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.

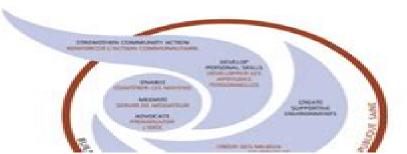
- Upstream approaches: prevention and promotion strategies focused on policy interventions that benefit the whole population
 - Usually extend beyond addressing individual behaviours and identify programs, policies and environmental changes that will impact the health of a population
 - Eg. nursing actions 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
 - 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:
 - Build healthy public policy
 - 2. Create supportive environments for health
 - Strengthen community action
 - Develop personal skills
 - Reorient health services toward preventing diseases and promoting health



Readings In Community Health Nursing

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Table of Contents Readings In Community Health Nursing

- 1. Understanding the eBook Readings In Community Health Nursing
 - The Rise of Digital Reading Readings In Community Health Nursing
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Readings In Community Health Nursing
 - Exploring Different Genres
 - o Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Readings In Community Health Nursing
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Readings In Community Health Nursing
 - Personalized Recommendations
 - Readings In Community Health Nursing User Reviews and Ratings
 - Readings In Community Health Nursing and Bestseller Lists

- 5. Accessing Readings In Community Health Nursing Free and Paid eBooks
 - Readings In Community Health Nursing Public Domain eBooks
 - Readings In Community Health Nursing eBook Subscription Services
 - Readings In Community Health Nursing Budget-Friendly Options
- 6. Navigating Readings In Community Health Nursing eBook Formats
 - ∘ ePub, PDF, MOBI, and More
 - Readings In Community Health Nursing Compatibility with Devices
 - Readings In Community Health Nursing Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Readings In Community Health Nursing
 - Highlighting and Note-Taking Readings In Community Health Nursing
 - Interactive Elements Readings In Community Health Nursing
- 8. Staying Engaged with Readings In Community Health Nursing
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Readings In Community Health Nursing
- 9. Balancing eBooks and Physical Books Readings In Community Health Nursing
 - ∘ Benefits of a Digital Library
 - o Creating a Diverse Reading Collection Readings In Community Health Nursing
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Readings In Community Health Nursing
 - Setting Reading Goals Readings In Community Health Nursing
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Readings In Community Health Nursing
 - Fact-Checking eBook Content of Readings In Community Health Nursing
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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