

## **Week 1: Discussion Social Factors**

There are many factors that make people healthy or ill. This week we will focus on the social factors and determinants that impact health.

It is time to get out into your community!

Go online to the U.S. Census Bureau at <https://www.census.gov/quickfacts/> Links to an external site. (\*note, you will be using this website in the Week 2 assignment, so you can get started on collecting all the required data if desired)

Input your local zip code, city, or county. Try to get as specific data as possible (city, township, county).

Next, identify the:

Total population

Median income

Percentage or number of persons living in poverty

Go to your local grocery store, use a flyer, or app. Include the stores name, city, and state. Identify cost for the following items (please note whether items are organic):

1 gallon of milk

1 loaf of bread

1 bag of apples (include price per pound)

1 bag of carrots

1 large container of yogurt

1 2-liter of soda

1 bag of chips

1 package of cookies

Utilizing the data collected, discuss social factors that might impact what groceries are purchased. Try to be as specific to your community as possible (location, availability, poverty levels, etc.).

Discuss how a community health nurse (CHN) could use one of the 17 intervention categories from the Public Health Intervention Wheel to address areas of food security (Nies & McEwen, 2019).

In your responses to classmates, include comparisons and contrasting information. Your discussion post should look like: