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The Benefits of a Community Swimming Pool

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Research Essay

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Abstract

This paper explores a study conducted by a student at Northern Marianas College on the benefits that a community swimming pool would have on the local population of Saipan over a 3 month period. The student researcher’s purpose for exploring this topic was to find out whether the addition of a community swimming pool to the island of Saipan would be more of benefit to the local population rather than another business project that reaped no real reward. The student researcher collected data for their research report through various means such as online surveys distributed to students currently enrolled at Northern Marianas College, and through other online research articles. After analyzing their data from the online surveys, the student researcher discovered that majority of the students thought that the addition of a community pool to Saipan was a good idea, however almost 90 percent of them had never used a community pool before. This study is beneficial because it will allow for more people to experience the environment of a community pool, which in turn could potentially improve the lifestyle of people living on Saipan, lower the risk of drowning, and much, much more.

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The Benefits of a Community Swimming Pool

**Introduction**

We live in a day and age where people are becoming more aware of their health and the risks associated with an unhealthy diet, and an inactive lifestyle. It is because of this that many studies and research has been done that determine factors such as how much fruits and vegetables we should be eating on a daily basis, as well as how many hours of physical activity we should be getting in throughout the week. However, even though we have all these health studies that are backed by scientific evidence, many people choose not to follow these rules laid out for them, and instead continue on living an unhealthy and inactive lifestyle. It is like this everywhere in the world and Saipan is no exception. According to Todino, J. (2017) out of all the U.S. states and territories, the CNMI has the highest rate of diabetes among adults. In the U.S. 12.5 percent of adults have diabetes; while in the CNMI 18.7 have diabetes. 25.3 percent of them being from the Chamorro population while 21.9 percent of them come from the Carolinian population. This is almost double the rate of diabetes in the U.S., and one cause of this would be the hot and humid tropical climate that the people of the CNMI live in. Because it is so hot and humid on Saipan, many people are often turned away from going outside and instead choose to stay indoors. I believe that establishing a community pool will help to improve the lifestyle of people living on Saipan.

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**Literature Review**

 In Todinos, J. (2017) summary article, he interviews Dr. Don Hardt, president of the Non-communicable Disease Alliance, and asks for his response to the current issue of diabetes in the CNMI. Hardt talks about how pacific islanders have a higher rate of being overweight and obese than any of the 50 states and other U.S. territories. He believes that one of the factors contributing to this is the high consumption of sugar sweetened beverages, and states that “It would make a huge difference if we switch to water.”

**Conclusion**

 In conclusion, I believe that establishing a community pool will help to improve the lifestyle of people living on Saipan by giving them another option for a form of exercise that does not take place underneath the hot sun, and allows them to learn the basics of swimming as well as how to be safe in the water in a supervised, and controlled environment. However, more research would need to be done on the effects of a community swimming pool on people living on a remote tropical island.

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**References**

Todinos, J. (2017). Diabetes rates in the cnmi very alarming, hardt says. *Guam Daily Post.* <https://www.postguam.com/news/cnmi/diabetes-rates-in-the-cnmi-very-alarming-hardt-says/article_162f5762-50d1-11e7-9574-0f5266ae0e9e.html>