

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 occurrence and impact of illness.

2. Health Promotion Strategies

- Health education to build knowledge and skills.
- Supportive policies, environments, and community action.
- The Ottawa Charter outlines key action areas for promotion.

3. Levels of Prevention

- **Primary prevention:** stops disease before it starts, e.g. immunization.
- **Secondary prevention:** early detection through screening.
- **Tertiary prevention:** limits complications and supports rehabilitation.

4. Approaches

- Behavior change communication targeting lifestyle factors.
- Empowerment and community participation for sustainability.

5. Significance

- Reduces disease burden and healthcare costs.
- Promotes wellbeing and addresses underlying determinants of health.