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disease disability and premature death through education driven voluntary behavior change activities as a core function of public health health promotion supports governments communities and individuals to cope with and address health and well being challenges in order to advance healthier populations and environments through actions on a wide range of economic social and environmental health promotion salutogenesis demographic trends non communicable diseases reorienting the health services go to 1 1 introduction 1 1 1 demographic trends currently the world faces a shift to an older population 125 million people are now aged 80 years or older 1 physical activity check out the physical activity guidelines for americans for recommendations to improve health by getting the nation moving health literacy explore health literacy and communication tools research initiatives and other professional resources recovery resilience health promotion programs aim to engage and empower individuals and communities to choose healthy behaviors and make changes that reduce the risk of developing chronic diseases and other morbidities defined by the world health organization health promotion enables people to increase control over their own health introduction health can be defined as optimum physical emotional social spiritual and intellectual health health promotion is the science or art of helping people change their lifestyle to move towards a state of optimal health promoting health for adults chronic diseases such as heart disease cancer and diabetes are the leading causes of death and disability in the united states they are also leading drivers of the nation s 3 8 trillion in annual health care costs last reviewed march 23 2022 source national center for chronic disease prevention and health promotion learn about the health promotion activities used by the chronic disease center to improve health across the lifespan health promotion health promotion is 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 an individual or group must be able to identify and to realize aspirations to satisfy needs and to change or cope with the environment the richest 1 of americans have a life expectancy that s at least 10 years higher than those in the poorest 1 where a person lives can predict their likelihood of developing heart disease high blood pressure diabetes and more health equity seeks to address that health equity means that we achieve health that is as equal as possible the health promotion board hpb was established as a statutory board under the ministry of health singapore in 2001 with the vision of building a nation of healthy people hpb aims to empower singaporeans to attain optimal health increase the quality and years of healthy life and prevent illness disability and premature death it incorporates five key action areas in health promotion build healthy public policy create supportive environments for health strengthen community action for health develop personal skills and reorient health services and three basic hp strategies to enable mediate and advocate health promoting programmes for primary schools primary schools can adopt these health programmes to empower students staff and parents in supporting a culture of healthy living health promotion board hpb offers a range of health promoting programmes for schools and students of all ages

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