners and companions who will teach what they would have learned from the medical specialists so they are also included in the human resources. Also, in addition, some compensation would be required for the services that the human resource determinants would be provided. The publications, transportation, and audiovisual aids will also be addressed and fulfilled with the help of education. (Beckles, et al. 2019).

**Evaluation**

There are a lot of facts and figures along with evidence that can be used to know the efficiency and the effectiveness of the intervention plan. One of the evaluation options is the analysis of the health data that would be collected from particular places after a few months of training. This data will infer if there is an improvement in the symptoms or the actual cases of diabetes. Another method of evaluation would be the approach of the people to get themselves diagnosed and an improvement in their lifestyle that can be empowered there is an improvement in the health conditions or not. There are several other evaluation options such as getting in touch with the people and getting random feedback about their health. It will also include an analysis of the current situation of the people, asking people about what are the changes that they are feeling in their lives and lifestyles as a result of training. Also, the result of the intervention can be calculated by having a look at the stance of people following the diet plan and the schedule that they have been given by the healthcare professionals.

**Long term sustainability of the public health program**

There is a lot of evidence that can support longer sustainability such as a change in attitude, behavior and the less number of cases that are being reported in the healthcare department. Also, long term suitability the public health program can also be traced in the form of the initiatives that are taken by the other areas connected to the communities because if a particular population is aware of some facts figures such facts are evidently spread and it affirms either there is long term sustainability or not. Also, another framework of the long term sustainability is the number of people who are approaching the healthcare representatives and the healthcare centers for getting information or sharing something that they found is threatening or causing some long term or short term hampering to the set framework of health.

**Health specific communication needs**

None of the healthcare intervention is complete without health-specific communication needs such as choice of language that is understood by the people of the area, as well as the instructions explained in simple language so that people can work on it. Attitude is also a type of communication that is used to instruct and train people. (Tan, et al. 2019). Social marketing and mass media can also play a central role in the communication of health intervention because these set of instruction, precaution and diet charts can also be circulated on the social media mad television because more the people will see it the more would be the options of impermanent in the health of women. Also, it is one of the best options because a lot of women stay at home and watching TV or using social media is one of the leisure activities so women can educate indirectly. (Tan, et al. 2019).

**Summary**

This paper aims at the identification of the issues, i.e., “Type II diabetes in the African American women” along with the analysis of any advocacy or legislation that is meant to discuss or support the issue or help the women with these issues. Concluding with ADA as advocacy that is currently working to mitigate the ratio of diabetes and the option of collaboration an intervention plan is designed. The facts, figures and the initiation of the intervention plan are given along with the human resources that would be required. The ecological model will be used for the intervention plan taking into a cooperation that diversity of the application of the model. Also, there are some tools and techniques that will be used for the analysis of the long term and short efficiency and sustainability of the intervention. There is a brief introduction to working on the intervention plan along with the communication tools that can be used for training women. In a nutshell, this paper is a complete code of “public health intervention” along with all the basic requirements ranging from planning to the working of the plan so that African American women can be educated and trained about type II diabetes.

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