

Type: Health Promotion Plan

Subject: Practicing in the Community to Improve Population Health

Subject area: Nursing

Education Level: Undergraduate/College

Length: 3 pages

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Preferred English: US English

Spacing Option: Double

Important notes: please follow the criteria on the scoring guide

files:

Teen Pregnancies

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Characteristics of Teen Pregnancies

Teen's pregnancy is a universal problem occurring in low -, middle-, and high-income countries. All over the world, teen pregnancies mostly occur in marginalized communities, due to lack of education, poverty and employment opportunities. Some of the issues that contribute to births and adolescent pregnancies in black-American communities include pressure to bear children and early marriages. In less developed economies, at least 12% of teens before the age of 15 and 39% of teen girls are married before they are 18 years. Lack of education and employment opportunities triggers the chances of girls becoming pregnant. Often, in black-American population, marriage and motherhood or childbearing and union are limited options existing (Healthy People, 2020 n.d.).

Why teen pregnancies is predisposed how they can benefit from a health promotion educational plan

Knowledge gaps and misconceptions in adolescents tend to be difficult, particularly on ways to avoid pregnancies and to get contraceptive methods and how to use them. Adolescents face problems in accessing contraceptives including rules regarding the reception of contraceptives based on marital status or age, lack of willingness to acknowledge adolescents and sexual health needs, ability to access contraceptives because of transportation, and financial constraints. Moreover, adolescents may not have the agency or autonomy to proper correction and consistence use of a contraceptive procedure. Currently, less than 10 million adolescent girls aged 15-19 years in developing economies occur each year. Another reason that leads to teen pregnancy is sexual violence, which is extensive with more than a third of girls in difference countries reporting their first sexual encounter. Death among young girls aged 15-19 years in the

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world occur due to pregnancy and childbirth complication, with middle-and low-income countries accounting for 99% of worlds maternal deaths of women aged 15-49 years. Risk of puerperal endometritis, eclampsia, and systemic infection is common to adolescent mother aged 10-19 years compared to women aged 20-24 years. Hence, abortions of about 3.9million girls aged 15-19 years occur each year, due to maternal mortality, health problems and morbidity.

Teen pregnancies increase the raise risks of young mothers and newborns. Moreover, newborns faces growth and developmental challenge due to low birth weight, severe neonatal conditions, and preterm delivery. In some condition, quick repeat pregnancy is a concern for young mothers that puts both mother and the child. Social implications of young girl's early pregnancies may include rejection, stigma, and violence from partners, parents and peers. Pregnant girls before the age of 18 years are mostly likely to face violence in their partnership or marriage (C.D.C. P, 2012). Teenage pregnancy educational and promotional approaches may include proper sex education, prevention of HIV and STIs, community development, service learning, abstinence and combinations of sexual intervention strategies. Educational prevention methods can be offered in colleges, hospitals or community settings targeting young, absent or sexually active pre-teens. Such Programs may also include a variety of attitudes and behaviors, but the components may differ from implementation to model.

Health Goals for the Hypothetical Participants

The goals of a health education promotional program is to reduce the rate of teen pregnancy, reduce sexual activities, increase the use of contraception and reduce the incidence of STIs (Healthy People, 2020 n.d.).

Developing a sociogram

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A sociogram is an important tool as it assists a health professional to develop a in-depth understanding of factors leading to teen pregnancies in the society. Teen pregnancies are facilitated by conditions in which the teenage girls live, worship, play, born in or their age. These conditions can be categorized into educational, economic stability, health care, neighborhood and built environment and social and community factors. Adolescents are at a higher risk of having teenage pregnancies if they live in poverty, are less educated, or are born when their mothers were younger than 18 years old. Moreover, experiencing frequent family conflicts, coming from single parent parenthood, suffering from low self-esteem or being placed in a certain racial ethnic category can also expose the teenage to early pregnancies (Sawhill, 2001).

Conclusion

Health promotion can be accomplished by improving individual skills and capacities and group's capacity to enhance their control of evolving health conditions, as a way of enhancing the control of groups over their health. The third phase of research involves the introduction of health promotion activities to discourage pregnancy. In this context, community workers perform programs to promote adolescent pregnancy prevention in the community in hospitals; schools and when they meet people at home in the community. The five most recognized risk influences for teen pregnancy among African American teen women are already: parental impact, peer pressure, media interactions, alcohol and the desire for childbirth. Douze pregnancy prevention interventions addressing one or more of the five factors leading to pregnancy have been

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defined. The most often discussed factors in these programs seemed to be parental support and online interactions.

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