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Obesity

Name

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In the modern public health care system, it is impossible to rule out the significance of diversity and multiculturalism. Advancements in transport, technology, and communication have transformed the manner in which individuals interact. Consequently, people who hail from diverse cultural backgrounds form a crucial component of public health. Gullotta, Plant, and Evans (2014) have articulated that when health care specialists factor in diverse multicultural perspectives, they, in turn, appreciate that any the modern society is a pluralistic one. In broad terms, this proposition means that what might be deemed as tolerable in one culture might be the opposite among the members of another culture. This paper analyses the need to factor in multiculturalism and diversity in the public health profession based on the goals and objectives that were presented in unit four. The discussion entails an elucidation of how the goals and objectives apply in multicultural populations and the strategies for implementing appropriate changes to the unit four goals and objectives in a culturally sensitive manner.

Significance of Diversity and Multicultural Perspectives

The importance of diversity, according to the argument by Jhutti-Johal (2013), is apparent from the attribution that using a universal approach in all healthcare settings does not make particular health care interventions to be effective. This is because factoring in diversity in healthcare means that the provider-patient relationship remains a personal one in which the health care professional understand the values and belief of their patients. The cultural context of a health care provider is as important as that of the patients (Denier & Gastmans, 2013). As such, while a healthcare specialist might strive to abide by the international recognized standards of practice, it is also prudent to consider their own cultural perspectives with regard to certain

interventions so as to ascertain that the clients they serve obtain the best interventions that can improve their quality of life.

Likewise, when the healthcare professional understand the cultural values of the different clients they serve, the multicultural perspectives can go a long way in advancing the public health care system (Oelke, Thurston & Arthur, 2013; Plotnikoff, Lubans, Costigan & McCargar, 2013). For example, there are certain cultures that forbid women from performing certain operations on men. Specifically, there are cultures that consider it a taboo for a woman to touch a man's tummy. This means that obese people who hail from such cultural backgrounds might decline surgical operations for cutting down their gross body weight performed on them by female physicians.

Importance of Considering Multiple Perspective Prior to an Intervention

Before beginning proposed healthcare interventions, it is important for the public health practitioner to consider multiple multicultural perspectives. One of the strengths is that the patients and their families can fully support a proposed healthcare intervention when their cultural values are considered. According to Jhutti-Johal (2013), the most important multicultural issues are religion, sexual orientation, ethnicity, and race. Accordingly, the health care intervention environment becomes a conducive one in which the provider, the patient, and the patient's family collaborate their efforts. On the contrary, the failure of a health care system to consider important issues of diversity and multiculturalism could trigger feelings of discontentment among the patients. Huff, Kline, and Peterson (2014) have argued out that this could deconstruct the importance that individuals attach to seeking medical interventions.

Also, factoring in the multiple perspectives of the healthcare professionals means that it is possible to identify alternative interventions that are in line with the patient's cultural inclination. Such alternatives can offer invaluable solutions to possible cultural stalemates that might arise when the provider only looks at issues from a patient-centric perspective only (Cherry & Jacob, 2016). For instance, a healthcare practitioner might recommend an alternative healthcare intervention outside of what other healthcare professionals consider as the norm.

Reflection on the Unit 4 Goals and Objectives

The objectives and goals that are selected in unit four could be applied to a multicultural and diverse population. This is because they revolve around interventions for addressing obesity that are acceptable in most cultures. The first goal was to raise awareness within an eight months duration among college freshmen concerning the application of the social learning theory to minimize the incidence of obesity. This goal and the subsequent objectives are not likely to raise serious issues of cultural insensitivity. The second goal was to increase healthy eating among youths in the 18-34 age group bracket within a two-year period. Again, this goal and the subsequent objectives are not likely to raise serious issues of cultural insensitivity. The third goal was to facilitate the application of aerobic physical activity based on the theory of planned behavior in reducing gross body weight. Once more, this goal and the subsequent objectives are not likely to raise serious issues of cultural insensitivity.

However, there could be a need to make the goals and objectives to be as culturally inclusive as possible. This can be done through adjusting them to reflect the cultural concerns of obese individuals. For instance, for each of the goals it would be culturally appropriate to mention that they would depend on the culture of each obese person. One of the strategies to implement these changes would be to liaise with the executive board of health care organizations

to encourage their teams of health care professionals to understand the cultural affiliations of the clients they serve. Another strategy would be to encourage public health specialists to conduct awareness campaigns that target health care providers to influence them to understand their individual cultures properly.

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