**Preventative Strategy Tool**

Order 1587810

Description

Our healthcare society has created a system that focuses more on caring for the sick, instead of focusing on preventing the sickness. This system fails to reinforce healthy living and early detection of preventable health conditions. According to Nash, D. (2016), "national experts and policy analysts agree that focusing on primary prevention strategies (health promotions and wellness activities) will ultimately improve the overall health of citizens and decrease the cost associated with overmedicalization" (pg. 12). It's one thing to tell someone what they need to do in order to live a healthy lifestyle, but it's another thing to offer and show them healthy programs that will make this modification easier to achieve. The goal of this project is to create a preventative strategy tool which will aid in avoiding preventable health conditions.    Health Promotion The World Health Organization (WHO) states health promotion "enables people to increase control over their own health” (What is health promotion, 2016). A more broad definition of health promotion shows is as "the provision of information and/or education to individuals, families, and communities that-encourage family unity, community commitment, and traditional spirituality, that make positive contributions to their health status"(Health Promotion, n.d.). This definition shows that health promotion is more than just for an individual. It's for a family, as well as, a community. Sometimes we have to make a change at the family level in order for a change to happen at the individual level. This effect can be even greater if you go beyond the family level to the community level. "Health Promotion is also the promotion of healthy ideas and concepts to motivate individuals to adopt healthy behaviors" (Health Promotion, n.d.). When you combine all these definitions of health promotion, the main objective is to provide healthy ideas and concepts to individuals, families and/or communities that help to promote healthy lifestyle changes.    Health Determinants In order for health promotion to be successful, one must identify the many determinants that lead to certain unhealthy lifestyle choices. Once these determinants are identified, the health promotion can be designed to combat against them, which will lead to a healthier individual, family and/or community. The World Health Organization states "many factors combine together to affect the health of individuals and communities. Whether people are healthy or not, is determined by their circumstances and environment (The determinants of health, n.d.)." These determiniants include social, physical, and economic environments, as well as an individual's characteristics and behaviors. Some examples of specific determinants that affect an individual's health: