

## **Health Promotion**

- Health promotion measures focus on both individuals and on contextual factors that shape the actions of individuals with the aim to prevent and reduce ill health and improve wellbeing. Health in this context not only refers to the traditional, objective and biomedical view of the absence of infirmity or disease but to a holistic view that adds mental resources and social well-being to physical health.

### **The Ottawa Charter Identifies Five Priority Action Areas For Health Promotion:**

- **Build healthy public policy:** health promotion policy combines diverse but complementary approaches, including legislation, fiscal measures, taxation and organization change. Health promotion policy requires the identification of obstacles to the adoption of healthy public policies in, non-health sectors and the development of ways to remove them.
- **Create supportive environments for health:** the protection of the natural and build environments and the conservation of natural resources must be addressed in any health promotion strategy.
- **Strengthen community action for health:** Community development draws on existing human and material resources to enhance self-help and social support, and to develop flexible systems for strengthening public participation in, and direction of, health matters. This requires full and continuous access to information and learning opportunities for health, as well as funding support.
- **Develop personal skills:** Enabling people to learn (throughout life) to prepare themselves for all stages and to cope with chronic illness and injuries is essential. This has to be facilitated in school, home, work and community settings.
- **Re-orient health services:** the role of the health sector must move increasingly in a health promotion direction, beyond its responsibility for providing clinical and curative services. Reorientation of health services also requires stronger attention to health research, as well as changes in professional education and training.

### **Core Values and Principles of Health Promotion:**

Various attempts have been made to describe the central health promotion principles. The World Health Organization articulated the following concepts and principles for health promotion in a discussion paper in 1986:

1. Focuses on the population as a whole in their everyday life rather than people at risk of specific diseases.
2. Directed towards action on the determinants or causes of health.
3. Combines diverse but complementary methods or approaches.
4. Aims at effective public participation.
5. Requires health professionals to have a role in enabling health promotion.

# Health Promotion And Report Programs

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