

## Health Promotion Paper

**Health Promotion Paper Objective:** Students will search nursing and allied health resources for evidence-based data to develop a paper in one of the topics. Current relevant recommendations may enhance the health promotion of individuals, families and communities while enhancing cultural competence.

**Topic Suggestions:** *(Define in terms of gender, age, and culture of well individuals)*

1. Lifespan vs. Healthspan: What are the differences?
2. Ways in which the body ages (Glycation, Inflammation, Oxidation, Methylation, and Telomere reduction).
3. Brain and body aging. Are there ways to slow body aging? What does the research suggest to help individuals live healthier and longer?
4. Hormones and aging. Does hormonal supplementation (testosterone, estrogen, human growth hormone supplements) prolong life? What does the research support?
5. Aging and Sleep. How do sleep patterns change with aging and what are the health impacts?
6. Gender and aging. Define sex and gender and compare and contrast health and aging for each.
7. Blood pressure and aging. Define a gender and determine how blood pressure is potentially affected through the aging process for that gender. Discuss activity, diet, lifestyle, etc.
8. Aging and bone health. Define osteopenia, osteoporosis, medications, etc. What are some health risks associated with bone health?
9. Gum Disease: Define gum disease. Is gum disease related to an increased risk for heart disease, stroke and Alzheimer's?

**Paper writing guide/rubric - NOTE: this rubric must be submitted with final paper**

- Abstract 5 pts.
- Begin with an introduction to the topic (what are you writing about) 5 pts.
- A comprehensive literature review provides greatest scholarly support/ start now 25 pts.

Search the topic selected-provide evidence-based information for your argument Develop an outline to cogently cover the assigned topic. Do not repeat the same

thought in several sections of the paper/edit and have someone read it.

Include issues surrounding the Affordable Care Act.

5 pts.

# Health Promotion Paper

**Patrick Vollmar**



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