

Week 2

Readings: Community Health Nursing Chapter 8

Chapter 8 - Health Promotion

Define and describe the concepts of health and health promotion.

- Health: a state of sound body, mind and spirit; a state of wholeness
- Health promotion: the process of enabling people to increase control over, and to improve, their health to reach a state of complete physical, mental and social well being

Describe the differences between upstream and downstream approaches to addressing health issues in a population.

- Upstream approaches: prevention and promotion strategies focused on policy interventions that benefit the whole population
 - Usually extend beyond addressing individual behaviours and identify programs, policies and environmental changes that will impact the health of a population
 - Eg. nursing actions that advocate for safer environments that encourage safe and affordable exercise, such as walking, running, inline skating and biking
- Downstream approaches

Define the concepts of primary health care, and identify its values, principles and elements.

- Primary health care: essential health care based on practical, scientifically sound and socially acceptable methods and technology made universally accessible to individuals and families in the community through their full participation
- Five key components:
 1. Reducing exclusion and social disparities in health
 2. Organizing health services around people's needs and expectations
 3. Integrating health into all sectors
 4. Pursuing collaborative models of policy dialogue
 5. Increasing stakeholder participation

Explain the significance of the Ottawa Charter, and identify key issues from other charters for health promotion.

- Ottawa Charter for Health Promotion: document intended to be a worldwide charter for action, presenting strategies and approaches for health promotion that were considered vital for major progress towards health
- Five key action areas for health promotion:
 1. Build healthy public policy
 2. Create supportive environments for health
 3. Strengthen community action
 4. Develop personal skills
 5. Reorient health services toward preventing diseases and promoting health



Readings In Community Health Nursing

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