

Health Promotion and Disease Prevention

Health Promotion and Disease Prevention focuses on encouraging patients to adhere to healthy lifestyle concepts. It covers a broad range of topics including nutrition, physical activity, smoking, and alcohol consumption.

Primordial prevention focuses on avoiding lifestyle factors that contribute to chronic diseases, such as cardiovascular disease. Secondary [BUS FPX 3007 Assessment 3 Building Effective Teams](#) involves early detection when this improves the chances for positive health outcomes, and tertiary prevention includes the treatment of disease once it has developed.

Nutrition

Nutrition is the study of nutrients, their role in health and disease and what happens to the body when there is too much or too little of a particular nutrient. It incorporates concepts from chemistry, biology, genetics, and molecular medicine to help understand the relationship between diet, [MBA FPX 5010 Assessment 1 Training Accounting Tools](#), and disease.

Nutritional interventions can reduce the prevalence of noncommunicable diseases, such as high blood pressure, heart disease and diabetes. They can also contribute to reducing obesity and undernutrition, which are global concerns with greater adverse impacts on lower-income populations.

Physician specialties can promote healthy behaviors by discussing these issues with their patients, especially those at risk for poor health outcomes. However, this does not replace the need for community-level initiatives to address behavioral risk factors such as tobacco use, physical inactivity, excessive salt intake and alcohol consumption.

Physical Activity

Physical activity, or PA, is an important [MHA FPX 5006 Assessment 1 Financial Basics](#) component of health promotion and disease prevention. Studies indicate that people who are adequately active have improved cardiorespiratory fitness, health and wellness and a lower risk for chronic medical conditions than those who are insufficiently active (Lee, 1985).

The PA goals laid out in Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention were designed to encourage Americans of all ages to increase their level of physical activity, particularly among those who currently did not do enough. Each of the 15 goals focused on a different age group, from infants to older adults.

Various federal surveys provide data on PA habits of the general population and specific segments such as [MHA FPX 5006 Assessment 2 Revenue and Reimbursement](#). Modules that measure health-related PA knowledge and behaviors can be developed and incorporated into existing population-based surveys such as the National Health Interview Survey and the National Health and Nutrition Examination Survey. This would enable the use of these data to guide and support the efforts of physicians and other health care personnel who promote health-related PA with their patients of all ages, including the elderly.

Tobacco Use

Smoking and exposure to secondhand smoke cause almost half a million deaths in the United States each year, costing \$1.4 trillion in healthcare spending and lost worker productivity. These deaths are mostly caused by four major categories of non-communicable diseases (NCDs), including cardiovascular disease, chronic obstructive pulmonary disease and cancer.

Cigarette smoking harms nearly every organ of the body, leading to many different types of cancer and a variety of other diseases and conditions. It also increases the risk of heart disease and lung disorders, such as asthma, and leads to early death. It is more common in some groups than in others,

including men, American Indians/Alaska Natives, people with mental health or substance use problems, and those with lower incomes and [BUS FPX3022 Assessment 3 SCM Case Analysis](#) levels.

The best preventive strategy is to encourage smokers to quit and not start. This can be done by having tobacco cessation advice incorporated into primary care and by supporting access to low-cost medicines to help smokers quit.

Alcohol Consumption

Alcohol consumption can lead to a variety of problems at the individual, family and society level. It is causally linked to a number of diseases and injuries including liver disease, car accidents, violence, several types of cancer, tuberculosis, suicides and many other chronic and acute illnesses. It also contributes to economic problems in the form of lost productivity and loss of revenue for government, private companies and families.

In addition to health related consequences, drinking can affect a person's relationships and work performance. It can reduce inhibitions and cause people to behave in ways that could lead to social or legal problems such as domestic abuse, problems with neighbors and problems at school or work.

The reading suggests that a Health Promotion approach to alcohol should move away from viewing alcohol as a health problem and focus instead on understanding the context of risky drinking patterns. This would mean a shift from average consumption to drinking patterns and the occasions on which they are consumed.