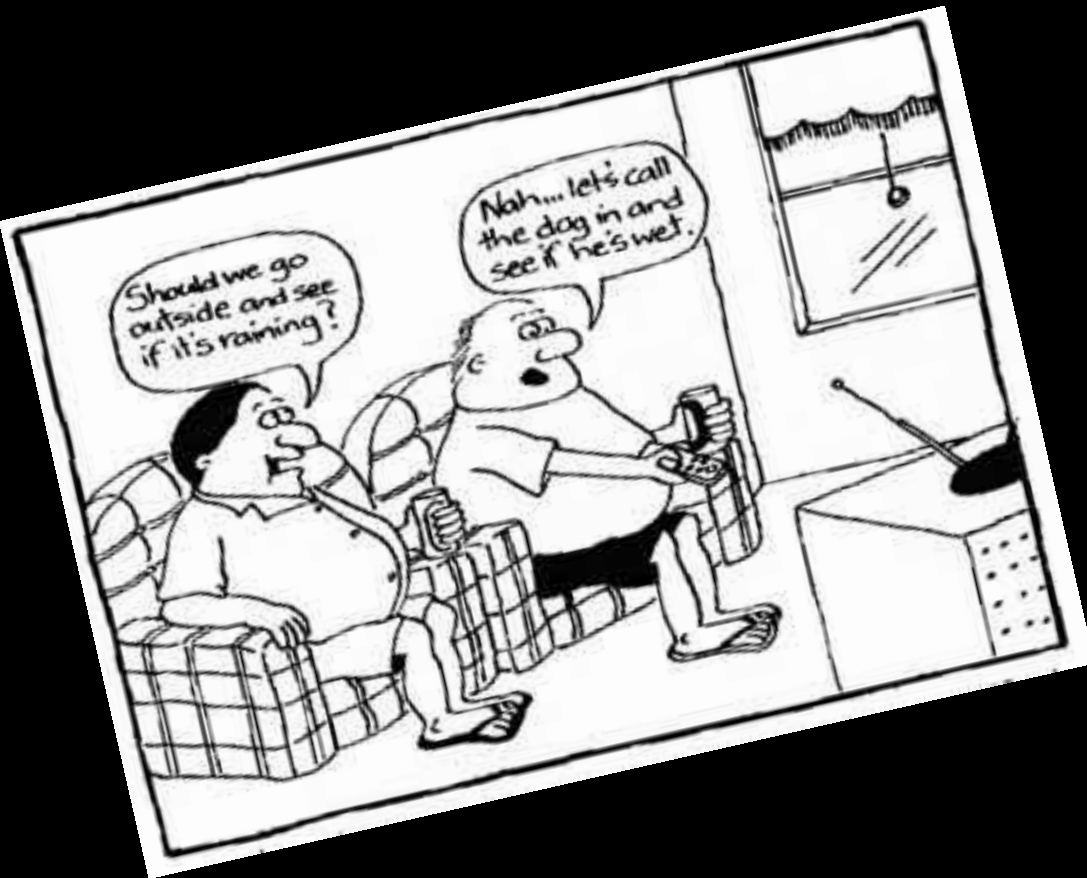


# Disease Prevention and Health Promotion

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# Lifestyle Choices

What are some lifestyle choices that can potentially affect the overall health and well-being of an individual?



- Smoking
- Exercise habits
- Drinking
- Drug use/misuse
- Social Interaction
- Involvement within community
- Diet
  - overeating
  - lack of eating
  - malnutrition

# Prevention

- When you hear the word prevention, what thoughts come to your mind or what do you think of first?

The word prevention can relate to the choices we make from day to day in order to maintain or improve our health, or even the knowledge we gain from seeing a physician. It can also be related to communities as a whole, through community-based health promotion programs that address various health problems and issues within the community.

# The Actual Definition of Prevention

- Prevention:
  - any activity that reduces the incidence and severity of disease, disability, and premature death.

*There are three major levels of  
prevention activities:*

- Primary
- Secondary
- Tertiary

# Levels of Prevention:

## – Primary

- Basic level of prevention: eating right, exercising regularly, wearing a helmet while riding a bike, getting enough sleep, being vaccinated to prevent illness

## – Secondary

- Level designed to detect a condition that otherwise would not be discovered; tests are administered to individuals who have no observable sign of disease in order to detect illnesses at an early stage

## – Tertiary

- Level of prevention associated with treatments for individuals with existing illnesses. Designed to prevent further disability, complications, or death.
  - Example: Reducing blood pressure and cholesterol to reduce risk of heart attack.

# Challenge...

- On a sheet of paper list as many prevention activities that you can think of relating to any one of the three prevention levels.
- *Examples: eating right, performing health tests, and monitoring glucose levels.*
- The person who writes down the most wins a prize!!

# Answers

## Primary Prevention

- Wearing your seat belt
  - Eating healthy
  - Cleaning the teeth and gums
  - Preventing excess sun exposure
  - Not smoking
  - Staying physically active
  - Maintaining healthy relationships and social connections
  - Maintaining a positive mental outlook and attitude
- 
- \*Adult Immunizations
  - \*Daily Aspirin Use

## Secondary and Tertiary

### Secondary

- Blood tests
- Vision exam using an eye chart
- Rectal exam screening for cancer
- Mole-check screening for cancer
- X-ray
- Questionnaire form can screen for alcoholism, dementia, or depression

### Tertiary

- Testing (ex. monitoring blood sugar)
- Treatments (medications, surgery, exercise therapy, specialized diet)
- Rehabilitation (speech therapy)

# Primary

- Two major Primary actions taken by Older adults are immunizations and the intake of daily aspirin.
- Immunizations such as the flu vaccine can reduce the risk of and provide the best protection against influenza, Pneumococcal Pneumonia, Tetanus.
  - Individuals are injected with a small amount of the virus to enable the immune system to develop defenses against it.
  - Two ways to receive the vaccine: through a shot (killed virus), or nasal spray (live, weakened virus)
- Daily Aspirin Use is helpful in reducing the risk of heart disease
  - Reduces fever, headaches, muscle pain
  - Decrease the stickiness of the blood platelets, reducing risk of clots



# Secondary

- Screening can reduce morbidity and mortality rates by locating and detecting various abnormalities within the body
- Screenings can be very beneficial especially for those who have poor health habits.

**Why do you think screenings  
are so beneficial?**

# The Healthy People Initiative

- Largest government-sponsored program developed to establish priorities and set goals to improve the overall health and well-being of Americans.
- Due to the increasing health problems in the U.S., the federal Department of Health and Human Services along with more than 650 local, state, and federal agencies have come together to address the top priorities in order to improve the health of Americans and to set health goals for population groups.

# Purpose for the Initiative

- Provides specific health objectives and outlines ways to meet the objectives in ways that all people can use.
- Useful road map leading individuals in the right direction to better health.
- Provides layout for setting one's own health goals, community goals, prioritizing health concerns, and implementing affective programs.
- Goals can be implemented by the state, the county, the community, professional organizations, groups with various health concerns, or a certain population group.

# Healthy People

- Concept first developed in 1979 upon the release of the report *Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention*.
- **Goals:**
  - The initial goal was to reduce the mortality among infants, children, adolescents, young adults and adults; and to increase the independence of older adults.
  - Today *Healthy People 2010* aims toward increasing individual's responsibility for their own health and the health of their community, to encourage communities at the state and local levels to develop activities that promote health and healthy environments, and to increase all American's access to high-quality health care.

# Health Promotion

The first step to achieving health promotion is acknowledging that there is a health problem and accepting that a change needs to be made in our lives.

- *Includes a wide range of activities, from individual counseling and education to small-group, community, statewide, and national campaigns to improve health.*
- “The greatest and most effective impact that can be made to reduce chronic illness comes primarily through lifestyle changes rather than from the use of technological interventions such as drugs and surgery.”

<http://www.youtube.com/watch?v=rmz6SZtbCMA>