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SAGE Publications Ltd doi: 10.4135/9781446215258
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2019/2020 academic year kisumu campus course code: hmp
5141 course title: health promotion and practice date:
14/08/2019 exam session: 9.00 - 12 noon time: 3.00 hours
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understanding of the different meanings and practices of power.

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The concept of health promotion was developed to emphasize the community-based practice of health promotion, community participation and health promotion practice based on social and health policies (Baisch, 2009).

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Nola Pender Health Promotion Model - RN to BSN Portfolio
Health promotion practice; power and empowerment.
Laverack, Glenn. Sage Publications 2004 157 pages \$82.95
Hardcover RA427 In the context of this work, health promotion practice is seen as a political activity that attempts to get at the underlying social determinants of disease.

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In health promotion, the concept of power can be defined as the ability to create or resist change, and this is an important foundation for individual and community health. By enabling people to empower themselves, health promoters can provide the capacity for the individual or community to change their lives and their living conditions, and therefore their health.

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Health Promotion Practice will serve as a forum to explore the applications of health promotion/public health education

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interventions programs and best practice strategies in various settings, including but not limited to: community, health care, worksite, educational and international settings.

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Indeed, the limits to health promotion lie in the paradox that "a measure which brings large benefits to the community offers little to the participating individual."² Health is not a unidimensional concept, and many research workers have found that personal concepts of health vary according to context.*RF 4-7* Energised, health seeking ...

The limits to health promotion | The BMJ

Emerging theories in health promotion practice and research :

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strategies for improving public health / Ralph J. DiClemente, Richard A. Crosby, Michelle C. Kegler, editors. p. ; cm. Includes bibliographical references and index. ISBN 0-7879-5566-3 (alk. paper) 1. Health promotion—United States. 2. Health promotion—Research—United States. 3.

'This book, written from an international perspective and thus eminently readable by a wider audience, draws on the author's considerable experience and is amply supplied with a good range of illustrations from real-life practice...The logical structure and accessible style makes this a useful addition to the personal library of anyone who has an interest

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in "bottom-up" empowerment-based approaches to health promotion' - RCN Research Headlines 'The author draws on a wealth of personal experiences in the field, giving the book both readability and credibility. Good examples from different international contexts, illustrated in relevant case studies, let the reader relate theory to practice and bring the concepts to life. The author takes the central thrust of health promotion for the past few decades and unravels it for the reader in a clear, comprehensive way' - Health Matters In health promotion, the concept of power can be defined as the ability to create or resist change, and this is an important foundation for individual and community health. By enabling people to empower themselves, health promoters can provide the capacity for the individual or community to change their lives

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and their living conditions, and therefore their health. Health Promotion Practice explores the issue of how such an approach to health promotion practice can improve a community's success towards achieving healthier conditions through its own actions. Placing empowerment at the heart of health promotion practice, and offering advice for health promoters who accept the challenge to work in such a way, Health Promotion Practice defines key concepts of health, health promotion and community empowerment. It also: Introduces readers to a 'social' model of health promotion practice, one that attempts to get at the underlying social determinants of disease; Helps readers understand the importance of power relations and their transformation in this practice; Introduces readers to a new `community capacity-

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building' approach to plan, implement and evaluate health promotion programmes. Health Promotion Practice is an invaluable resource to students and practitioners of health promotion who want to help empower the communities that they work with.

"The book provides an excellent combination of broad theoretical background with a generous helping of vocational guidance on the practice of health promotion." scotregen "A very welcome addition to the practical side of health promotion! Laverack's brief and simply-worded text weaves together just the right balance of theory, evidence, tips and case studies to satisfy the new learner looking to gain a grasp of health promotion's empowering whole, while still offering

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new insights to the more seasoned practitioner." Ronald LabontÃ©, Institute of Population Health, University of Ottawa

How can health promotion practitioners help communities to become more empowered? How do you encourage different communities to work together towards a shared goal? How can you focus your resources to be most effective in building empowered communities? How do you evaluate your success (and failures) in building empowered communities? Power and empowerment are two complex concepts that are central to health promotion practice. People experience empowerment in many different ways and this book explains an approach that has been used by health promoters to intentionally build and evaluate empowerment. The book provides a special focus on communities and is illustrated

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throughout with useful field experiences in the United Kingdom, Asia, North America, the Pacific region and Africa. The book aims to provide the reader with: An understanding of the key concepts of power and empowerment and the link to improved health outcomes in the context of health promotion programmes An understanding of practical approaches that can be used in health promotion programming to build and evaluate empowered communities Case study examples of how communities can be empowered in practice This unique book offers sound theoretical principles to underpin the practical approaches used to build empowered communities and brings together new and innovative approaches in health promotion practice. Health Promotion Practice is essential reading for health

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promotion students and practitioners who want to learn more about innovative approaches to build empowered communities in their everyday work. It will inspire them to work in more empowering ways in health promotion practice and to carefully contemplate how they can influence the way others gain power.

"Having so many theories put together thoughtfully, proximally, in a single book will help the field come to grips with what the roles of theories as we go forward and address the individual actions, and societal and community influencers of individual action, that promote healthy behaviors." --Jim

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Marks, director, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention New and longstanding threats to public health, such as violence, drug misuse, HIV/AIDS, and homelessness are creating an evergreater demand for innovative theories that are responsive to the changes in the larger social environment. This important work is designed to fill the demand by assembling a careful selection of new and emerging health promotion theories into a single volume, written with an emphasis on practical application of theory to health promotion and health education programs.

"Here is a 'must-read' for all health promotion researchers and practitioners eager to stay one step ahead of the pack. A

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panoply of insightful and promising new approaches is presented for consideration and exploration in our contemporary behavioral science arsenal." □ M. Elaine Auld, MPH, CHES, Chief Executive Officer, Society for Public Health Education "This book is an essential addition to the health practice and research literature, concentrating on theories that have not been extensively covered elsewhere and that have great currency. It provides an up-to-date rendition on the interplay among contemporary public health concerns, sound public health practice, and the theoretical bases for practice." □ Robert M. Goodman, PhD, MPH, Dean and Professor, School of Health, Physical Education, and Recreation, Indiana University "The authors of Emerging Theories provide vivid descriptions of the state of the science

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in health promotion and presents an exciting map for future research. Understanding and using theories is the hallmark of an excellent practitioner. Creating and elaborating theories is the mark of an excellent researcher. This text will be very valuable for both." □ Noreen M. Clark, PhD, Myron E.

Wegman Distinguished University Professor; Director, Center for Managing Chronic Disease, University of Michigan

"Emerging Theories captures the dynamic growth in theories of health promotion and illustrates how divergent theoretical perspectives are being integrated into richer explanatory and practice models." □ Matthew W. Kreuter, PhD, MPH, Professor of Social Work and Medicine; Director, Health Communication Research Laboratory, Washington University in St. Louis

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Globalization is reshaping the field of health promotion practice. In this innovative study, the authors outline health promotion's traditional concerns and argue that 'a policy of glocalization' (thinking globally, acting locally) can succeed in establishing health equality and achieving empowerment individually, locally, nationally and globally. Drawing on international examples across Africa, Asia, Europe and North America, this study analyses economic policies and their link to health, particularly in relation to the developing world. Globalization affects health in varied ways and this book examines the competing ways in which 'global health' has been framed in public policy, concluding by revealing how health promoters can respond to globalization's new

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challenges.

Health Promotion Practice explores the issue of how such an approach to health promotion practice can improve a community's success towards achieving healthier conditions through its own actions. Placing empowerment at the heart of health promotion practice, and offering advice for health promoters who accept the challenge to work in such a way, Health Promotion Practice defines key concepts of health, health promotion and community empowerment.

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In this book the authors describe the theory and practice of health promotion in various programs including case studies. Outlined are health promotion programs in the following settings: Homes & families; schools; the workplace; health care institutions; clinical practice; the community; the State.

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