

Health Promotion for Contemporary Young Adults: A Concept Analysis

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Introduction

- The term health promotion has often surfaced in the health research literature pertaining to young adults aged 18-34; however, the concept of health promotion, which it expresses, has yet to be studied in this context of its use
- Surprisingly, there have been no attempts to clarify and define this concept based on how its expression, the term health promotion, is used in this context
- These gaps are troubling given that research identified higher rates of diabetes and obesity in today's young adults than in those of an earlier period, ¹ placing contemporary young adults at an increased risk for cancer and cardiovascular disease, among other illnesses ²⁻³
- The urgency of this situation is further underscored by their increased rates of mortality ⁴ and obesity-related cancers ⁵
- Due to the identified gaps, not to mention these deteriorating health outcomes, a concept analysis was performed to clarify the concept of health promotion in the recent health research literature pertaining to young adults aged 18-34 to not only address these gaps but also to shed more light on what this concept signifies for contemporary young adults to potentially aid in improving their health

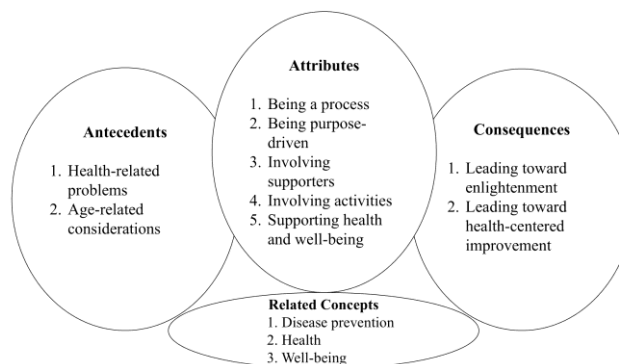
Method & Literature Search

- The evolutionary view, an innovative method of concept analysis offering a methodical process for clarifying and defining concepts based on their use, ⁶ was used to identify health promotion's clarifying aspects from within the sampled literature
- The scientific databases of Academic Search Premier, APA PsycInfo, Cumulative Index to Nursing and Allied Health Literature, Education Resources Information Center, Medical Literature Analysis and Retrieval System Online, Scopus, and SocINDEX were searched using the search terms, *health promotion and young adults*, and a publication date search limit set to 2017-2022, to identify eligible sources for inclusion
- 992 potential sources were systematically screened according to a randomization scheme to identify those eligible for inclusion based on established inclusion criteria
- The inclusion criteria were that evidential sources pertained to young adults aged 18-34 years by either including such individuals or addressing matters specifically applicable them, e.g., young adult health promotion, contained the term health promotion, and were available in the English language in full text at the times of the search
- Screening for inclusion involved examining each article to ensure the inclusion criteria were met, resulting in 316 sources being identified as eligible for inclusion

Analyses

- Each of these sources were analyzed to identify health promotion's clarifying aspects in accordance with the evolutionary view
- The primary activities of the evolutionary view involve: ⁶
 - Identifying the concept of interest
 - Identifying an appropriate realm for data collection
 - Collecting data relevant to identify the attributes and contextual basis of the concept
 - Analyzing the data regarding the aforementioned characteristics
 - Identifying an exemplar of the concept, if appropriate
 - Identifying implications and hypotheses
- Emphasis was initially placed on collecting data relevant to identify the attributes of health promotion by analyzing the use of the term health promotion in each article, and answering the question, what are the characteristics of this concept ⁶
- Afterward, emphasis was placed on collecting data relevant to identify the contextual basis of the concept, including antecedents and consequences, by again analyzing the use of health promotion in each article. However, during these analyses, the questions, what happens before the use of the concept, and after or as a result of its use, ⁶ were answered
- During each of the preceding analyses, repetitive themes were organized until overarching themes were identified for each of the identified clarifying aspects
- Related concepts were also identified through this study's events and a further analysis

Findings



Definition

- Based on the identified attributes, health promotion may be defined as a *purpose-driven process involving supporters and activities to support health and well-being*

Discussion

- The concept of health promotion was seldom clarified or defined in the sampled literature, often resulting in a lack of clarity about what the term health promotion was expressing through its use
- For the concept of health promotion to be more effective, this concept should be clarified and/or defined in the health research literature pertaining to young adults aged 18-34 so that what it signifies can be unambiguously understood
- Employing this approach over time will likely improve communication, which, if realized, may yield improved health outcomes that support young adult health
- It will also likely support future efforts to clarify this concept for this group by offering greater clarity about what was signified by the term's use across sources pertaining to them

Implications

- This study addresses several knowledge gaps by identifying multiple clarifying aspects of health promotion in the identified context, and offers a contextually-based definition of this concept that can supplement nurses' and others' use of it to improve communication and health outcomes
- Its findings can shed more light on this concept when its use concerns this group and facilitate its further inquiry and development, which can improve its effectiveness for nursing and others

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References

