

Health Promotion Model

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The Health Promotion Model (HPM), designed by Nola J. Pender, describes the multidimensional nature of persons as they interact within their environment to pursue health while increasing their level of well-being. Pender offers a theory that places importance on behaviors that improve health through a lifetime. The HPM offers insight into how influencing factors experienced by an individual and their interactions with the environment affect the pursuit of health. HPM remains applicable as health promotion and illness prevention continue to be as important as the treatment of disease.

Health is an active state in which constant efforts are made by the individual, in their environment, to achieve and maintain health. The patient has a distinct set of factors influencing their actions to attain health. The success of the HPM is based on the assumption that an individual is willing and able to play an active role through health promoting behavior (Alligood & Tomey, 2010). Internal evaluation and analysis of the theory Identify assumptions, both explicit and implicit. Assumptions are statements that are understood to be true without proof or demonstration.

They are beliefs about phenomena one accepts as true. Pender's assumptions of the Health Promotion Model are explicit and testable. Explicit assumptions are statements that are clearly defined and eliminate (remove any) ambiguity. Due to the explicit nature, this model has been used as the basis of many research studies, both nursing and non-nursing. The explicit assumptions of Pender's theory include:

1) Persons seek to create conditions of living through which they can express their unique human health potential. 2) Persons have the capacity for reflective self-awareness, including assessment of their own competencies. 3) Persons value growth in directions viewed as positive and attempt to achieve a personally acceptable balance between change and stability. 4) Individuals seek to actively regulate their own behavior. 5) Individuals in all their biopsychosocial complexity interact with the environment, progressively transforming the environment and being transformed over time. 6) Health professionals constitute a part of the interpersonal environment, which exerts influence on persons throughout their life spans. 7) Self-initiated reconfiguration of person-environment interactive patterns is essential to behavior change (Alligood & Tomey, 2010).

How does the theorist define the four concepts of the paradigm of nursing? These concepts are: Nursing, Environment, Person and Health. Most theorists have defined these concepts differently. While the HPM focuses on health promotion and offers many holistic approaches to understanding health, the four major concepts of the nursing paradigm are not defined by Pender. The model helps nurses plan and implement health-promoting changes. It takes into consideration the multidimensional nature of persons as they interact within their environment to pursue health while increasing their level of well-being.

How does the theorist define and inter-relate major concepts of their own theory? While health promoting behaviors are the desired outcome of the model, Pender identifies relationships between concepts. The model links the major concepts under three headings: individual characteristics and experiences, behavior-specific cognitions and affect, and behavioral outcome. Individual characteristics, which include prior related behaviors and personal factors, are the...

Health Promotion Paper

Puja Mehta



Health Promotion Paper:

Health Promotion British Columbia Health Association, 1989 *Health Promotion and Implementation of the NHS White Paper* Cambridge Health Authority, 1990 **Health Promotion**, 1990 **Indicators for Healthy Living Goals - a Working Paper. *health Promotion** Saskatchewan. Minister's Advisory Committee On Health Promotion, 1988

Quality, Evidence and Effectiveness in Health Promotion John Kenneth Davies, Gordon MacDonald, Gordon MacDonald, 2002-01-22 Health Promotion is a growth area there are a growing number of health promotion modules on Health Sciences Nursing and Sociology courses Gordon MacDonald is a best selling author and very well known in his field

Implications for Health Promotion/disease Prevention, 1990 **Perspectives on Health Promotion and Disease Prevention** Health Policy Council. Health Promotion Task Force, James M. Canton, 1980 **Health Promotion** Elizabeth R. Sekerak, 1983 *Position Paper on Health Promotion* Alberta Association of Registered Nurses, 1979 **International**

Handbook of Teaching and Learning in Health Promotion Marco Akerman, Ana Claudia Camargo Gonçalves Germani, 2022-06-22 This international handbook brings together researchers and teachers from 25 countries of the five continents to share their experiences of teaching health promotion in undergraduate and graduate courses related to different health professions Chapter authors share teaching methodologies used in classes discuss the competencies students need to learn and indicate research opportunities Readers will be provided with real world examples of empowering participatory holistic intersectoral equitable and sustainable teaching learning strategies that aim to improve health and reduce health inequities This handbook was edited by an editorial board formed by 12 members of the International Union for Health Promotion and Education IUHPE from seven countries Brazil Belgium Canada Israel New Zealand Taiwan and UK and includes 45 chapters organized in seven thematic sections each one dedicated to a different aspect of the process of teaching and learning health promotion The health promotion curriculum Making health promotion relevant to practice Pedagogies for health promotion Special topics for health promotion Health promotion assessment and quality assurance Health promotion as a transformational practice Students reflections The International Handbook of Teaching and Learning in Health Promotion Practices and Reflections from Around the World aims to encourage a dialogue between teaching and learning practices carried out locally and the possibilities of replicating these experiences globally recognizing cultural differences and similarities This handbook is intended for a wide range of readers including education and training providers health professionals and health care students Due to its intersectoral and interdisciplinary approach it will also be of interest to teachers and students in other fields of the Social Sciences such as Urban Planning Social Work Public Policy International Relations and Population Studies *Mental Health Promotion* Keith Tudor, 2013-10-23 Mental health promotion is an emerging field of interest to many health professionals This book traces its history defines it and distinguishes it from mental illness prevention Mental health is viewed as a positive concept and separate from mental illness and psychopathology Based

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NHS White Paper Implications for Health Promotion/disease Prevention Health Education Authority (Great Britain),1990

Health Promotion in the 21st Century Mary-Louise Fleming,Louise Baldwin,2020-08-13 How should we invest precious health resources At a time when chronic illness is increasing inequality persists and climate change is starting to impact our health how can health promotion improve health outcomes across the whole population Health Promotion in the 21st Century offers a systematic introduction to the principles of health promotion today and effective planning implementation and evaluation The authors review the global regional and local issues that affect health in Australia and show how social economic political and educational elements in society contribute to population health and wellbeing Throughout the authors emphasise that health promotion needs multiple solutions and that health professionals should seek out strategic opportunities and partnerships They consider the issues facing vulnerable groups such as Aboriginal and Torres Strait Islander people those with mental health issues and the aged and suggest a variety of innovative tools for working with particular populations They also focus on strategies to ensure programs remain vibrant and sustainable in the longer term With case studies and activities in each chapter Health Promotion in the 21st Century is an essential resource for anyone seeking to build a career in health promotion

Staff Paper, a Guide for Starting Health Promotion Programs in the Workplace West Michigan Health Systems Agency,1984*

An Ounce of Prevention-- : a Position Paper on Health Promotion and Prevention Issues New Brunswick. Premier's Council on Health Strategy,1992 The government of New Brunswick has taken an important step in recognizing the need for long term planning to meet the challenges of providing for the current health needs of citizens while working to improve the health status of the population for the future This document discusses guiding principles and health goals and concepts of health promotion and prevention It also includes a summary of recommendations

Health Promotion International ,2007

The Role of Sport in Health-Related Promotion of Physical Activity Enrico Micheleni,2014-11-20 Enrico Micheleni illustrates that sport plays a very marginal role in the contemporary health promotion This is the main result of the present analysis of national strategies for the promotion of physical activity issued by the health ministries of France Germany and Italy All these health strategies are rather ambiguous on this subject They mention sport systematically as an abstract term but they marginalise it as a medium of health in its traditional competitive form As a consequence while sport has generally been considered healthy over a long period in the past most health organisations today recommend only moderate physical activity as conducive to good health

The author examines this paradigmatic change in the international discussion about the forms of health enhancing physical activity through a theoretical framework based on Luhmann's systems theory

Intervention Strategies for Health

Promotion : a Discussion Paper Joanne M. (Joanne Marie) Hader, Joan Feather, Saskatchewan. Advisory Committee on Health Promotion, University of Saskatchewan. Department of Community Health and Epidemiology. Health Status Research Unit, 1990

Global Handbook on Noncommunicable Diseases and Health Promotion David V. McQueen, 2013-07-03
Global Handbook on Noncommunicable Diseases and Health Promotion David V McQueen editor A scan of health challenges around the globe readily brings to mind a range of infectious illnesses from HIV to influenza Yet chronic non contagious conditions heart disease asthma diabetes cancer are more prevalent and their rates soaring across the developed and developing worlds The Global Handbook on Noncommunicable Diseases and Health Promotion is an important resource for understanding and approaching chronic illnesses and their prevention This timely text balances theory and strategies to provide an integrative context for health affecting behaviors regarding tobacco use food choices and physical activity Coverage expands on current medical clinical public health perspectives arguing that closer attention to social context is crucial to better use of health resources and more relevant preventive efforts Possible roles for hospitals the workplace government agencies NGOs and other institutions are analyzed as is the potential for addressing larger underlying health factors e g inequities and poverty at the societal level Topics covered include The nature of causality beyond traditional evidence Learning from the social sciences in chronic disease health promotion Contextual factors in health and illness Understanding and applying a social determinants of health framework for addressing NCDs Public health NCDs health promotion and business partnering NCDs and civil society a history and a roadmap As the authors of the Global Handbook on Noncommunicable Diseases and Health Promotion make abundantly clear opportunities are as numerous as the issues and researchers and graduate students in global public health health promotion and chronic disease epidemiology will find these chapters positive and realistic p

Intervention Strategies for Health Promotion - a Discussion Paper Prepared for the Health Promotion Advisory Committee Goals and Objectives Consultation University of Saskatchewan. Department Of Community Health And Epidemiology, J. Hader, Joan Feather, 1990

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