



Population Health Promotion Awareness Week

January 20-26, 2019

Population Health Promotion...

is a population health approach used to improve the well-being of the entire population, by addressing the range of factors that affect people's health within homes, schools, workplaces and communities.

Population Health Practitioners...

work in partnership with communities to influence the personal, social, economic, environmental and cultural contexts that affect health. They work to ensure that people from all stages of life from early years to older adulthood have a fair opportunity to live a healthy and productive life, regardless of their income, education or ethnic background.

Health Begins...



In our homes and neighbourhoods - The quality of our home and neighbourhood environments have an impact on our health and well-being.



Where we work - A good, secure job and a healthy workplace environment promote better health, well-being and life satisfaction.



At school - Nurturing school community environments have a positive impact on the health, well-being and success of students and families.



In early childhood - Our early childhood experience builds the foundation for well-being throughout our lives. It is the most significant factor in our future education, job, relationships and living arrangements.



With opportunities to choose - Making healthy choices has an impact on the well-being of an individual and community. Not everyone has the same life circumstances to choose things such as eating more vegetables, living in a safe neighbourhood and accessing quality childcare.

Population Health Promotion...Take Another Look