

NSU Chronic Illness Case Competition

Bethany is a 28-year-old Hispanic American woman of Colombian decent. She lives close to her family in Miami and works as an administrative clerk at the local library in her neighborhood. She is married to her husband of 8 years and has a 5-year-old son and 3-year-old daughter. Her husband has been chronically unemployed for over a year but works odd jobs whenever possible. Her mother and father used to help her with childcare, but have a number of chronic conditions including diabetes, hypertension, and asthma. Her mother had a stroke last year and Bethany now helps to provide care for both her parents.

Bethany has a BMI greater than 40 and is morbidly obese. She was recently diagnosed with Type 2 diabetes mellitus and has been prescribed Metformin, a drug for diabetes, which she is able to fill for free at her local pharmacy. She knows she needs to check her blood glucose regularly but does not have the money to buy test strips and insurance does not cover the expense. Despite having health insurance through her employer, her annual deductible is \$2500.00 and her maximum out of pocket for the year is \$5000.00--- this is a very expensive given the fact that she only makes \$26,000 annually.

Bethany is aware of the issues her obesity is posing to her health and wants to make positive changes for her and her family; her husband is also overweight and her children's pediatrician has cautioned her about their weight. She's been told to exercise but there are no fitness centers in her community that are accessible to her or that she could afford and since she lives in a high crime area, she's concerned about safety. She does not have time or energy to exercise regularly and going to the local park for a walk can be difficult for her.

She is accustomed to traditional Colombian food. Her traditional foods tend to be rich in fat, carbohydrates, sugar, and some of the most popular dishes are not always the healthiest options. She also has limited funds for nutritious meals and there are no grocery stores close to where she lives. The corner store does not have many fresh fruits or vegetables but it is close to home she does most of her grocery shopping there.

The prospect of making significant behavioral changes seems to be daunting for Bethany. She has limited finances, very few opportunities for leisure activities, and very little time on weekends.

How to Sign Up

Step 1: Develop a team of one to two students. Email your team information to Emilio Lorenzo at el541@nova.edu & Olivia Fogel at of107@nova.edu.

Step 2: Attend Information session on Thursday January 23rd from 12:30pm-1:30pm (Carl DeSantis 1042)

Step 2: Review the research articles that have been provided to you & research an additional 6 scholarly articles related to the topics of food insecurity and the development of chronic diseases

Step 4: Develop a 6 page proposal focused on how to develop a wellness plan for Bethany (Include your 6 Scholarly articles to support your proposal). Which will include addressing the following areas:

- What challenges does Bethany face regarding her current medical condition?
- Identify and describe barriers that may affect her health decisions?
- What behaviors need to change?
- What health promotion and nutrition services would help Bethany and her family?
- Develop a plan of action for Bethany and her family.
- Describe the prevalence of Diabetes in the U.S.
- What strategies are currently in place to combat the development of chronic diseases such as diabetes in the U.S.?
- What initiatives can or should be implemented within the community to combat the development of chronic diseases such as diabetes in the U.S.?
- What ideas do you have to decrease the prevalence of such chronic illnesses in South Florida?

Step 5: Submit your proposal by Sunday March 22nd at 11pm

Step 6: Top student proposals will be selected to present their solutions on Wednesday, April 8th, 2020 for a \$150 prize.