

# Analyzing Major Inhibitors to Community Health and Wellness

## INTRODUCTION

Wellness is the multidimensional concept that health is composed of several areas including physical, occupational, mental, social, spiritual, and environmental health. With a variety of factors playing a role in wellness, there are countless ways in which barriers can inhibit someone from reaching their optimal health.

Amidst a global pandemic, the already pressing issue of wellness becomes exponentially more important. To assess how patients give importance to the components and overall ideal of wellness, the study surveyed and collected patients and community members on different lifestyle factors that may influence their wellness and barriers they feel inhibit them.

This research endeavor aims to understand how people perceive wellness and whether that has an impact on their overall health. Rather than doing this on an individual scale the project takes on lens of public health to identify patterns and trends amongst subgroups of the population.

## METHODOLOGY

The study will use one survey to collect both quantitative and qualitative data about the participants. The study includes several questions about the background of the patient so trends can be identified amongst groups of people. Other questions within the survey collect data on the indirect factors that may impact wellness such as commute time, stress levels, and number of children.

This survey targets participants 16 and older that live in the local Houston area. The study set a target for a sample size of 318 participants. This would achieve a 95% confidence interval with a 5.5% margin of error. Data was collected by providing QR codes of the survey whilst patients waited for the doctor. The survey was described as "a research survey" to avoid any type of participant or response bias. When needed, the physician assistant and/or student researcher would aid in setting up the survey on their devices. An alternate method of surveying that accounted for 52% of the data was collecting survey responses from local community members.



## BIGGEST INHIBITORS

1. Time Constraints
2. Lack of Motivation
3. Stress

Top 5 Expressed Barriers

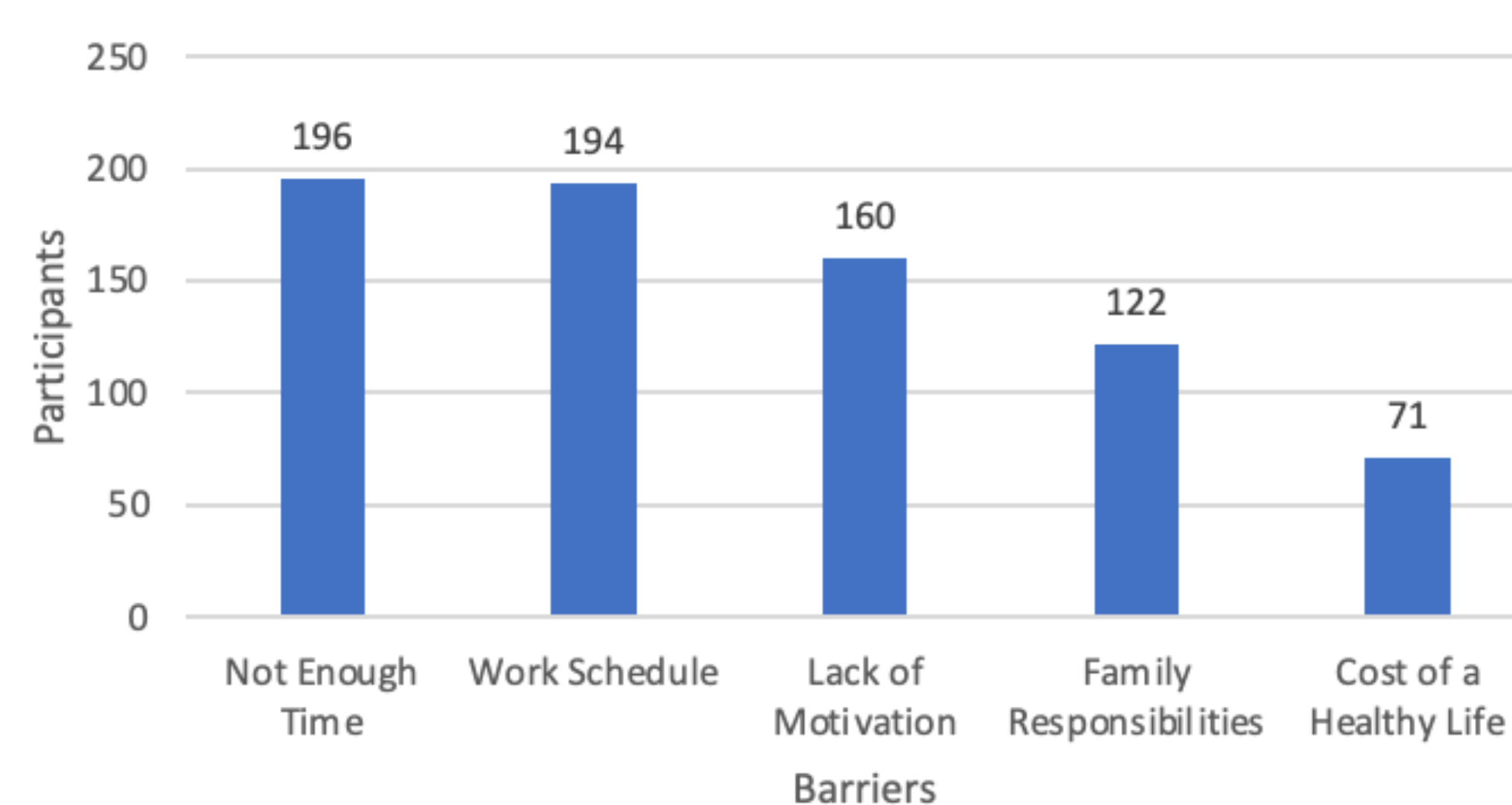


Figure displays the top 5 barriers that were chosen by participants on the survey.

## TIME CONSTRAINTS

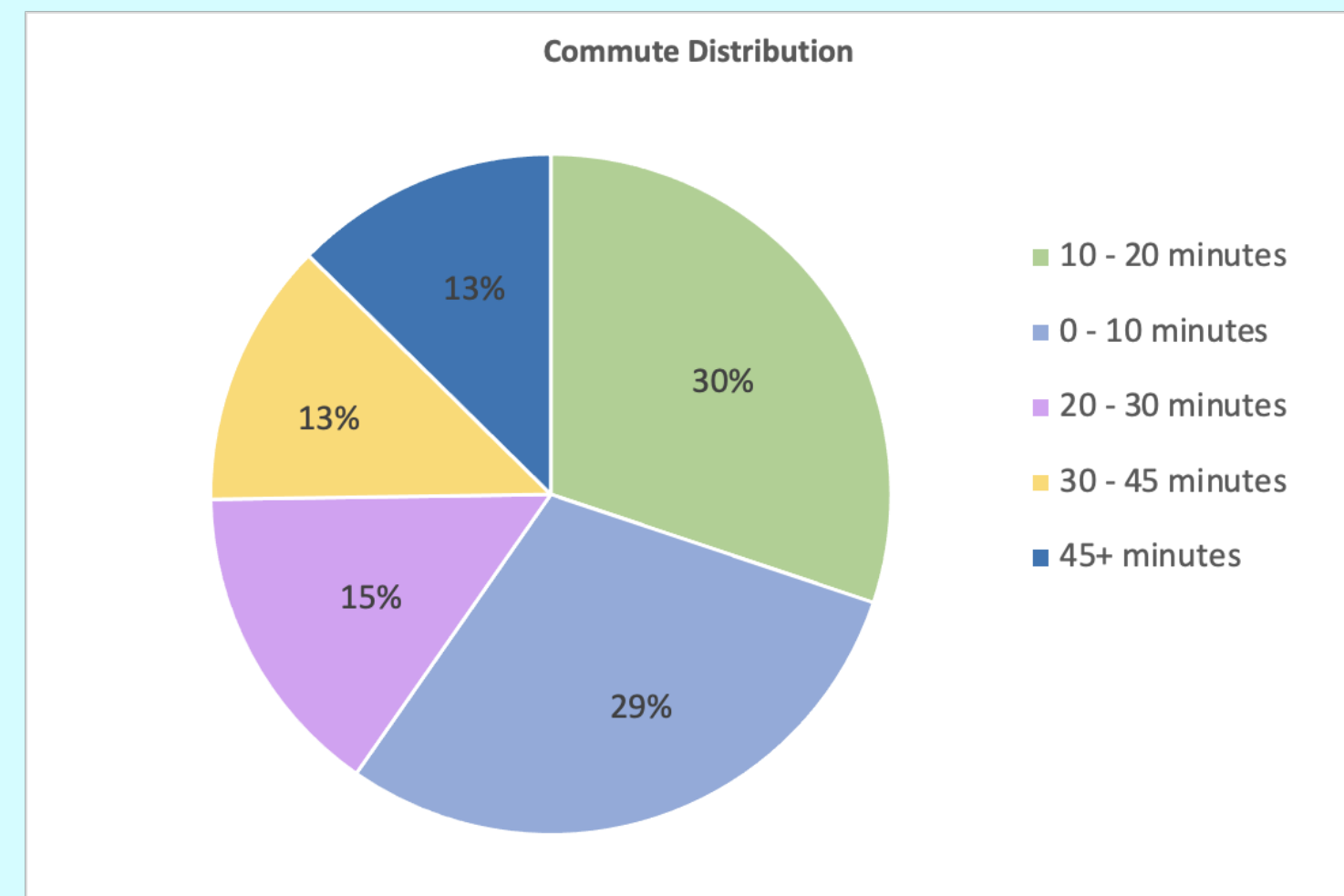


Figure breaks down the distribution of commute times amongst participants

Time is by far the biggest problem that participants faced when trying to live a healthy lifestyle. There's a variety of different factors that could cause the time limit that people have (ex. Work schedule, family responsibilities, etc.). Therefore, rather than focusing on increasing the time they have, we should shift the focus towards making a healthy lifestyle more compatible with a shorter time frame.

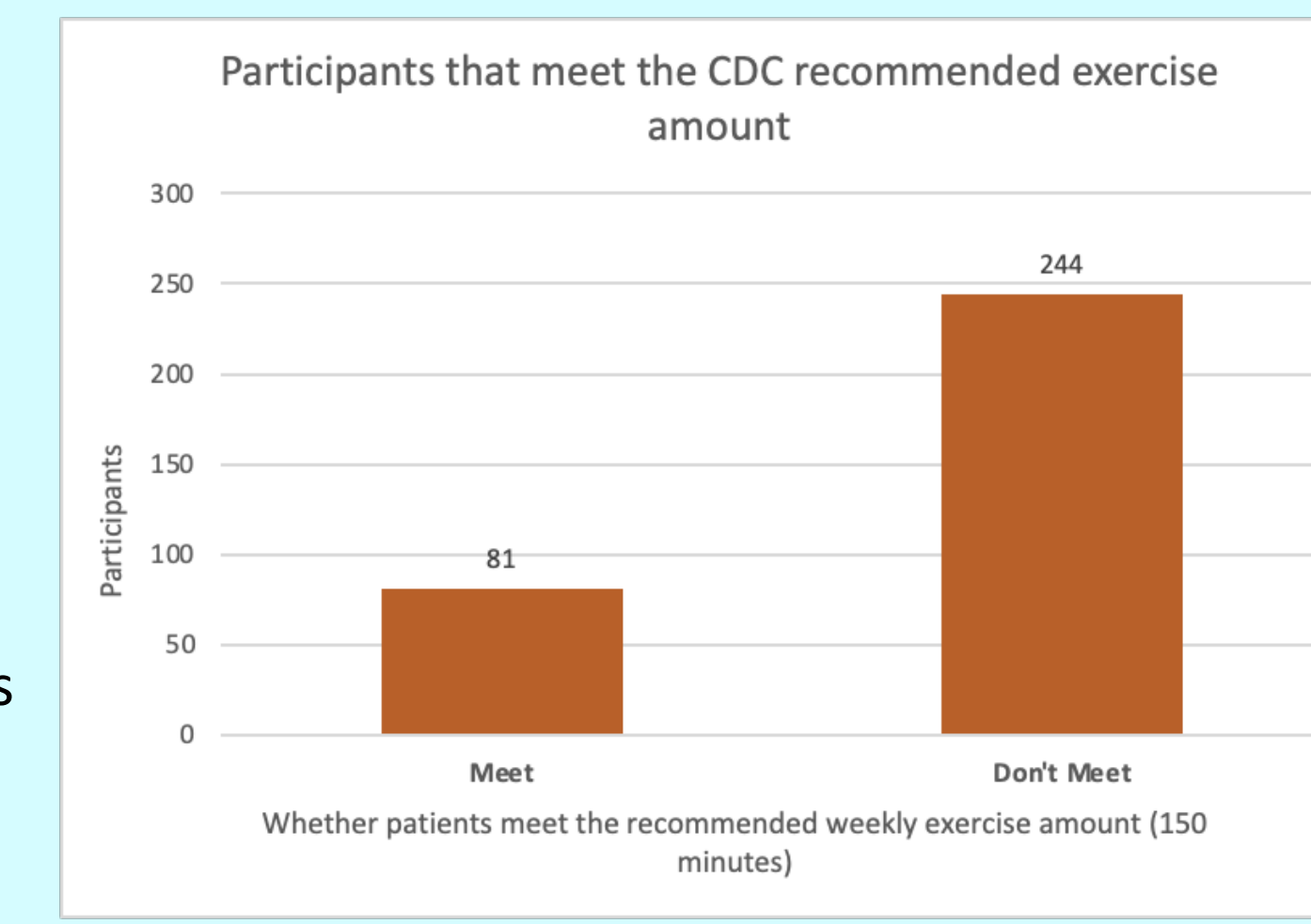


Figure breaks down how many participants are getting recommended exercise

## STRESS

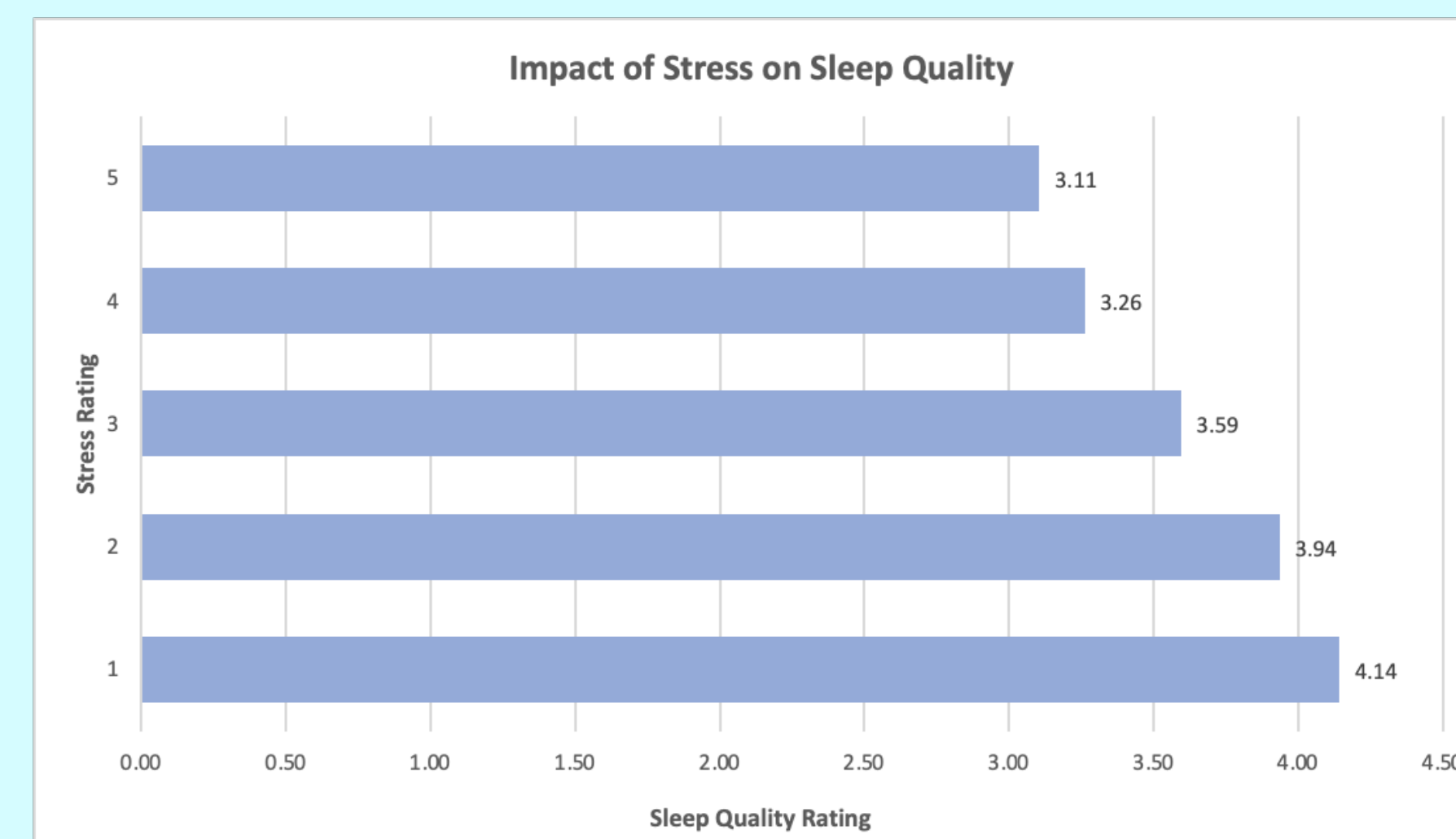


Figure displays the negative impact of stress levels on the sleep quality.

Stress is a cofactor of time. With limited time to handle so many tasks, stress is an understandable byproduct. However, as seen in the graph above, there are a laundry list of negative impacts associated with stress. A solution to this problem must also be mindful of resources like time, making sure not to further increase time constraints and thus stress.

## MOTIVATIONAL BARRIERS



Figure displays that those put wellness at a higher importance tend to take on less stress compared to those who place a lower importance on wellness.

As seen in the graph, motivation/mindset can have a major impact on the stress you take on and the lifestyle that you live. These barriers directly prevent all attempts at exercising, a healthy diet, a stress-free life, etc. The only real way in which this problem can be addressed is by showing the consequences and difficulties faced by those who don't prioritize wellness.

## CONCERN VS. DESENSITIZATION

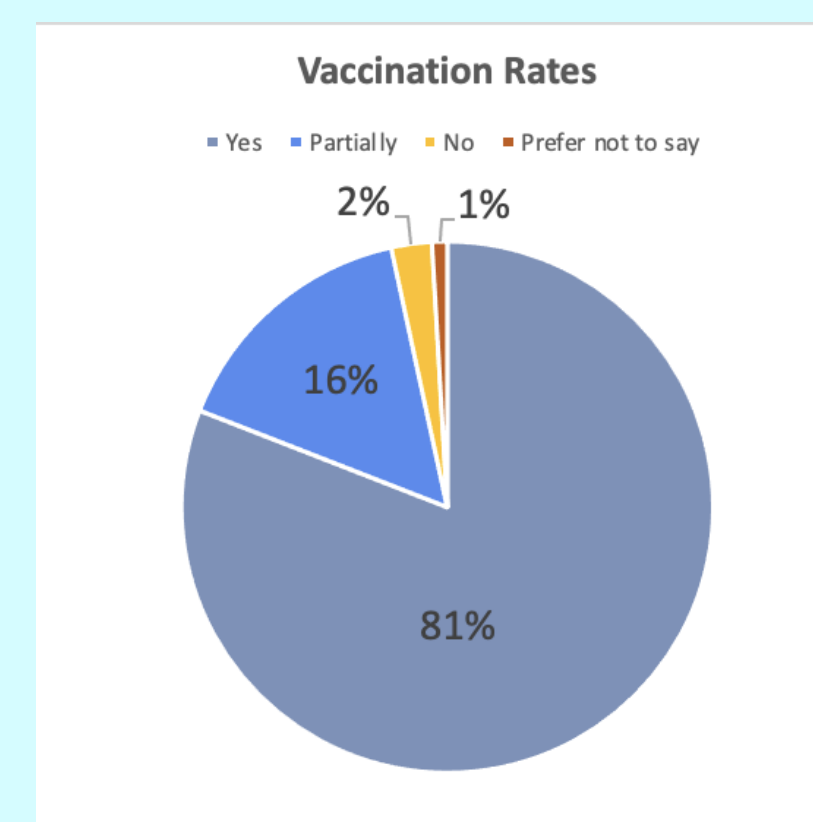


Figure indicates that 81% of the population are fully vaccinated for COVID.

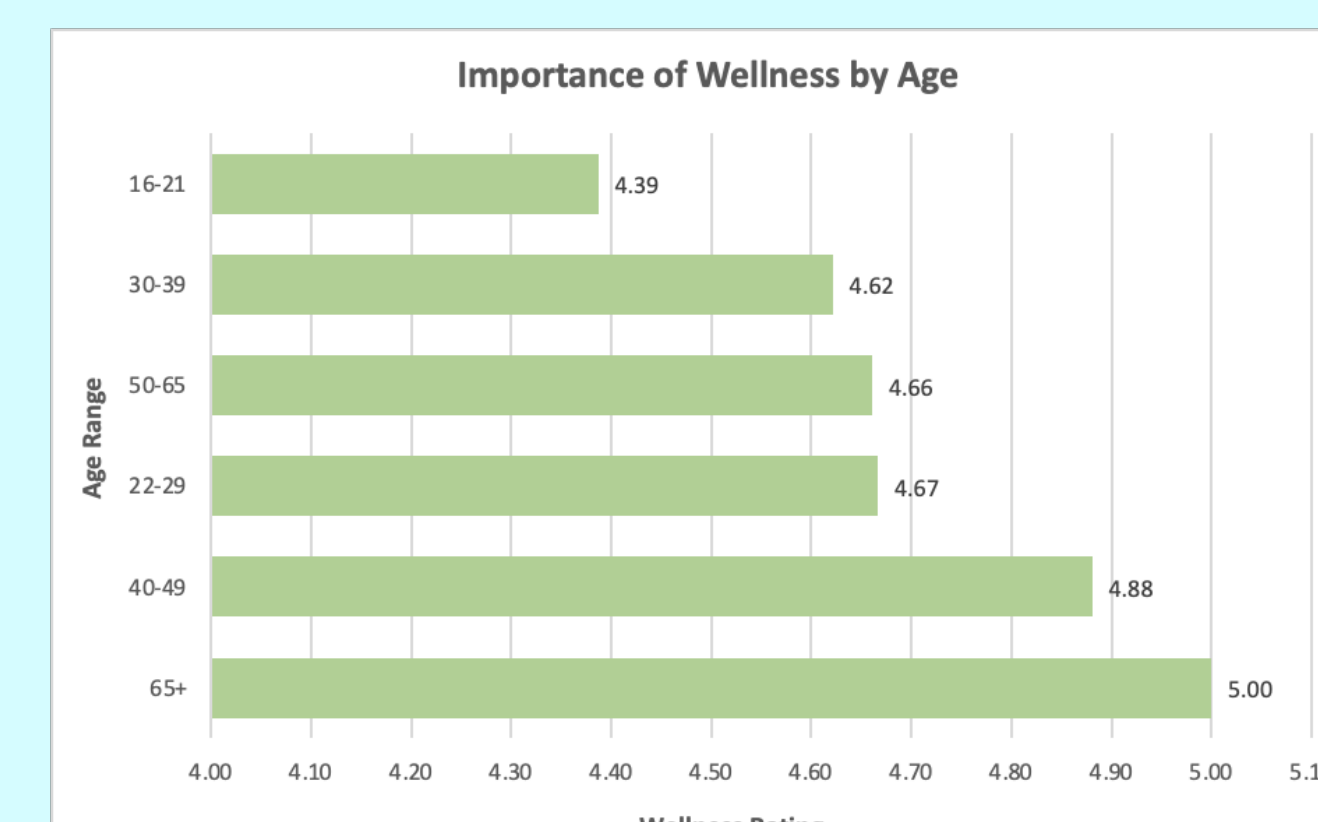


Figure displays the correlation of higher aged individuals showing a greater importance of wellness.

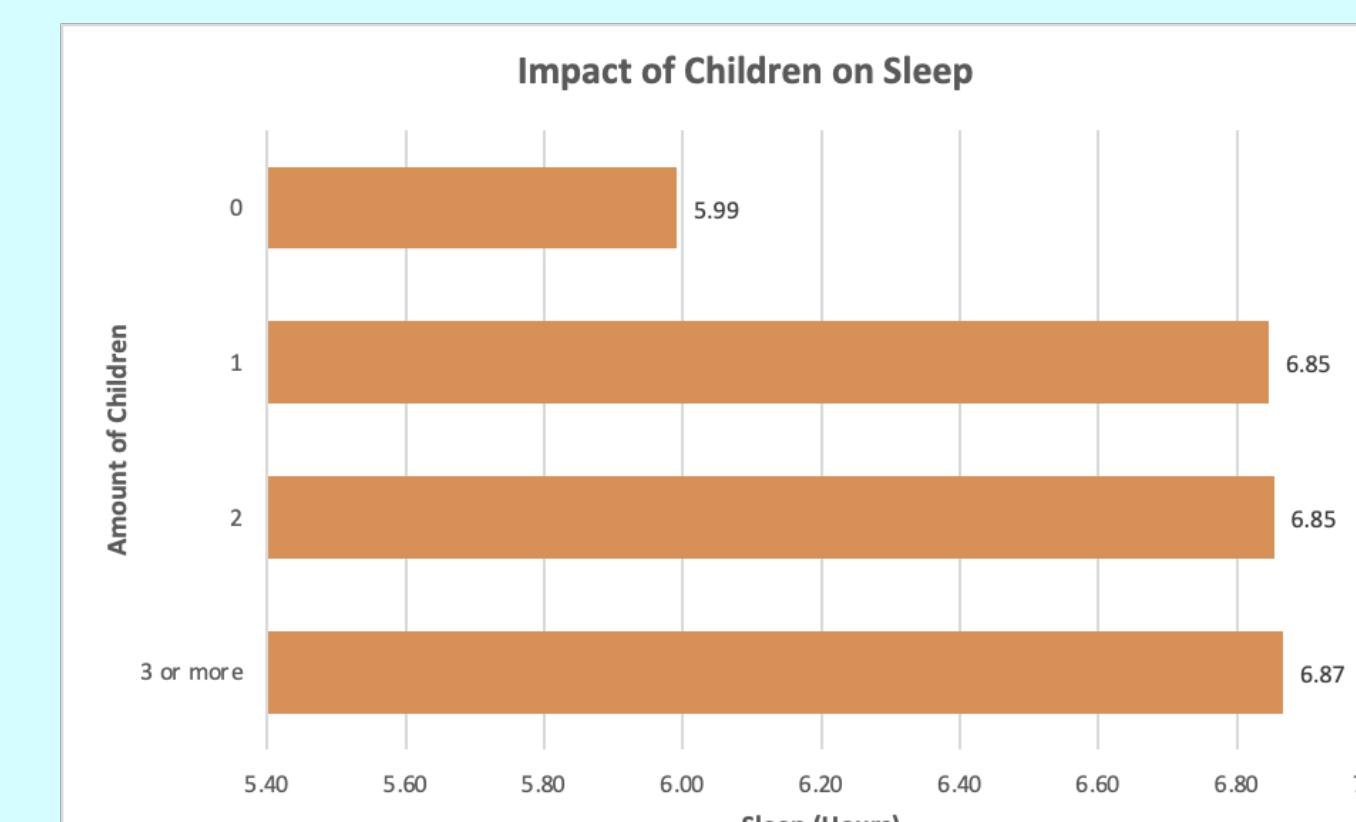


Figure displays the stark difference between the sleep of those who have children and those who don't.

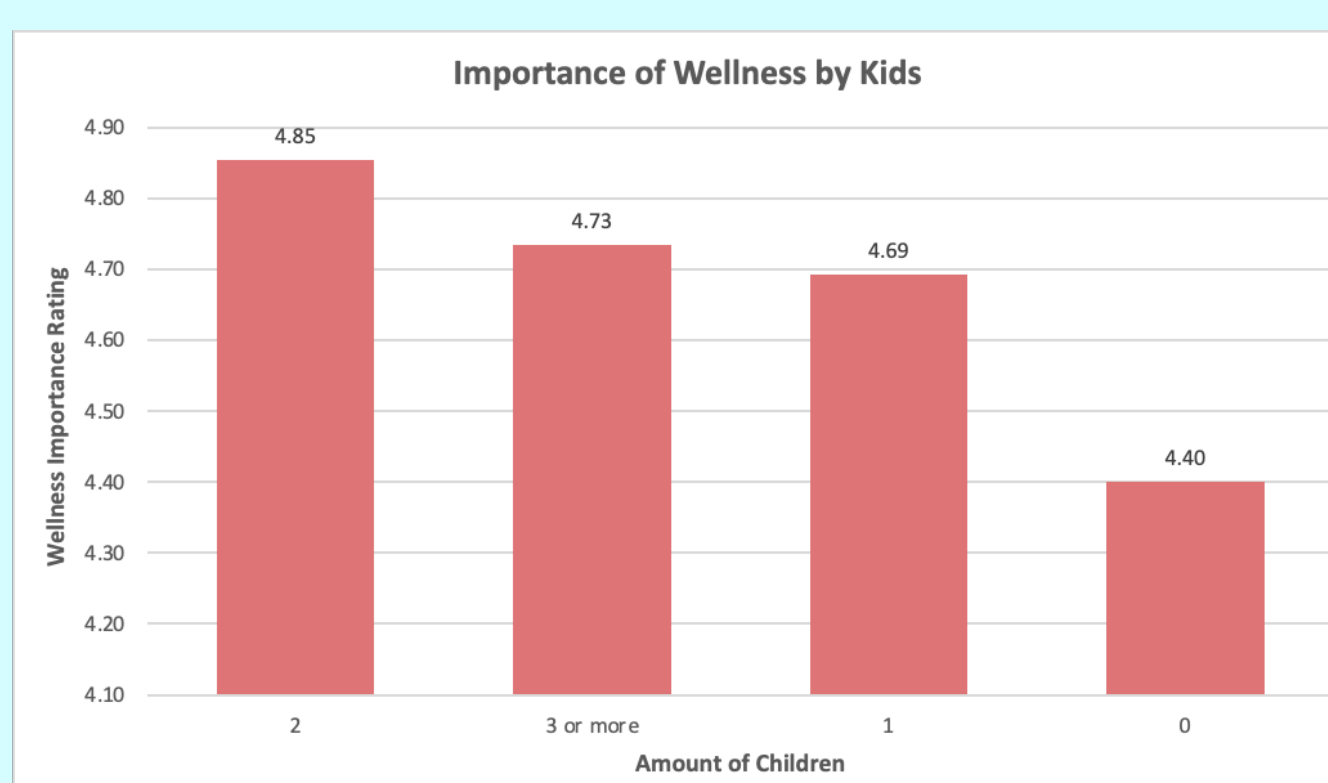


Figure supports the previous belief that participants with children tend to value wellness more than those without children.

There is no doubt that the biggest motivator in human psychology is fear. The acknowledgement of undesirable outcomes directly leads to healthier actions.

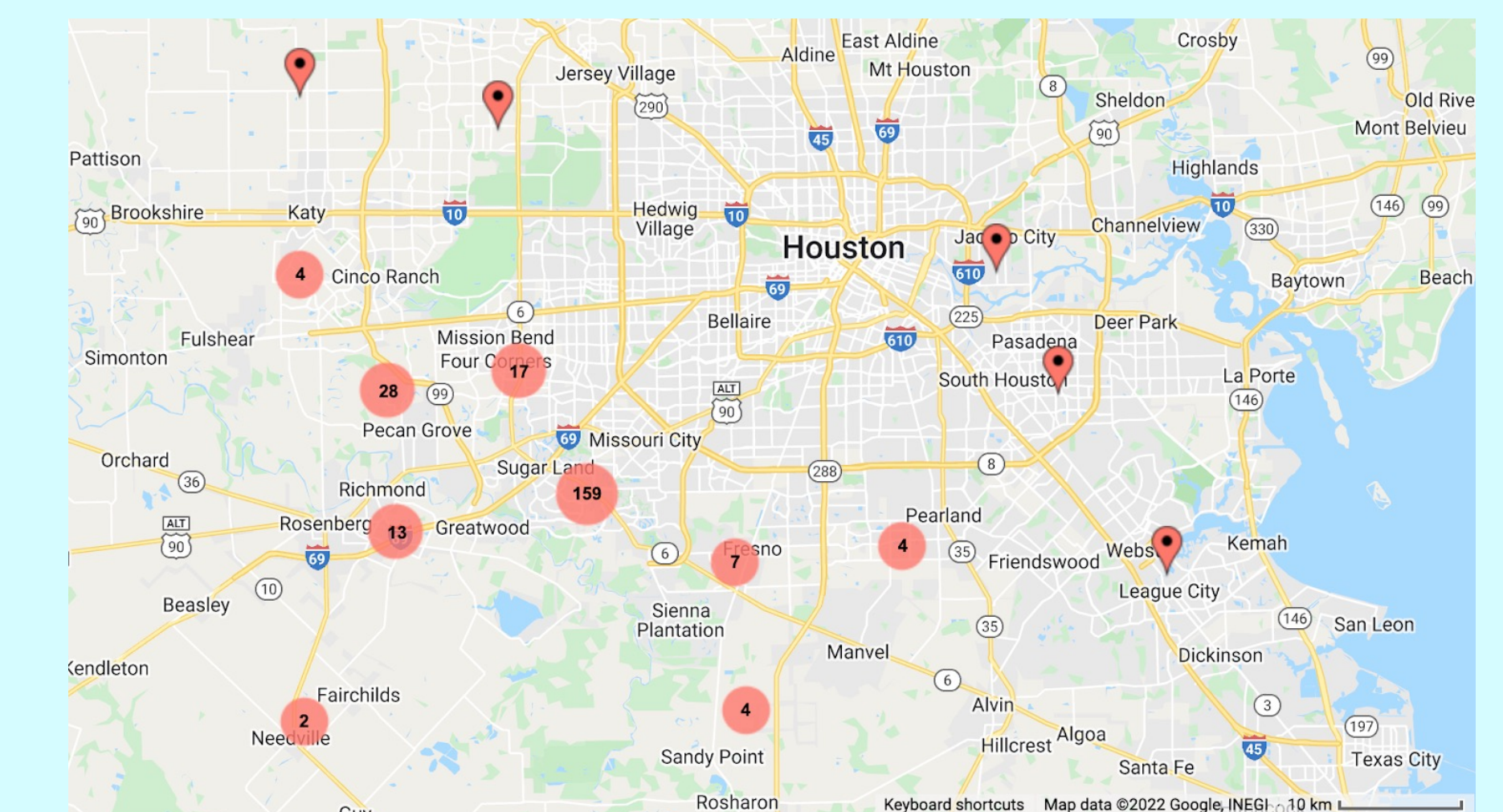
1. As seen with vaccinations, there was a wave of vaccinations when cases were high around the nation because of the fear of getting COVID-19. However, as the pandemic prolonged, we saw a decrease in vaccinations and boosters as the concern of COVID had lost its meaning and influence.
2. As age increases and people have children, their importance of wellness increases because they have more to lose. Thus, they tend to have more healthier lifestyles.

Thus, the ultimate solution should try and expound on the consequences of living an unhealthy lifestyle (to patients) whilst avoiding desensitization.

## DISCUSSION

The data indicates through both qualitative data and quantitative data that the 3 major inhibitors of community wellness in the local Houston area are time constraints, lack of motivation, and stress. These 3 results work hand in hand and are a major obstacle that people must overcome. This information becomes vital to policy makers and health care professionals as they try and best suit the needs of patients.

One area of weakness for the study is the randomization of participants. Though the survey achieved a wide variety of participants, the inability to conduct a SRS opens the door for potential bias. As shown in the zip code distribution, we can see there is a tendency of participants to be located in 77479 and 77459. However, these zip codes also have higher populations so we'd naturally have more data on these areas.



## SOLUTION

With the 3 prevalent issues identified in the local Houston area, the next step becomes creating a solution. It is understood that there is no universal solution to everyone's needs and problems. However, the researcher believed that a digital flyer/infographic would be useful to share with patients as they wait in the office and would be easy to spread throughout the community. This solution would display the new statistics found in the survey to bring attention to the need for healthier habits. Furthermore, the flyer would have an attached resource database of local resources that could help alleviate some of their problems. For example, to address time constraints affecting exercise, there are several videos of short, high intensity exercises and mobile apps that can get people moving throughout the day.

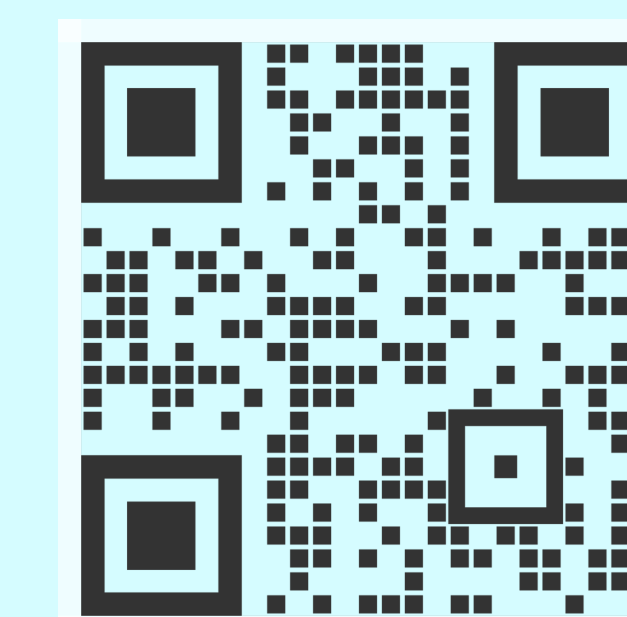
## AIM FOR WELLNESS



A flyer to help overcome some of the biggest barriers to community wellness.

by: Dr. Daniel Nwachokor and Aman Chaudhary

Community Wellness Flyer



Community Wellness Database

