

RESEARCH PLAN

The intended plan for this research project was to obtain credible information from certified doctors (Md/PhD), medical students, and researchers within the field of medicine surrounding the cardiovascular system. This was to be done by having a series of questions answered by these doctors, students, and researchers. Also, as a way to obtain credible information, to turn toward online sources. This was to be in the form of reliable published medical journals, studies, or statistics by companies or organizations.

RESEARCH TAKEN

The research for this project had been executed by sending e-mails containing ten questions related to the research question. There were four emails sent out. One sent to a medical student in the field of the cardiovascular system who is also a researcher in the field. One sent to a Md/PhD Cardiologist who also does research in the field. One sent to another Cardiologist. The last had been sent to an Internist. There had also been online research done by reviewing medical journals, studies, and statistics by companies and organizations.

INSPIRATION

Hypertension and diabetes are both very prominent diseases in the African-American community. Unfortunately, about 75% of African-Americans, male and female, have hypertension in the United States. Around 13.2% have diabetes with an 80% chance of being diagnosis with the disease more than any other group in America. With it being an issue, this research project: What impact does environment have on the accelerating rates in which African-Americans develop hypertension and diabetes - surrounds the overall reasoning of this phenomenon by examining the environmental aspects.

GOAL

Having it be known that this a prevalent issue and it happens to a particular group the most more than any other group in America, it is important to be conscientious and to have the proper understanding of it. With that being the case, the goal of this research project was to understand how and why the rates in which African-Americans develop hypertension and diabetes at a significantly higher rate than any other group in America.



ENVIRONMENTAL EFFECTS ON HYPERTENSION AND DIABETES

WHAT IMPACT DOES ENVIRONMENT HAVE ON THE ACCELERATING RATES IN WHICH AFRICAN-AMERICANS DEVELOP HYPERTENSION AND DIABETES?



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RESEARCH REFLECTION

As this research project had been executed, the initial plan had changed from what was intended. This was due to inefficient use of time. There could have been more time for more e-mails to be sent/answered and online research to be done, however the deadline had been approaching rapidly.

ACTION

Currently, this research project's solution is still under development. The intended solution of this research project is a website that will inform its viewer on hypertension and diabetes in the African-American community. This would be done by listing ways to improve the issue. This will be in the form of stating ways that an individual of this particular issue could get healthy whether it be a change in diet or a more active lifestyle. This shared information will be solely from the research done to obtain it.

EVALUATION

This research project was successful in many aspects. The effective use of communication is one way that this project was successful because it allowed the project to get far in regards to the answer of the research question. It was successful in the aspect of constructing a list of questions to be answered because the questions were very specific and the responses, regardless of being short or long, still gave a direct answer. These aspects have allowed the overall answer to the research question to be very straightforward and direct.

A more thought out approach to this research project for a more successful outcome would have been to interview more qualified people in the field of medicine surrounding the cardiovascular system. The diverse and bias opinions that people may have on this topic is important to consider because they could have a significant impact on the research done to essentially solve the overall problem.

1 This research project has taught a lot about hypertension and diabetes in the African-American community. From this research it is now known that many of the journals, studies, and statistics agree that the unhealthy diet, lack of exercise, and overall culture of the African-American community essentially upholds these destructive qualities. The responses that were obtained also agreed upon this as well. They also agreed that the community in of itself deserves attention in regards to health-care access and education. This is likely believed to close the gap of development of hypertension and diabetes between African-Americans and other groups in America.

4 As an I.B. student, incorporating I.B. Learner attributes into this research project was very critical. This allowed there to be more focus to achieving the overall goal. For this research project, the I.B. Learner attribute of being an Inquirer was applied. It had been applied through asking who, what, where, when, and how. This allowed questions to be asked effectively so that there is opportunity to get to the deeper issue and eventually come up with a solution.

5 If this project were to be re-attempted, then gathering information would be the most crucial factor to improve. Face-to-face interviewing is one thing that would be best to incorporate considering the fact that only there were only two responses from the four e-mails sent. Not only were there two responses, but, due to ineffective communication, there was redirection to other doctors.

