

What is Health Promotion?

(Adapted from Health Education Authority 1993)

Fill in the questionnaire which contains a number of statements about health promotion. Study your reaction to each of them and tick the response that most clearly reflects your own point of view. Deal with each statement separately.

- AA** = strongly agree
A = agree
N = neither agree or disagree
D = disagree
DD = strongly disagree

Health Promotion includes:	AA	A	N	D	DD
1 Using advertisements to warn people about the dangers of over-indulgence					
2 Teaching parents to carry out their doctor's orders					
3 Informing people about what health services are available in the community					
4 Teaching people how to look after their own health					
5 Making people aware that social, economic and environmental conditions affect health					
6 Preparing young people for the roles and relationships of adulthood					
7 Enabling people to make responsible and informed choices about their health					
8 Concerned with the prevention of the 'diseases of civilisation'					
9 Changing people's patterns of behaviour related to health					
10 Campaigning against discrimination towards people with HIV/AIDS					