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# Health Promotion 101

## Session B: Health Promotion in Action

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- <http://www.ohprs.ca/hp101/mod4/module4c9.htm>

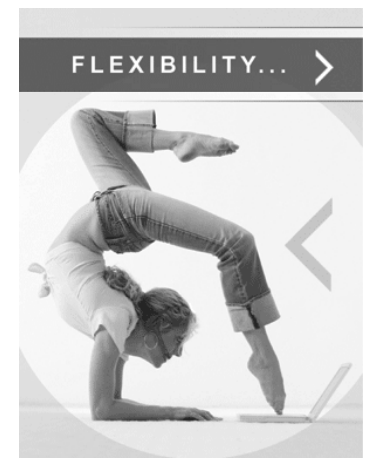
# Poll: Are you a techno innovator or laggard?

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- Innovators
- Early adopters
- Early majority
- Late majority
- Laggards

# AGENDA

- Evaluation focus group next week
- Infoscape/Media sharing
- Review from Session A
- Module 5: Strategies
- Module 6: Features of Health Promotion



# Media Resource Sharing

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- Who
- What
- Importance/relevance to HP
- Comments/discussion

# Session A Review

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- Comprehensiveness in approach
  - Health promotion values
  - Social determinants
  - Strategies
  - Behavioural and Socio-environmental models
  - Use of theories

# Session A Review (cont'd)

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- Use of theory
  - No right or wrong theories
  - As guidelines for understanding, predicting and evaluating change
  - A 'theoretical package' often serves practitioners' needs better than one theory
  - Need to understand population before applying theory (but theory can help there, too!)

# Individual Change Theories

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- <http://www.ohprs.ca/hp101/mod4/module4c8.htm>

# MODULE 5

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- Health Promotion Strategies

# Health Promotion Strategies

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- <http://www.ohprs.ca/hp101/mod1/module1c7.htm>

# Reflective Exercise 1b.

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- Do you see an opportunity to apply all of the strategies described to any health issue? Or do some strategies seem to be more appropriate for addressing certain health issues/objectives?

# Poll: What HP strategy do you currently use the most?

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- Health communication
- Health education
- Self help/mutual aid
- Organization change
- Community development/mobilization
- Policy development
- Advocacy

# Poll: What HP strategy would you like to use more?

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- Health communication
- Health education
- Self help/mutual aid
- Organization change
- Community development/mobilization
- Policy development
- Advocacy

# Questions about strategies?

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- Does anyone have a work issue/topic/project they're wondering how to address?

# Health Promotion Strategies

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- <http://www.ohprs.ca/hp101/mod1/module1c7.htm>

# Were you able to read the scenarios?

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- Yes
- No

# Which scenario to focus on?

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- Scenario 1
- Scenario 2
- Scenario 3
- Scenario 4

# Reflective Exercise 2 – Applying HP Strategies (p.40)

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## Points to Ponder

- What are the health issues faced by the individual(s), families, organizations and communities described in the scenarios?

# Reflective Exercise 2b

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- Describe how the seven HP strategies identified in this module could be applied to address the individual, family, organizational and community health issues describe in the scenarios.

# Module 6

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- Features of Health Promotion
- <http://www.ohprs.ca/hp101/mod6/module6d.htm>

# Reflective Exercise

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- <http://www.ohprs.ca/hp101/mod6/module6d.htm>

# For next week...

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- Evaluations
- Media Resource Sharing
  - Please 'bring' one news item pertaining to health promotion and prepare to discuss its relevance and/or importance