

GVO

Health promotion and disease prevention is de Public Health discipline die zich bezighoudt met het voorkomen of de preventie van ziekten en bevorderen van gezondheid, in de nederlandse traditie ook wel aangeduid als Gezondheidsvoorlichting en -opvoeding (GVO).

Health Promotion

“Any combination of educational and environmental supports for action and conditions of living conducive to health”

(Green and Kreuter, 1999)

Ecological Perspectives on Health Behavior: 5 Principles

1. There are multiple levels of influence on Health Behaviors
2. Environmental Contexts are significant determinants of health behaviors
3. Influences on behaviors interact across levels
4. Ecological models should be behavior-specific
5. Multilevel interventions should be most effective in changing behaviors

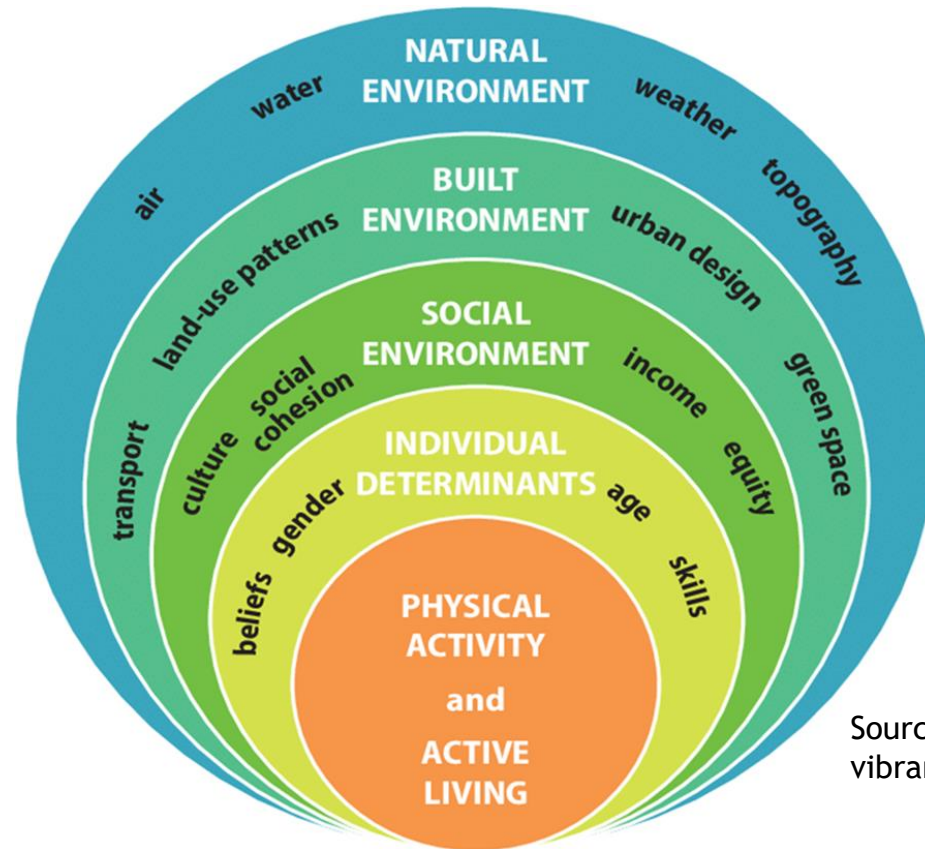
(Glanz et al., 2015)

Socio-Ecological Model



Source: <http://www.cdc.gov/violenceprevention/overview/social-ecologicalmodel.htm>

Behavior-specific Ecological Model



Source: Ite Journal. July 2014: sustaining vibrant communities

1. How do individual and social characteristics impact your physical activity?
2. How does the built and natural environment impact your physical activity?