

APPROACH	AIM OF APPROACH	EXAMPLES OF ACTIVITIES
MEDICAL/PREVENTIVE	Reduce illness and early death through medical interventions targeted towards whole populations or at-risk groups.	• Immunisation programmes • Routine screening for diseases such as cancers • Palliative care
BEHAVIOURAL	Motivate people to adopt healthy lifestyle behaviours.	• Mass media campaigns (e.g. 'Stoptober') • One-to-one advice sessions
EDUCATIONAL	Provide sufficient information and knowledge so that people can make informed choices about their health.	• Mass media campaigns • Providing leaflets, presentations or online information • Activities which enable patients to explore their options
EMPOWERMENT	Facilitates individuals and communities to highlight their own health priorities and providing them with the resources (i.e. skills and confidence) to enable change.	• Facilitating peer-support groups • Enabling groups of people to collaborate in research and service provision
SOCIAL CHANGE	Make changes within people's social and environmental conditions that are health promoting.	• Lobbying for healthy public policy • Organisational changes in health services and schools

Nursing Actions For Health Promotion

Jessica J Manson



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