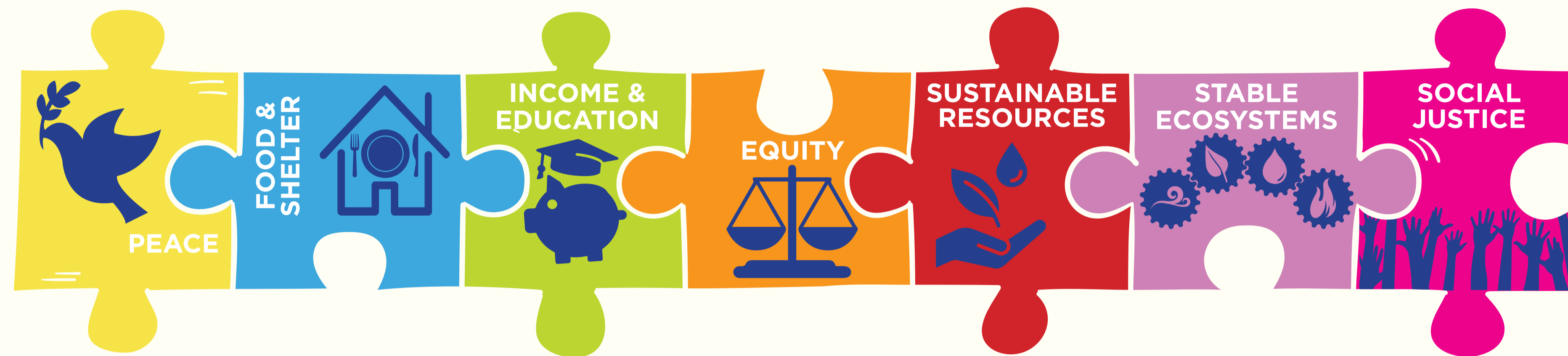


HEALTH PROMOTION

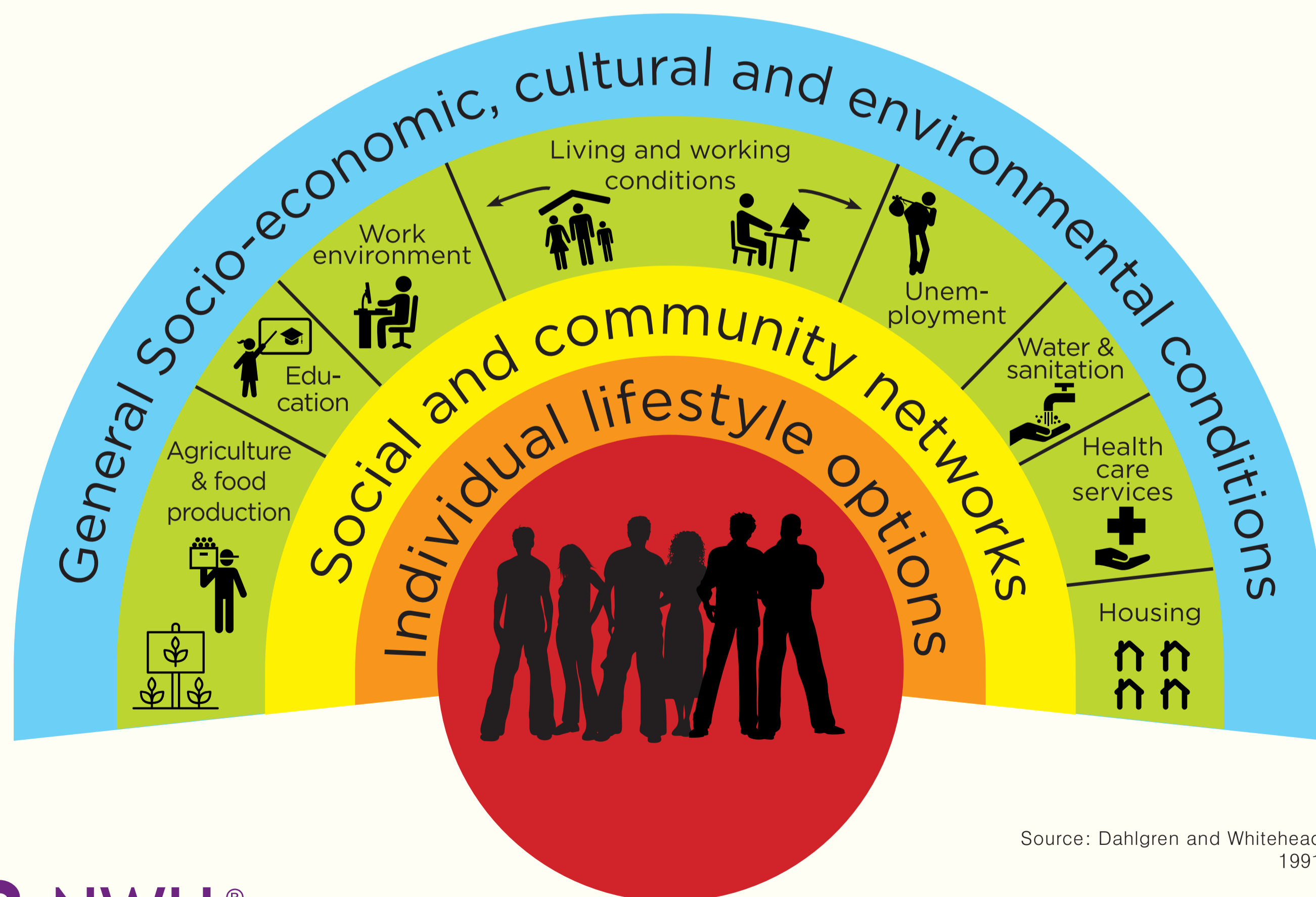
Before you even talk about health, these prerequisites have to be present:



Source: WHO, Ottawa Charter, 1987.

Most determinants of health are outside the direct influence of health and social care:

The Social Determinants of Health



Source: Dahlgren and Whitehead, 1991.

We need to look broader, not only cure disease but prevent illness and limit complications to **promote health.**

Health Promotion

Enable people to control and improve their health.

