



NR222 Health and Wellness

Required Uniform Assignment: Health Promotion Paper Guidelines

Purpose

This assignment allows the learner to apply knowledge gained about health promotion concepts and strategies, enhance written communication skills, and demonstrate a beginning understanding of cultural competency.

Course outcomes: This assignment enables the student to meet the following course outcomes:

1. Discuss the professional nurse's role in health promotion activities. (PO 1 and 2)
3. Discuss health promotion, illness prevention, health maintenance, health restoration, and rehabilitation in relation to the nurse's role in working with various populations. (PO 1, 2, and 8)
7. Identify health promotion strategies throughout the life span. (PO 1, 2, and 4)

Due date: Your faculty member will inform you when this assignment is due. The Late Assignment Policy applies to this assignment.

Total points possible: 100 points

Preparing the assignment

Follow these guidelines when completing this assignment. Speak with your faculty member if you have questions.

- 1) Identify a health problem or need for health promotion for a particular stage in the life span of a population from a specific culture in your area.
- 2) Choose one of the Leading Health Indicators (LHI) priorities from Healthy People 2020:
<https://www.healthypeople.gov/2020/Leading-Health-Indicators>
- 3) Research a topic related to health and wellness associated with one of the Healthy People 2020 topic areas.
- 4) Submit your topic to the instructor for approval at least 2 weeks prior to the final assignment due date, but earlier if desired. All topics must be approved.
- 5) You will develop an educational health promotion project addressing the population/culture in your area.
- 6) Use TurnItIn in time to make any edits that might be necessary based on the Similarity Index prior to submitting your paper to your faculty. Consult with your faculty about the acceptable Similarity Index for this paper.
- 7) For writing assistance (APA, formatting, or grammar) visit the [Citation and Writing Assistance: Writing Papers at CU](#) page in the online library.
- 8) Include the following sections (*detailed criteria listed below and in the Grading Rubric*).
 - a. *Introduction and Conclusion- 15 points/15%*
 - *Introduction establishes the purpose of the paper and describes why topic is important to health promotion in the target population in your area.*
 - *Introduction stimulates the reader's interest.*
 - *Conclusion includes the main ideas from the body of the paper.*
 - *Conclusion includes the major support points from the body of the paper.*
 - b. *Relate Topic to Target Population- 25 points/25%*
 - *Describes the topic and target cultural population.*
 - *Includes statistics to support significance of the topic.*
 - *Explains how the project relates to the selected Healthy People 2020 topic area.*
 - *Applies health promotion concepts.*
 - c. *Summary of Articles- 25 points/25%*
 - *A minimum of three (3) scholarly articles, from the last 5 years, are used as sources.*
 - *Articles meet criteria of being from scholarly journals and include health promotion and wellness content.*
 - *At least one article is related to the chosen cultural group.*
 - *Summaries all key points and findings from the articles.*
 - *Includes statistics to support significance of the topic.*

NR222 Health and Wellness

Required Uniform Assignment: Health Promotion Paper Guidelines

- *Discusses how information from the articles is used in the Health Promotion Project, including specific examples.*
- d. *Health Promotion Discussion - 25 points/25%*
 - *Describes approaches to educate the target population about the topic.*
 - *The approaches are appropriate for the cultural target population.*
 - *Identifies specific ways to promote lifestyle changes within the target population.*
 - *Applies health promotion strategies.*
- e. *APA Style and Organization - 10 points/10%*
 - *TurnItIn is used prior to submitting paper for grading.*
 - *Revisions are made based on TurnItIn originality report.*
 - *References are submitted with assignment.*
 - *Uses appropriate APA format (6th ed.) and is free of errors.*
 - *Grammar and mechanics are free of errors.*
 - *Paper is 3-4 pages, excluding title and reference pages.*
 - *Information is organized around required components and flows in a logical sequence.*

NR222 Health and Wellness

Required Uniform Assignment: Health Promotion Project Guidelines

Grading Rubric

Criteria are met when the student's application of knowledge within the paper demonstrates achievement of the outcomes for this assignment.

Assignment Section and Required Criteria (Points possible/% of total points available)	Highest Level of Performance	High Level of Performance	Satisfactory Level of Performance	Unsatisfactory Level of Performance	Section not present in paper
Introduction and Conclusion (15 points/15%)	15 points	13 points	12 points	8 points	0 points
Required criteria <ol style="list-style-type: none"> 1. Introduction establishes the purpose of the paper and describes why topic is important to health promotion in the target population in your area. 2. Introduction stimulates the reader's interest. 3. Conclusion includes the main ideas from the body of the paper. 4. Conclusion includes the major support points from the body of the paper. 	Includes no fewer than 4 requirements for section.	Includes no fewer than 3 requirements for section.	Includes no fewer than 2 requirements for section.	Includes 1 or fewer requirements for section.	No requirements for this section presented.
Relate Topic to Target Population (25 points/25%)	25 points	20 points	15 points	10 points	0 points
Required criteria <ol style="list-style-type: none"> 1. Describes the topic and target cultural population. 2. Includes statistics to support significance of the topic. 3. Explains how the project relates to the selected Healthy People 2020 topic area. 4. Applies health promotion concepts. 	Includes no fewer than 4 requirements for section.	Includes no fewer than 3 requirements for section.	Includes no less than 2 requirements for section.	Includes 1 or fewer requirements for section.	No requirements for this section presented.
Summary of Articles (25 points/25%)	25 points	23 points	21 points	10 points	0 points
Required criteria <ol style="list-style-type: none"> 1. A minimum of three (3) scholarly articles, from the last 5 years, are used as sources. 2. Articles meet criteria of being from scholarly journals and include health promotion and wellness content. 3. At least one article is related to the chosen cultural 	Includes no fewer than 6 requirements for section.	Includes no fewer than 5 requirements for section.	Includes no fewer than 4 requirements for section.	Includes 1-3 requirements for section.	No requirements for this section presented.

NR222 Health and Wellness

Required Uniform Assignment: Health Promotion Project Guidelines

group. 4. Summaries all key points and findings from the articles. 5. Includes statistics to support significance of the topic. 6. Discusses how information from the articles is used in the Health Promotion Project, including specific examples.					
Health Promotion Discussion (25 points/25%)	25 points	23 points	21 points	10 points	0 points
Required criteria 1. Describes approaches to educate the target population about the topic. 2. The approaches are appropriate for the cultural target population. 3. Identifies specific ways to promote lifestyle changes within the target population. 4. Applies health promotion strategies.	Includes no fewer than 4 requirements for section.	Includes no fewer than 3 requirements for section.	Includes no fewer than 2 requirements for section.	Includes 1 or fewer requirement for section.	No requirements for this section presented.
APA Style and Organization (10 points/10%)	10 points	9 points	8 points	4 points	0 points
Required criteria 1. TurnItIn is used prior to submitting paper for grading. 2. Revisions are made based on TurnItIn originality report. 3. References are submitted with assignment. 4. Uses appropriate APA format (6th ed.) and is free of errors. 5. Grammar and mechanics are free of errors. 6. Paper is 3-4 pages, excluding title and reference pages. 7. Information is organized around required components and flows in a logical sequence.	Includes no fewer than 7 requirements for section.	Includes no fewer than 6 requirements for section.	Includes no fewer than 5 requirements for section.	Includes 1-4 requirements for section.	No requirements for this section presented.
Total Points Possible = 100 points					