

Health Promotion and Disease Prevention

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1. Introduction

- Health promotion enables people to increase control over and improve their health.
- Disease prevention reduces the risk and impact of illness.

2. Health Promotion Strategies

- **Health education:** giving people knowledge to make healthy choices.
- Creating supportive environments and healthy public policy.
- Strengthening community action and personal skills.

3. Levels of Prevention

- **Primary prevention:** stops disease before it starts, such as vaccination.
- **Secondary prevention:** early detection through screening.
- **Tertiary prevention:** limits complications of existing disease.

4. Key Approaches

- Promote healthy behaviours such as good nutrition and exercise.
- Immunisation and safe water and sanitation prevent infection.

5. Role of the Community Worker

- Mobilise and educate communities.
- Encourage participation and behaviour change.

6. Summary

- Health promotion and disease prevention combine education, supportive environments, and the three levels of prevention to keep populations healthy.