**Community Program Planning Paper**

1. **Mobilize**
2. To bring about change in the 33165 zip code, the community nurse first needs to mobilize those interested in bringing change.
3. To do this, the nurse could hold community meetings to discuss the health concerns that are common in the area and brainstorm ways to address these concerns.
4. The nurse could also work with local organizations to promote health and wellness initiatives in the community.
5. Additionally, the nurse could use social media to spread awareness of the health concerns in the community and to engage community members in conversations about how to improve the community's health.
6. **Assess**
7. In the Assess stage, the community nurse would collect data on the community's health needs.
8. This data could come from various sources, including health surveys, interviews with community members, and data from local hospitals and clinics (Stevens, 2019).
9. The data would be used to identify the most common health concerns in the community.
10. In this community, common health concerns include obesity, diabetes, hypertension, and stress.
11. **Plan**
12. In the Plan section of the MAP-IT model, the community nurse would first assess the needs of the community and identify the health concerns that are most common in the 33165 zip code.
13. Next, the nurse would develop goals and objectives to address these health concerns.
14. Some goals and objectives might include reducing the obesity rate by 5% over the next year, the diabetes rate by 3% over the next year, and the hypertension rate by 2% over the next year.
15. To achieve these goals, the nurse would then develop strategies and interventions that would be implemented in the community.
16. **Conclusion**
17. Some examples of strategies and interventions that could be used to achieve the goals include promoting healthy eating and physical activity, providing education on managing diabetes and hypertension, and offering stress-reduction classes.
18. In the implementing section of the MAP-IT model, the community nurse would first work with local health care providers to develop educational materials on these health concerns.