NUR135

Assessment 3 Information

**Student’s Name-**

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As the main function of public health, health promotions support the government, individuals, and communities to recover from and address the challenges like smoking. This is achieved by health public policy development, a supportive environment, and the development of personal skills. Health promotions are to increase the health promotion capacity and to promote the urban health, build health settings as well as develop the health literacy. Victorian Health Promotion Foundation is aimed at promoting public health and chronic diesease preventions.

Health promotions promote integrated care with responsibility for primary care and critical at the government level. Integrated care and the outcomes and quality enhancement as well as engagement in preventive health is the aim of the health care promotions. As the leading behavioral risk reason for the several health results, smoking is a large current public health issue. Though smoking health effective evidence is broadly reported, some attempts are been evaluated the dose-response relations between the varied health outcomes range and smoking systematically and widely that are evaluated by Ottawa Charter. (Wanzenböck, et al, 2020).

Building health public policy: Australian government and the public health insurance funded the healthcare services and this system is called Medicare. This gives the healthcare for the residents at reduced rates or free. This is paid for out of tax that Australians pay. This covers the important treatments and this considers the things such as necessary procedures of hospitals, visits to the doctors as well medicines. The public hospital system and healthcare give the free cost treatments to the people for the better health and the insurance for the outside treatments effectively (Wallace, et al, 2020). VicHealth-Victorian health promotion promotes the good health and helps to prevent chronic disease.

Creating a supportive environment: This includes the workplaces for the people to work where their healthcare is managed of the people. This includes a place to work, a playground, and safe zones for the people so that their health can be maintained by providing an enjoyable and productive environment to the people. VicHealth promotion supports this, the government of the country invests in this so that, safe places for the people can be planned and the health challenges can be managed well.

A supportive environment such as counseling or cessation classes at the workplace is planned so that people can attend the classes and can be aware of the impacts of this. Providing the financial coverage for the counseling and classes is the way to attract people for this. Providing coverage for the medicines is the way to control the smoking of people in the organization. These classes and sessions are not only for the employees but the families too to let the family know about this to control. This is how the supportive environment is planned for the public.

Develop personal skills: Skills such as finding the replacement therapy such as nicotine replacement therapy, avoiding triggers, delaying, exercise, gym habits, relaxation techniques as well as reinforcement calls are planned to get rid of the healthcare issue such as smoking. (Mendez, Warner, 2021). Information sharing, education, and promotions like interpersonal skills and personal skills improve the health and the health related decisions and choices are made.

# References:

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