Integrating Healthy People 2020 Into A Health Assessment Course
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**PURPOSE**
The purpose of this activity is to describe a method of introducing nursing students to the areas of health promotion and disease prevention utilizing Healthy People 2020.

**OBJECTIVES**
Learning objectives:

1. The learner will be able to identify a method to incorporate health promotion and disease prevention into a health assessment course.
2. The learner will be able to utilize the Healthy People 2020 website into a health assessment course.

**METHODS**
An activity I designed for Sophomore nursing students to complete in the Health Assessment course is the Health Promotion Paper.

The paper focuses on:

- Accessing the Healthy People 2020 website
- Identifying one goal and objective from Healthy People 2020
- Discussing why this topic was chosen
- Searching the literature for an article that pertains to the topic
- Describing the important aspects the nurse should assess a patient for in relation to the topic
- Identifying important points to educate the patient about specific to the topic

**RESULTS**
The results of the project have been positive. Students gain exposure to the Healthy People 2020 website and are able to identify the significant health issues that are facing this country. Students were also able to relate how the goals of Healthy People 2020 have impacted them in their own personal life. Students wrote about their experiences with mental health issues in their family, dealing with the diagnosis of cancer in family members and their own personal battle with obesity.

**CONCLUSIONS**
This activity helps the sophomore nursing students understand that nursing includes more than caring for sick patients in the hospital. The students begin to learn that a significant role of the nurse is teaching patients about health promotion and disease prevention. It also introduces the student to resources that are available on the Web that focus on health. I will continue to utilize this project in my Health Assessment course.

**BENEFITS**

1. Introduce students to health related resources on the web.
2. Utilize the information on the Healthy People 2020 website.
3. Introduce the concepts of health promotion and disease prevention to beginning nursing students.
4. Incorporate the process of risk assessment for disease into the health assessment course.
5. Introduce the essential role of the nurse as a health educator to beginning nursing students.

Health Promotion Paper