



# *Population Health Promotion Awareness Week*

**January 22nd – 28th, 2017**






## **Population Health Promotion...**

is an 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 (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 has more impact on our health and well-being than personal choice or health care services.
-  **Where we work** — A good, secure job and a healthy workplace environment promote better health, well-being and life satisfaction.
-  **At school** — A nurturing school environment has more impact on health, well-being and school success than personal choices or health care services.
-  **In early childhood** — Our early childhood experience builds the foundation for well-being throughout our lives, and is the most significant factor in our future education, job, relationships and quality of life.
-  **With opportunities to choose** — But what if you do not have much of a choice? Many people live in unsafe or insecure housing, because that is all they can afford or is available – being short on money or opportunities usually means being short on healthy choices.

**Health Promotion...take another look**

