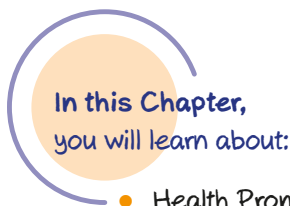


Importance of Health Promotion



- Health Promotion.
- Importance of Health Promotion.
- Linkages of Health Promotion to Healthy Lifestyles.

What is Health promotion?

Health promotion focuses on

- Keeping people healthy.
- Helping people make changes in lifestyles to prevent diseases.
- Motivating behaviour changes to avoid complications among those with diseases.

Importance of Health Promotion?

The purpose of health promotion is to improve the health behaviour of individuals and communities and make positive changes in the living and working conditions that affect their health.

- Health promotion improves the health status of individuals, families, communities.
- Health promotion enhances the quality of life for all people.
- Health promotion reduces premature deaths.
- By focusing on prevention, health promotion reduces the costs (both financial and human) that individuals and communities would spend on medical treatment.

Health Promotion and Healthy Lifestyle

Health Promotion has a lifelong effect. The earlier health promotion begins, the better its effects are. A healthy lifestyle is one which helps to improve people's health and wellbeing. It improves critical health indicators such as weight, blood sugar, blood pressure, and blood cholesterol.