

# Global Healthcare Concerns and Solutions

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This January 2020 issue covers a wide variety of topics from different countries and regions in the world: Determinants of Diet Quality in a Pacific Islander Community Mainly explains about Obesity and obesity related diseases such as hypertension and type-2 diabetes (diabetes) are a global health epidemic, and are especially severe in Pacific Islander populations. The objective of this study is to identify the beliefs, experiences and influences related to diet quality within a Marshallese Pacific Islander community in Arkansas [1-4].

A mixed method design was chosen to obtain a more comprehensive view of participant's diet quality beliefs, experiences and influences and overcome the limitations of a single design. From November 2017 to February 2018, a purposive sample of 40 participants took part in the mixed methods study via focus groups [5-7].

As we sought to understand beliefs, experiences and influences related to diet quality, four a priori qualitative themes were identified:

- (1) Socio-cultural determinants of diet quality;
- (2) Preferential determinants of diet quality;
- (3) Economic determinants of diet quality; and
- (4) Nutritional knowledge of diet quality.

Finally this article concluded as Similar to other studies of Pacific Islander communities in Hawaii and the United States affiliated Pacific Islands, Marshallese participants discussed numerous sociocultural, preferential, economic and nutritional knowledge determinants to diet quality. Understanding the beliefs, experiences and influences related to diet quality will fill an important gap in the literature for Marshallese in Arkansas and help inform interventions, practices and policies that can reduce obesity, hypertension, and diabetes [8-10].

The Second article entitled as "Navigating the Tide: Health Science Student and Faculty of Color Academic Experiences" very well explained about the Occupational Therapy and Occupational Therapy as a profession must diversify its workforce to meet the needs of a diverse population. The recruitment and retention of students of color or racial minorities is necessary for a racially diverse workforce. Faculty of color mentors is integral for the retention and success of students of color. This research explored the lived experiences of a recent graduate of color and a faculty of color in a mentoring relationship [11-13].

The method includes, Semi-structured interviews were developed to gain insight into the assets, challenges, and environment of the mentee and mentor of color. A phenomenological approach was utilized with a convenience sample of two participants from a health science university in the United States of America. The data was analyzed using the Kawa model as a lens [14-15].

As a result it shows, Four common themes arose from the interviews:

- (a) Racial, cultural, and class backgrounds were strengths,
- (b) Sympathetic supports needed for validation,
- (c) Lack of representation were barriers, and
- (d) Predominantly white institutions may not be inclusive and may also contribute to the maintenance of health disparities.

This research as summarized as The findings of this study focus on the need for quality mentorship, spaces and opportunities to dialogue about race and racism, and institutional structural support for the recruitment, retention, and success of both students and faculty of color in academia.

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