**UNIVERSITSY OF LUSAKA (UNILUS)**

School of Medicine and Health Sciences

Program; Bachelor of Science in Public Health

Course: HEALTH PROMOTION AND BEHAVIOUR CHANGE BSPH221

Assignment:1

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Question 1

1. At the preliminary conference of fitness promoting, held in Ottawa 1986, a constitution aimed at accomplishing fitness for all, became added. This constitution states: “Health advertising is the method of allowing human beings to boom manipulate over, and improve their health”. An person or a group need to be capable of identify and realize efforts to fulfill recognized wishes, and also to change or cope with the surroundings. Therefore, health is visible as a resource for everyday life, no longer the goal of existence.

Health is a positive idea that emphasizes social and personal resources as well as bodily capacities. Health merchandising does no longer solely involve the responsibilities of the health sector, however reaches beyond healthy life closer to well being. Improvement in health requires essential conditions and resources for health, along with peace, safe haven, training, food, earnings, a stable surroundings, sustainable assets, social justice, and fairness.

Prerequisites for health promoting movements contain the key words advocate, permit, and mediate. These movements strive closer to making political, financial, social, cultural, environmental, behavioral, and organic factors tremendous, thru health advocacy. The goal is to lessen the differences in current health repute, and to growth equal opportunities and resources, thereby permitting anyone to reach their fullest health potential. Adequate health promotion wishes coordination by means of governments along side health, social, and monetary sectors, and also nongovernmental and voluntary corporations, nearby authorities, industry, as well as the media. Professionals and social businesses have positive duty to mediate between unique pastimes in society in the pursuit of health. Health merchandising moves contain the formula of a healthy public policy, growing supportive environments, strengthening community moves, growing personal abilities, and the re-orientation of fitness Services .

B.Bb

c).Criticism of who definition.

I.The definition does not imply whether we need to apprehend the circumstance of completeness as a measure of man or woman capability or as an intersubjective measure but in either case it immediately runs into issues.

Ii.WHO definition locations emphasis at the man or woman’s subjective enjoy it is able to additionally account for the differing tiers of importance located on particular bodily conditions by way of distinct people.

Iii. That if character’s bodily nicely-being may be stepped forward then they do now not have complete well-being and below the WHO definition can't be entirely healthy.

Iv. The insistence on an idealized degree of full functioning across the range of well-being criteria additionally encounters every other problem that is commonplace to different maximising ideas. Although there aren't any absolute divisions between the numerous additives of total well-being, such components are though sufficiently impartial of each other to often perform as separate variables. Improvements in our bodily properly-being for instance, do not necessarily produce enhancements in social well-being. Likewise, although affluence is correlated with bodily properly-being, it's far nonetheless feasible to be rich and unwell. The requirement of maximising several variables without delay, as the WHO definition implies, is particularly difficult.

V.The WHO’s utopian vision for health ought to only be achieved if “human beings ceased looking ahead to much from lifestyles”. As a criterion for fitness, entire properly-being truely asks an excessive amount of.

Vi.The implausibility of figuring out fitness with complete nicely-being is not the most effective hassle. Also complex is the specific inclusion of the criterion of social and intellectual nicely-being. Several troubles rise up from the inclusion of intellectual nicely-being. There are no doubt some situations of mental functioning that we'd need to include in any definition of health, the absence of gross failures or severe disturbances of cognitive functioning, as an instance. Beyond this however, it isn't apparent how we're to proceed.

Vii.It isn't always clear how the WHO intends us to understand the concept of ‘intellectual well-being’. One may recognize the concept as regarding that element of intellectual functioning typically treated with the aid of neurology, or psychology or we might take it that the idea of mental well-being refers to the subjective nation of happiness or possibly some aggregate of all three. Whichever way we interpret mental nicely-being, its inclusion into the concept of fitness provides a still deeper layer of bewilderment to what appears to be an already confused idea.

Viii. The inclusion of ‘entire’ mental well-being additionally appears to deprive us of the freedom of justified discontent. If we cannot be both sad and wholesome then the discontented man or woman and the social reformer are definitely ‘sick’. The WHO definition might seemingly make these individuals the best subjects of clinical treatment.

Ix.The inclusion of general nicely-being beneath the WHO definition of health is one in every of its sights; it's also its greatest weaknesses. By together with subjective properly-being into the idea of fitness, the concept ultimately dissolves into myriad non-public subjectivities among which there's no apparent priority.

X.Most criticisms middle at the word entire, which many accept as true with to be absolute, and difficult to measure. Furthermore, questions get up over whether or not it's miles even viable for someone to be without any physical, intellectual or social demanding situations.

Question 2

a.Community mobilization is described as “a capacity-building manner via which community people, corporations, or companies plan, carry out, and examine activities on a participatory and sustained foundation to enhance their fitness and different needs, both on their personal initiative or stimulated via others.”( Howard-Grabman, L., and Snetro, G. 2003).

Community mobilization promotes attention of the desires of particular populations and localities. In specific, underserved populations, which includes children and guys, can be reached greater correctly thru community mobilization. Mobilization also ends in extra sustainability, as communities are empowered and able to addressing their personal needs. A quantity of studies display a sense of possession is essential in constructing sustainability.

Communities lead or take part in all stages, from start to finish. With network mobilization, the role of the imposing business enterprise shifts from a more traditional one among trainer/marketing consultant/leader to that of facilitator. Agencies facilitating community mobilization need to guide communities through a step-with the aid of-step process that includes:

1) A huge-picture assessment of the community’s issues, desires, and resources;

2) Community exploration of problems and precedence-putting;

3) Community movement planning;

4) Implementation of community movement plans; and

5) Monitoring and evaluation of network mobilization.

Approaches consisting of participatory mastering and movement (PLA) can be used within the mobilization process. PLA is a network improvement method whereby facilitators paintings with groups to help them examine their needs, pick out answers, and expand and put in force action plans. Participatory methods are used now not just for evaluation functions but also for follow-on mobilization and motion.

Community mobilization activities ought to make stronger and develop referrals and linkages with offerings. It is important to fulfill elevated demand with deliver. The network mobilization technique can increase expectancies as well as create call for for fitness offerings; if centers do no longer have the capability to cope with call for, this can create discouragement and disenchantment. Gaining donor aid and partnership inside the technique is vital.

B. Identifying the community regarding.

Start with what you understand approximately the trouble (notion, opinion, inference).

Decide what records you need (factual data)

Gather lacking records at the trouble. (Perception, opinion, data, inference).

Define the problem (Using the “But Why?” approach) as an example:

There are too many youngsters in the community who are obese or obese. The problem is mainly severe amongst low-income households. (But why?)

Because many low-profits kids don’t eat a healthy weight-reduction plan and don’t workout enough. (But why?)

Because their mother and father, in lots of instances, don’t have the information of what a healthful weight-reduction plan consists of, and because, even though they did, they lack get right of entry to of their neighborhoods to wholesome ingredients – no supermarkets, produce markets, farmers’ markets, or restaurants serving healthy food – and consequently shop at comfort shops and devour out at fast food locations. Kids don’t play outside as it’s too dangerous – gang interest and drug dealing make the street no vicinity for kids. (But why?)

Parents might also by no means have been exposed to data about healthy meals – they certainly don’t have the understanding. Market proprietors view low-profits neighborhoods as unprofitable and perilous locations to do business. The streets are risky due to the fact there are few task opportunities in the community, and young guys flip to being profitable in any way feasible.

By this point, you need to have a fair information of why kids don’t eat healthily or get enough exercising. As you continue to question, you may begin to consider advocacy with neighborhood officers for incentives to carry supermarkets to low-profits neighborhoods, or for after-faculty applications that involve physical workout, or for parent nutrients training or for anti-gang programs…or for all of these and other efforts besides. Or persevered wondering may additionally display deeper reasons that you feel your agency can tackle.

C. Priotizing the health subject of the community

i. Identify community problems . . .

Ii. Assess the effect of each hassle on the community . . . . . . . . . . . . .

Iii. Prioritize the recognized troubles for motion . . . . . . . . . . . . . . . . . . . ?

Iv. Magnitude of the hassle

v. Severity of the trouble

vi. Need amongst susceptible populations

vii. Community’s capability and willingness to act on the problem

viii. Ability to have a measurable effect on the issue

ix. Availability of hospital and network sources

x. Existing interventions targeted on the difficulty

xi. Whether the issue is a root reason of other issues

xii. Trending fitness issues within the network

Question three

a. The consideration to make whilst making the method is to carry out the fitness needs assessment. Health wishes evaluation is a system that: Describes the country of fitness of nearby humans; enables the identification of the main danger elements and causes of sick fitness; and allows the identification of the movements had to cope with these. The protection of human health, therefore, requires an understanding of the related health risks that placed men and women at hazard. Flood-associated fitness hazards and fitness consequences are largely motivated via the bodily, geographical and socioeconomic conditions, simple offerings (safe haven, health care, water and sanitation insurance), baseline health and hygiene practices, combined with the flood characteristics (type, severity, length). A flood-associated health chance evaluation evaluates populace exposure and vulnerability to the detrimental results of floods. Needs evaluation will allow the general public fitness specialist to:

i. Plan and supply the best care to those in finest want; follow the principles of equity and social justice in practice;

ii. Make certain that scarce assets are allocated wherein they can provide maximum fitness benefit;

iii. Work collaboratively with the network, other experts and groups to decide which health issues purpose finest situation and plan interventions to cope with the ones problems.

B.

I. Step 1: Getting started out/Population profiling

ii. Step 2: Identifying fitness priorities

iii. Step 3: Assessing a health priority for movement

iv. Step 4: Planning for change

v. Step 5: Moving on/review

c. Factors bordering human behavior consist of the subsequent:

Behavior is affected by elements referring to the person, which includes:

bodily elements - age, fitness, contamination, pain, have an effect on of a substance or remedy

private and emotional elements - persona, ideals, expectations, emotions, intellectual health

Life studies - family, way of life, pals, lifestyles activities

What the person needs and wants.

The surroundings - warmness, mild, noise, privateness

Question four

* 1. Corruption; in low resource countries corruptions levels are high and in most cases the person(s) in charge of running the resources that have been funded to the primary healthcare care are blameworthy to such corrupt acts leaving the efforts to strengthening the primary health care impractical. An example would be the case of CIDERS at kalingalinga health post when it started charging the community for the services that were initially supposed to be for free and help strengthen the primary health care, this lead to the donor withdrawing funding from the organization which has in return costed the community at large.
  2. Selective health care services based on race; in most low resource countries, health delivery service is erotized by people of a certain race some certain from of inferiority complex where some races are thought to be of a higher social class as compared to others.
  3. Lack of education on sanitary activities to be practiced in the communities leads to high incident rate cases therefore causing a stretch on the services provided by the health facility.

2b) Public health services require a balance between health promotion, preventive care and illness treatment. This is best achieved through the use of a team drawn from a variety of disciplines, including not only medical and nursing health professionals but also community workers, public health information workers and educators.

* 1. low social economic

2b) An increased in expenditure on an already weakening health care would entail increase in service charge and putting a charge on services that are meant to be free of charge that are available at the facility.

This therefore has an impact on public health in that it would result in

-Increase in disease cases as people who are less privileged wouldn’t be able to receive education about disease prevention, services such as immunizations and vaccines.

- Increase in morbidity, a situation that to some degree, can be prevented through medical care and early diagnosis of disease and early treatment…but because of high costs which leaves the majority out of luck to get treatment.

-high mortality rate…people would die from prolonged illness or short term illness that could be prevented if they would have access to a health facility.

Infant mortality rate would go high as there would be a lot of pregnant women giving birth at home in an sanitary condition and without medical supervision, there would be cases of complications after or during giving birth resulting in either the mother or the baby to die and in waste case scenario both mother and child would die.

-social economic status of the community is affected seeing that a number is people in the community are affected by disease and many have been left handicapped and bound to the chair or bed…as a result there is low productivity and low means of sorting bills. This entails that the social –economic status of the family and community at large is affected.

2c). Health promotion strategy that can help in addressing the community and global health needs would be an empowerment approach. Where by a community is empowered to address its own challenges through various ways.

The community should gain control of their lives there as this would help in addressing the health needs they might be having.

AS the facilitator the facilitator of this approach whose goal is to address the community versus the global needs mismatch. My method of addressing this problem after the community have identified the life determinant as luck of employment.

The first ask for suggestions from a community on what they think can help address the issue of employment as well as bring up suggestions like an introduction of a resource college and upon agreement, start the ball rolling by Campaigning to the education authorities and other stake holders would help in establishing trade skills colleges to be introduced in this community so that the community members can attain a skill that will help them gain an income to carter for their needs.

Bring other stockholders on board who would hire the best performing student immediately upon completion of the program as a way of motivating hard work and commitment.

Introduce a rule of massive cleaning in the market places at least twice a week in order to reduce garbage accumulation that would result in disease ,in so doing we would have handled diseases that would have had been as a result of sanitary conditions and contaminated environment.

Seek for job creations by asking legible stakeholders to build a shopping mall in this community as a way of job creation for the community members.

Educate people about the way the environment and certain behaviors have a bearing on there on their health and encourage good hygiene practices that would in retain reduce the cases of waterborne , airborne as well as vector bon disease that do have an impact on the social economic status of the community.

Reduce subsidies on farm products as a way of promoting healthy eating habits there by making the health choice the easier and cheaper choice. When the economic status of a community is stable the chances of certain disease that are not of global health needs are avoided or addressed in a much quicker way.

T

he strategy used is the evaluated by seeing if theskills college has been built and overall the number of people working or doing business in this community has gone high.