

An Overview of Health & Health Promotion

Introduction :

Health promotion is a major goal of community health nursing practice . It is more than preventing illness and focuses on changing patterns of behaviors . Health promotion and disease prevention are the challenge of the 21st century .

Definition :

It means assisting individuals to better health , functioning , well being , and to maximize their potency .

The "first and best known" definition of health promotion by the *American Journal of Health Promotion* (AJHP) since at least 1986 is :

" The science and art of helping people change their lifestyle to move toward a state of optimal health " .

The goal of health promotion :

Enable people to exercise control over their well - being and ultimately improve their health .

Health promotion combination :

- 1 - Education
- 2 - Organizational involvement
- 3 - Economics
- 4 - Political influences

Fundamentals areas of health promotion

- 1 - Nutrition
- 2 - Physical fitness
- 3 - Weight control
- 4 - Cultural sensitivity
- 5 - Avoidance of harmful substance

Factors affecting health :

- 1 - Genetics and human biology

2 - Environmental influences

3 - Personal behavior

4 - Health care

Genetics & human biology :

1 - Genetics(genetic makeup may include inherited disorders such as sickle-cell anemia)

2 - Female & male hormones (produce biological effects)

Environmental influences (Natural or man-made) :

1 - Exposure to chemicals (asbests in older buildings , lead paint in older houses , mercury in polluted water sources)

2 - Radiation from the sun , exposure to solar radiation

3 - Natural disasters ; hurricanes , floods , volcanic eruptions , heat waves

4 - Man - made environmental crises ; wars , bombings , pollution

Personal behavior :

1 - Diet (healthy eating habits)

2 - Exercise (improves muscle strength , circulation , emotional wellness , increases **endurance** , lowers BP , reduces the chances of heart attacks , osteoporosis)

Health club are wonderful places for regular exercise

3 - Personal care : skin hygiene , proper body mechanics , adequate sleep , dental hygiene

4 - Sexual relationships : use values , ethics , morals

5 - Level of stress : not all stress is harmful , limited stress raises one's energy level & makes more alert

6 - Tobacco & drug use

7 - Alcohol use

8 - Safety

Health care : It includes :-

1 - Physical examination :

20 - 39 years of age every 1 - 3 years

40 - 49 years of age every 1 - 2 years

Older than 50 years every year

Breast exam before age 40 and yearly

Testicular and rectal exam to check prostate after age 40

2 - Tests :

ECG at age 20 - 40 every 5 years

Breast self - exam every woman after each menstrual period

Testicular self - exam every month by male

CBP

B . sugar (FBS)

Cholesterol

G. stool for blood

3 - Immunization

4 - Dental exam every 6 - 12 months

5 - Eye exam every 2 - 3 yrs from age 40 - 49

After 50 yrs every 1 - 2 yrs

Health protecting behaviors : Those that protect people from problems that jeopardize(expose to hazard) their health and well-being ,e.g ;

1 - Immunization against infectious diseases

2 - Reducing exposure to environmental health hazards

Health promoting behaviors : Those that improve health by fostering personal development or self actualization . e.g ;

1 - managing dietary intake

2 - exercise

3 - stress management

Health promotion & health Protecting programs :

1 - Programs for individual (depend on accurate assessment of individual needs & risk to health)

2 - Programs for families (community health nurse works with family)

3 - Programs for communities (the major types include ; school, workplace , faith community , hospital , senior center , community wide programs)

Community health nurse's role in H.P.Ps :

- 1 - Assist people & groups in taking actions that promote & maintain health and wellness
- 2 - Use the nursing process to promote health and prevent disease in the community
- 3 - An advocate for health
- 4 - Assisting individuals & groups in assessing their level of wellness
- 5 - Provide health education & options for health care .
- 6 - Helps clients establish goals for lifestyle changes .

Levels of prevention :

1 - Primary .P , includes : -

- Childhood immunization
- Calcium rich foods to prevent osteoporosis
- No smoking to prevent lung .ca

Criteria of primary prevention :

1 - Primary prevention usually the least expensive intervention

2 - provides the greatest benefits .

2 - Secondary .P : It refers to the early detection , screening , diagnosis , and intervention to reduce the consequences of a health problem .

3 - Tertiary . P : Caring for a person who already has a health problem , which is treated after symptoms appeared to prevent farther prognosis , such as :

a - Taking antibiotics for any infectious disease .

b - Rehabilitation to prevent deterioration of person's condition & minimizing the lose of function .

Prevention health care team :

1 - Individual : Is the center of the prevention health care team , he / she must combine the knowledge & behavioral changes to live a healthier life (self care).

2 - Nurses : They are great teachers of preventive health habits & health promotion activities .

3 - Primary physicians (Family doctors) : They refer clients to specialists for specific problems when necessary .

Health promotion :

The primary means of health promotion occur through developing healthy **public policy** that addresses the prerequisites of health such as :-

- 1 – income
- 2 - housing
- 3 - food
- 4 – security
- 5 - employment
- 6 - quality working conditions

Worksite health promotion programs : (also called "workplace health promotion programs," "worksite wellness programs," or "workplace wellness programs") include :

- 1 - Exercise
- 2 - Nutrition
- 3 - Smoking cessation
- 4 - Stress management

Conclusion :Health is affected by biological, psychological, chemical, physical, social, cultural and economic factors in people's normal living environments and people's lifestyles.

Sites for health promotion activities

- 1 - Home
- 2 - Community setting
- 3 - Schools
- 4 - Hospitals
- 5 - Workplace

Approaches to health promotion :

- 1 - Medical approach : It focuses on disease & the biological , medical explanations of health ignoring the impact of social and environmental dimensions on health .**
- 2 - Behavioral change approach : It encourages individuals to adopt healthy behaviors such exercise .**
- 3 - Educational approach : It is the provision of information and education to allow the individual to make informed decisions .**
- 4 - Empowering approach : It helps individuals to identify their own health concerns and needs .**
- 5 - Social change approach : It involves lobbying and policy planning . This approach focuses on the socioeconomic environment in determining health such as law income .**