

**A Population Health Problem**

Name

Institution

Instructor

Date

### **A Population Health Problem**

For health problem to be considered a population health issue, must place an enormous burden on the society despite the existence of control efforts. Chronic kidney disease (CKD) is such a health problem affecting the population, especially older adults aged 65 and above (Fung & Tamura, 2016). Chronic kidney disease as a major population health concern disproportionately impacts low-income persons and the minority. African-American tends to suffer the highest rates of CKD compared to other racial-ethnic groups. Racial and ethnic inequalities have continued to adversely influence African-American CKD outcomes (Laster, Shen, & Norris, 2018). The common social-economic determinants that disproportionately affect minorities include income, education, and insurance (Laster et al., 2018). One in seven adults in the United States is likely to have CKD. Older African Americans 65 years and above accounts for 15% death rates compared to their White peers within the same age bracket (Hamler, Miller, & Petrakovitz, 2018).

Chronic kidney disease is a global health concern for older persons and is linked to increased mortality and morbidity globally. In the United States elderly population continues to bear the burden of CKD compared to the younger population. The number of CKD older patients has continued to increase nationally (Fung & Tamura, 2016). The baseline distribution of CKD is estimated at 15.2%, while the present estimate of 14.9% shows a slight reduction. However, it is observed that there is an increase among older adults aged 75 and above. Although the prevalence of CKD decreases as household income rises, there exists no consistent trend in change over time (Center for Disease Control and Prevention, 2020).

### **Healthy People 2020**

CKD is a significant population health problem across the United States, resulting in a poor quality of life and suffering (HealthPeople.gov, 2020). The disease is responsible for

premature death and high healthcare expenses. Meeting the set Healthy People 2020 objectives for CKD would considerably reduce the burden of this particular disease and improve the overall quality of life for persons with the disease. Additionally, the public health problem, as per the Healthy People 2020 objectives, would lead to a reduction of disparities among CKD patients in the country (HealthPeople.gov, 2020). The health problem has the likelihood of advancing the understanding, hence contributing to patient outcomes and narrowing the disparity gap in the majority of CKD aspects (Laster et al., 2018).

The health problem would further result in the implementation of various evidence-based practice interventions leading to improved quality of life and clinical outcomes. The problem would also encourage medical professionals to educate their patients on the self-management practices that would help them manage the disease (HealthPeople.gov, 2020). Various actions are also likely to take place to try and address the health problem. For instance, there might be efforts to advance relevant policies to enhance equity within the society, reduce health inequalities, and minimize high morbidity and mortality connected to CKD (Laster et al., 2018).

### **Research Question**

The preliminary question that the researcher aims to address is: which is the most effective intervention for older adults with CKD?

### **Conclusion**

CKD has emerged as a major population health problem, especially among older adults. The disease is spread in the United States; however, it affects more African American population from low-income backgrounds. Meeting the Healthy People 2020 objectives would reduce disparities among CKD patients in the country.

## References

- Fung, E., & Tamura, M. K. (2016). Epidemiology and public health concerns of CKD in older adults. *Advances in chronic kidney disease*, 23(1), 8-11. doi: 10.1053/j.ackd.2015.10.001
- Laster, M., Shen, J. I., & Norris, K. C. (2018). Kidney disease among African Americans: a population perspective. *American Journal of Kidney Diseases*, 72(5), 3-7.  
doi: [10.1053/j.ajkd.2018.06.021](https://doi.org/10.1053/j.ajkd.2018.06.021)
- Hamler, T. C., Miller, V. J., & Petrakovitz, S. (2018). Chronic kidney disease and older African American adults: how embodiment influences self-management. *Geriatrics*, 3(3), 52-66.  
doi: 10.3390/geriatrics3030052
- Center for Disease Control and Prevention. (2020). *Chronic kidney surveillance system*.  
Retrieved from <https://nccd.cdc.gov/CKD/detail.aspx?Qnum=Q633#refreshPosition>
- HealthPeople.gov. (2020). *Chronic kidney disease*. Retrieved from  
<https://www.healthypeople.gov/2020/topics-objectives/topic/chronic-kidney-disease>