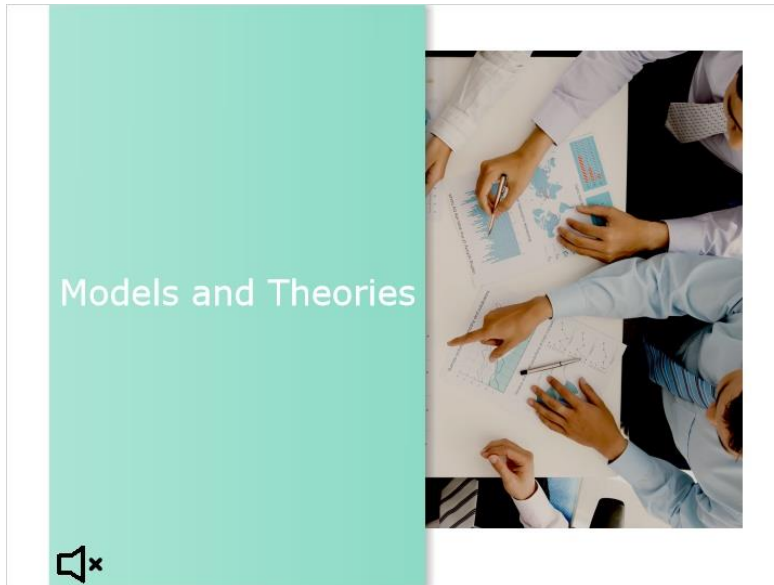


Models and Theories

1. Overview

1.1 Introduction




Notes:

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1.2 Learning Outcomes

Learning Objectives



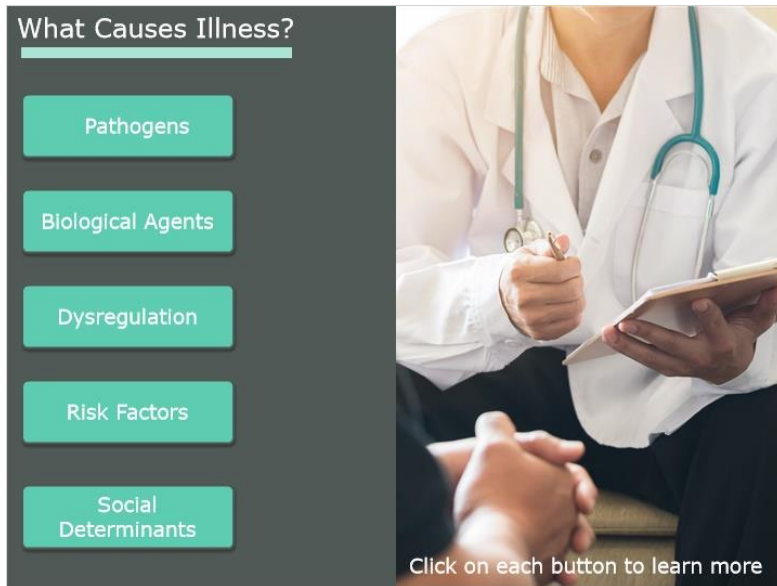
Identify common models and theories that apply to health promotion.

Explore common models as they apply to individuals, families, and populations.

Notes:

In this presentation, we will look at common models and theories that apply to health promotion and explore how they apply to individuals, families, and populations.

1.3 What Causes Illness?



What Causes Illness?

- Pathogens
- Biological Agents
- Dysregulation
- Risk Factors
- Social Determinants

Click on each button to learn more

The graphic features a dark grey background on the left with five teal buttons. On the right, a photograph shows a doctor in a white coat with a stethoscope, holding a clipboard and pen, sitting across from a patient whose hands are clasped. The text 'Click on each button to learn more' is positioned at the bottom of the image area.

Notes:

What causes illness? There are many causes of illness. These include pathogens, biological agents, dysregulation of mood, thought and/or behavior, risk factors, and social determinants. Take some time and review each of the causes listed here.

Pathogens



Pathogens

Pathogens are bacteria, viral and microorganisms.

Biological Agents (Slide Layer)



Biological Agents

Biological agent's bacteria, viruses, fungi, parasites and their toxins. Examples of biological agents are anthrax, botulism, and smallpox.

Dysregulation



Dysregulation

Examples of dysregulation of mood, thought, and/or behavior are depression, anxiety, and bipolar disorder.

Risk Factors



Risk Factors

According to the World Health Organization (WHO) "A risk factor is any attribute, characteristic or exposure of an individual that increases the likelihood of developing a disease or injury. Examples of risk factors are smoking, unsafe sex practices and unsafe water."

Social Determinants



Social Determinants

According to WHO "Social determinants are conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping conditions of daily life.

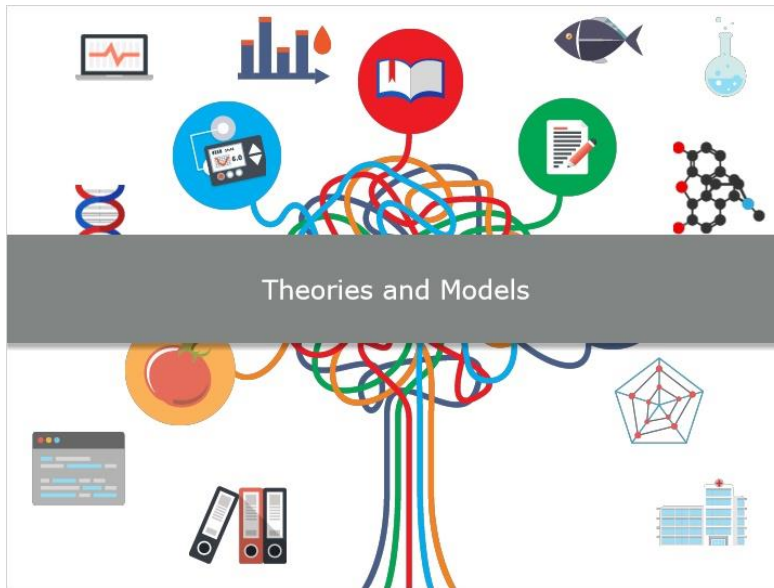
1.4 Three Models of Health



Notes:

There are three models of Health, Biomedical, Behavioral, and Socio-environmental. The biomedical model of health is the absence of diseases or disorders and focuses on biological factors. An example of the biomedical model of health would be no diagnosis or disease like hypertension. The next is behavioral model of health is the product of behaviors and habits. Examples of behavioral model of health are not smoking, exercise, and no alcohol consumption. The last model is socio-environmental; in this model of health is the product of social, economic and environmental determinants that provide incentives and barriers to health. Examples of socio-environmental model of health are financial stability, employment, and support from family and/or friends.

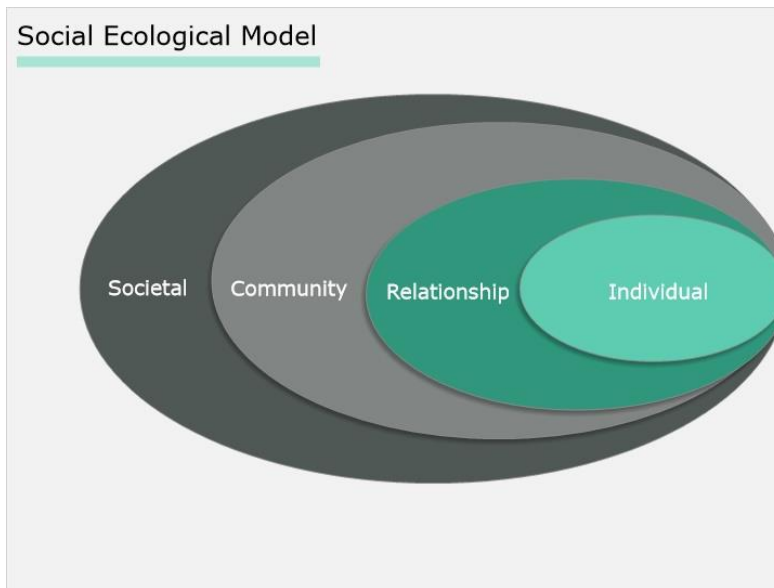
1.5 Theories and Models



Notes:

A theory is a supposition or system of ideas intended to explain something, especially on general principles independent of the thing to be explained. There is no right or wrong theory for health promotion. Theory should match the individuals or communities you are working with. Let's take explore these models in a little more detail.

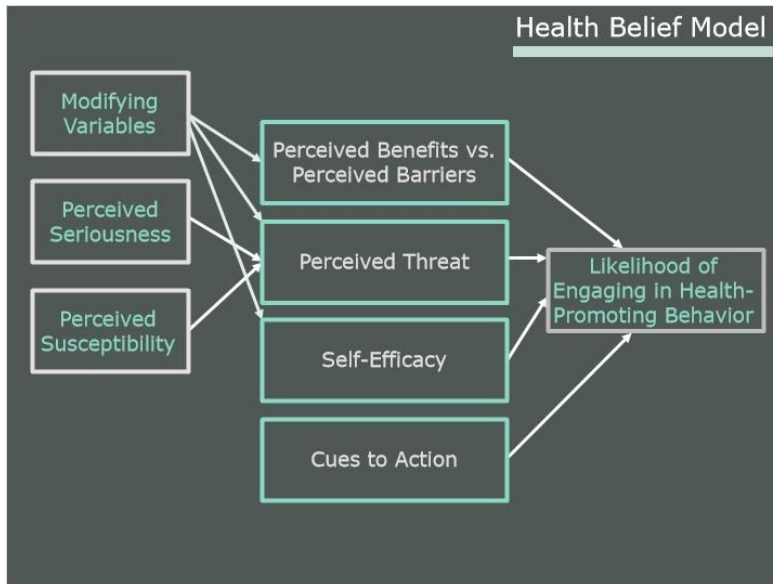
1.6 Social Ecological Model



Notes:

The Social Ecological Model (SEM) is a theory-based framework for understanding the multifaceted and interactive effects of personal and environmental factors. These factors help identifying behavioral, organizational leverage points and intermediaries for health promotion within organizations. The ecological framework applies the social ecological model to human development. Focusing on evidence that explain the complex interactions between people, groups, and their environments, rather than on each of these factors in isolation.

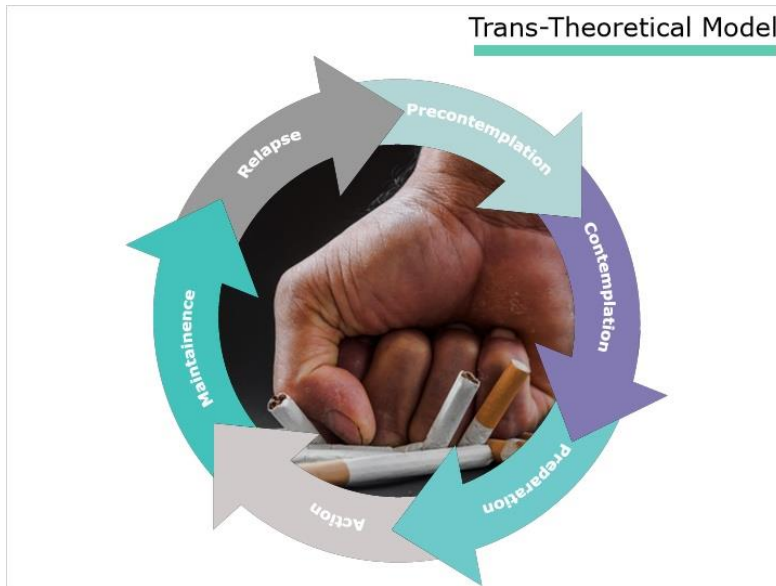
1.7 Health Belief Model



Notes:

The health belief model (HBM) is a psychological health behavior change model developed to explain and predict health-related behaviors, particularly in regard to the uptake of health services. The constructs of this model are perceived susceptibility, perceived severity, perceived benefits, perceived barriers, cue to action, and self-efficacy.

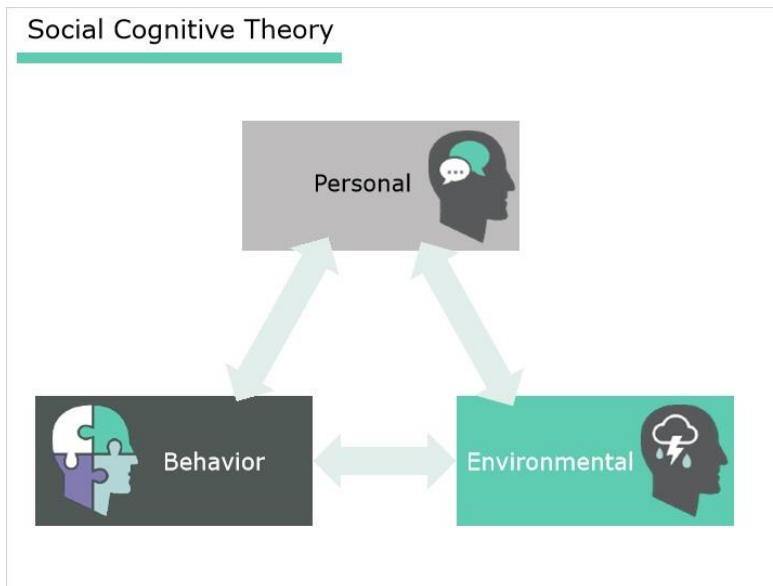
1.8 Trans-Theoretical Model



Notes:

The Trans-Theoretical Model (TTM) states that individuals move through six stages of change, it is a process of change. These stages are precontemplation, contemplation, preparation, action, maintenance, and relapse if maintenance is not obtained. In precontemplation is when the individual is not ready for change yet. Contemplation is when the individual is getting ready for change. Preparation is when the individual is ready for change. Action is changing and maintenance is when the action has been sustained for at least six months to prevent relapse.


1.9 Social Cognitive Theory



Notes:

The Social Cognitive Theory (SCT) explores how a person's goals, expectations and self-efficacy are shaped by the social context in which they live. The main conditions that affect health behavior change are personal goals, positive outcomes, and self-efficacy or collective-efficacy. Key Concepts for providing direction on how to encourage changes is to facilitate the change by providing resources or tools and observational learning by role modeling the change, incentive motivation, and self-regulation.

1.10 Common Conditions Necessary for Health Behavior Change



Common Conditions Necessary for Health Behavior Change

- Strong, positive intention
- Social pressure
- Absence of environmental barriers
- Consistency between the behavior and self-image
- Skills to perform the behavior
- More positive than negative reaction to performing the behavior
- Advantages outweigh disadvantages
- Perceived self-efficacy


Notes:

There are common conditions that are necessary for health behavior change to occur. There is a strong positive intention to perform the behavior. There is social pressure to perform the change. There is an absence of environmental barriers to prevent the behavior. There is consistency between the behavior and the person's self-image. The person has a more positive than negative reaction to performing the behavior. The advantages of performing the behavior outweigh the disadvantages of performing or not performing the behavior. And the perceived self-efficacy to perform the behavior.

1.11 Summary

SUMMARY

- 1 Identify common models and theories that apply to health promotion.
- 2 Explore common models as they apply to individuals, families, and populations.

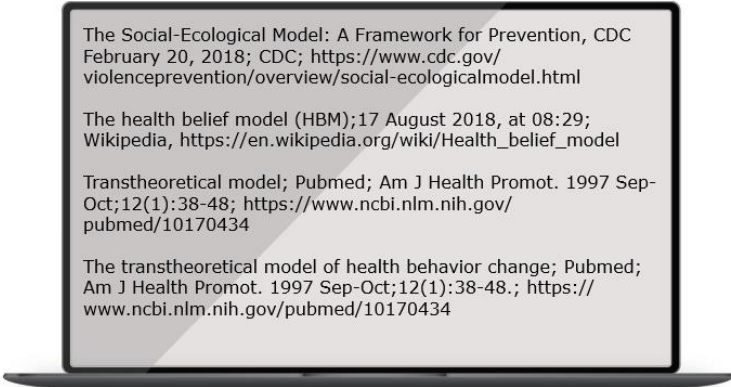


Notes:

In summary, we have identified the different models and theories of health promotion and how they apply to individuals, families, and populations.

1.12 References

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Notes: no audio

1.13 End of Presentation



Notes:

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