

# Beyond Prevention: *Health Promotion Across the Lifespan*



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"Health promotion is the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion goes beyond healthy life-styles to well-being." (WHO,1986).



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### OBJECTIVES:

1. Participants will be able to identify two lifestyle interventions that can reduce the risk of cardiovascular disease.
2. Participants will be able to discuss with women the importance of omega-3 fatty acids during pregnancy.
3. Participants will be able to describe the key components of the Mediterranean diet.