

**Nursing 4210: Health: Transitions**

Learning Activity #8  
**Specific Population Groups**

**Overview:**

The current taxonomy for categorizing Canadians in health related literature and programs includes developmental stages and socioeconomic indicators for specific population groups. According to geographical breakdown, funding is often initiated and acquired to meet the needs of one or more of these population groups. It is important that nurses recognize the various population groups and their developmental as well as socioeconomic needs to implement programs and strategies that can implement healthy practices and ideal health care for these groups.

Population health target groups can be selected using a number of different distinguishing criteria, including:

- *Age or developmental stage* (children, elderly, middle age,...)
- *Gender*
- *Race or ethnicity* (aboriginal, ESL, ...)
- *Geographic location* (homes, schools, regions, workplaces,..)
- *Socioeconomic status*
- *Vulnerability to a particular trait or condition* (cancer, diabetes, heart disease,...)
- *Hazards to Health* (radiation, pollution, violence, second hand smoke,...)
- *Behaviours or Lifestyles* (smoking, alcohol use, nutrition, exercise,...)
- *Perceived health or other social status*
- *Health determinants*
- *Policy directions, etc.*

**Ends In View:**

This learning activity is intended to give the learner the opportunity to:

1. Recognize various population groups identified by Health Canada and other Canadian health care bodies.
2. Identify developmental needs related to the health of various population groups in Canada.
3. Identify socioeconomic factors and needs that can impact on the health of various population groups.

4. Recognize some common and predictable health challenges that are common amongst the various population groups.

### **In Preparation:**

1. Read Chapter 8 “Improving Health” in : Health Canada (1999). *Toward a healthy future*. Ottawa: Health Canada.  
at: [http://www.hc-sc.gc.ca/hppb/phdd/pdf/toward/chapter\\_8.PDF](http://www.hc-sc.gc.ca/hppb/phdd/pdf/toward/chapter_8.PDF)
2. Read Chapter 3 “Healthy Child Development” in : Health Canada (1999). *Toward a healthy future*. Ottawa: Health Canada.  
at: [http://www.hc-sc.gc.ca/hppb/phdd/pdf/toward/chapter\\_3.PDF](http://www.hc-sc.gc.ca/hppb/phdd/pdf/toward/chapter_3.PDF)

### **In Practice:**

1. Participate in class discussion related to the various population groups targeted in Canadian health care, identifying developmental and socioeconomic needs and characteristics.
2. What are the priorities for health for the various Canadian population groups?
3. What is the nurse’s role in promoting health in the various population groups?
4. Which groups seem to readily receive health related funding? Which ones have more difficulty receiving funding? Why is this?

### **In Reflection:**

1. Which population groups do you feel the most comfortable working with (consider your practice experience, life experience, and personal preferences).
2. Which population groups require health care professionals to lobby and organize initiatives to ensure that their health needs are met?

### **References:**

Health Canada (1999). *Toward a healthy future*. Ottawa: Health Canada.  
<http://www.hc-sc.gc.ca/hppb/phdd/report/toward/report.html>