

Health Promotion for Behavioural Change Training Modules

KZN DoH Health Promotion Module 1: Introduction to Health Promotion Participant Workbook

PARTICIPANT NAME:

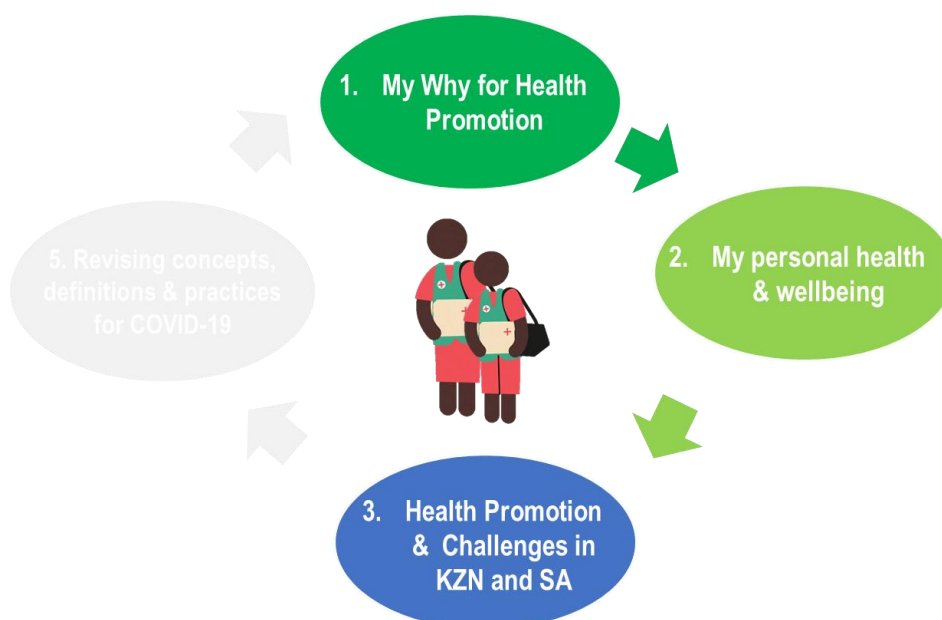
MODULE 1: OBJECTIVES

- Explore personal motivations for being a CHW, HCW and related health positions
- Making sense of personal health and wellbeing
- Reinforce existing understandings of Health Promotion
- Gain insight into the key principles and strategies of Health Promotion

Additional COVID-19 Information (to be provided to you as a separate workbook)

- Provide oversight of our challenges of COVID-19 and other important health challenges in KwaZulu-Natal and South Africa
- Ensure common understandings of key definitions, concepts and implemented strategies pertaining to COVID-19

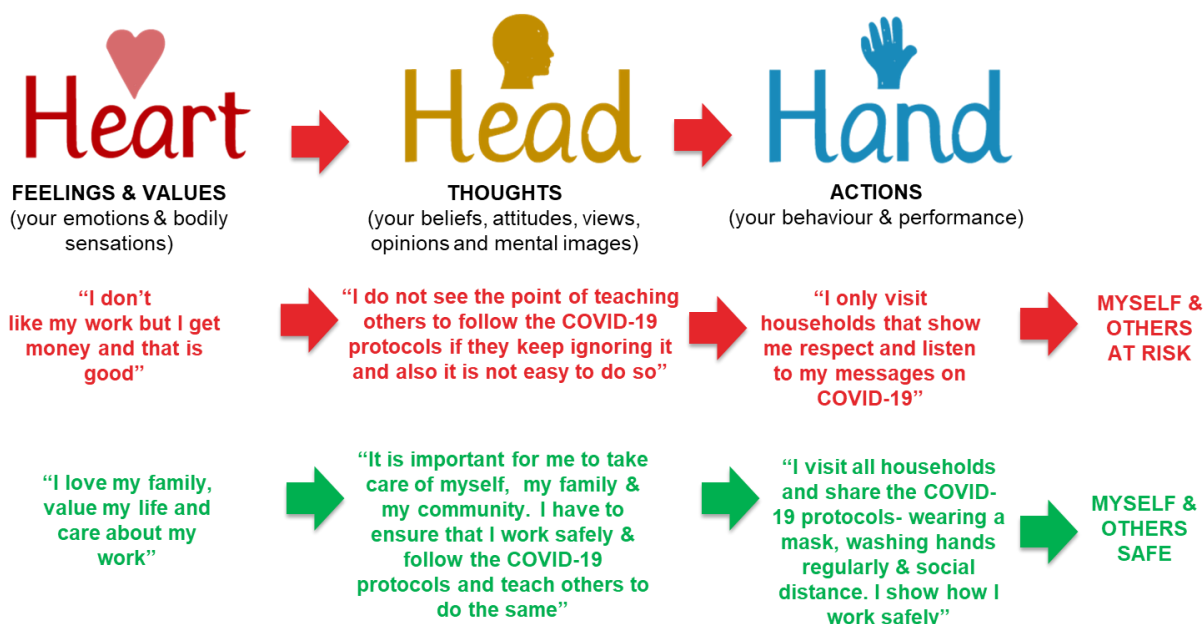
FOCUS AREAS:



MY REFLECTIONS/NOTES:



EXERCISE 1: MY WHY IMPACTS MY THINKING AND ACTIONS



DEBRIEF UNDERSTANDINGS OF HEALTH:

"..health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (sickness)"
 WHO (1946)

"Health is the extent to which an individual or group is able, on the one hand to realise aspiration and satisfy needs; and, on the other hand, to change or cope with the environment.
 Health is therefore, seen as a resource for everyday life, not the object of living; it is a positive concept emphasizing social and personal resources, as well as physical capacities."
 WHO (1984, p. 23)

The African concept of health is embracing.... it cannot be taken in isolation. For the traditional African, health is not just about the proper functioning of bodily organs. Good health for the African consists of mental, physical, spiritual, and emotional stability for oneself, family members, and community; this integrated view of health is based on the African unitary view of reality. Relation
 Peter F. Omonzejele, Nigeria 2007



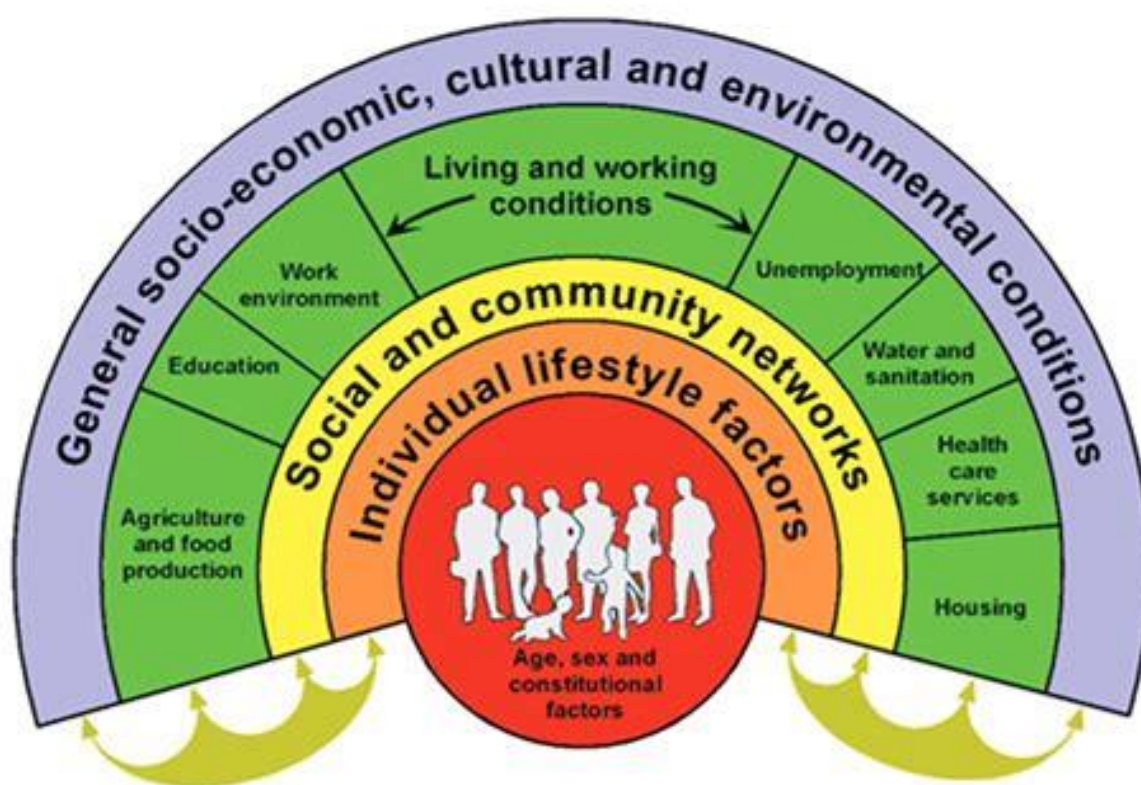
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“...Health does not just mean the physical well-being of the individual but refers to the social, emotional, spiritual and cultural well-being of the whole community. This is a whole of life view and includes the cyclical concept of life-death-life”

Australian Aboriginal People - NHMRC, 1996

Wellness is a life long process, a way of living by being fully aware of our body, mind, and spirit. It is a positive approach to life in aspiring to achieve our highest potential for well-being.

BIOLOGICAL AND SOCIAL DETERMINANTS OF HEALTH:



EXERCISE 3: HOW WELL AM I?

Read each statement carefully and respond honestly by using the following scoring.

MY PHYSICAL WELLNESS

Statement	Never	Sometimes	Always
1. I exercise energetically and continuously for 20 – 30 minutes at least three times per week.	0	1	2
2. I eat a variety of fruits, vegetables and whole-grains every day.	0	1	2
3. I maintain a reasonable weight, not being too overweight or too thin.	0	1	2
4. I go for medical and dental check-ups at least once a year.	0	1	2
5. I know my full health status (HIV status, sugar levels and blood pressure)	0	1	2
Total score			

ASSESS YOUR SCORES

Score 8 – 10 points	Excellent wellness!
Score 5 - 7 points	There is room for improvement! Look again at the items you scored 0 or 1, and think about what changes you can make to improve your score in these areas?
Score 0 – 4 points	This dimension needs a lot of work! Look again and challenge yourself to begin making small changes towards growing and improving your wellness on this aspect.

MY EMOTIONAL WELLNESS

Statement	Never	Sometimes	Always
1. I see challenges and change as an opportunity for growth.	0	1	2
2. I am able to develop and maintain close relationships.	0	1	2
3. I accept responsibility for my actions.	0	1	2
4. I am able to laugh at life and myself.	0	1	2
5. I feel good about myself.	0	1	2
Total score			



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MY SOCIAL WELLNESS

Statement	Never	Sometimes	Always
1. I am a caring person and try to help others when I can irrespective of who they are and where they come from.	0	1	2
2. I am fair when dealing with people.	0	1	2
3. I obey the rules and laws of our society.	0	1	2
4. I am able to communicate and get along with a wide variety of people.	0	1	2
5. I am able to balance my own needs with the needs of others (think of my needs too and not only others' needs).	0	1	2
Total score			

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MY SPIRITUAL WELLNESS

Statement	Never	Sometimes	Always
1. Prayer, meditation and/or quiet personal reflection is important to me.	0	1	2
2. When I feel depressed or frustrated, my spiritual beliefs and values give me direction.	0	1	2
3. Life is meaningful to me, and I have a sense of purpose.	0	1	2
4. I am tolerant of and try to learn about others' beliefs and values.	0	1	2
5. There is a clear link between my personal values and daily actions.	0	1	2
Total score			

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MY INTELECCTUAL WELLNESS

Statement	Never	Sometimes	Always
1. I am interested in learning new things at work or home (e.g. a new skill, sport or hobby).	0	1	2
2. I keep up to date with current affairs in the country and overseas	0	1	2
3. I make an effort to improve my written and verbal skills.	0	1	2
4. I am able to see more than one side of a problem.	0	1	2
5. Continuously learning is important for my career.	0	1	2
Total score			



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MY OCCUPATIONAL WELLNESS

Statement	Never	Sometimes	Always
1. I look forward to going to work.	0	1	2
2. I am happy with the balance between my work time and free time.	0	1	2
3. My work stimulates and challenges me.	0	1	2
4. I feel my job allows me to make a difference in the world.	0	1	2
5. I am happy with the personal/professional growth provided in my job.	0	1	2
Total score			

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MY FINANCIAL WELLNESS

Statement	Never	Sometimes	Always
1. I budget on a monthly basis and stick to it.	0	1	2
2. I do spend more than what I earn in a month.	2	1	0
3. I put money into an emergency fund every month.	0	1	2
4. I am free from financial worries and stressors.	0	1	2
5. I often have to borrow money from loan sharks, friends or family.	2	1	0
Total score			

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MY ENVIRONMENTAL WELLNESS

Statement	Never	Sometimes	Always
1. I recycle paper and plastic at home.	0	1	2
2. I make sure that my taps and water pipes do not have any leakages.	0	1	2
3. I put my television set off at night at the plug.	0	1	2
4. I shower and do not bath.	0	1	2
5. I do throw things out of a car window when travelling.	2	1	0
Total score			

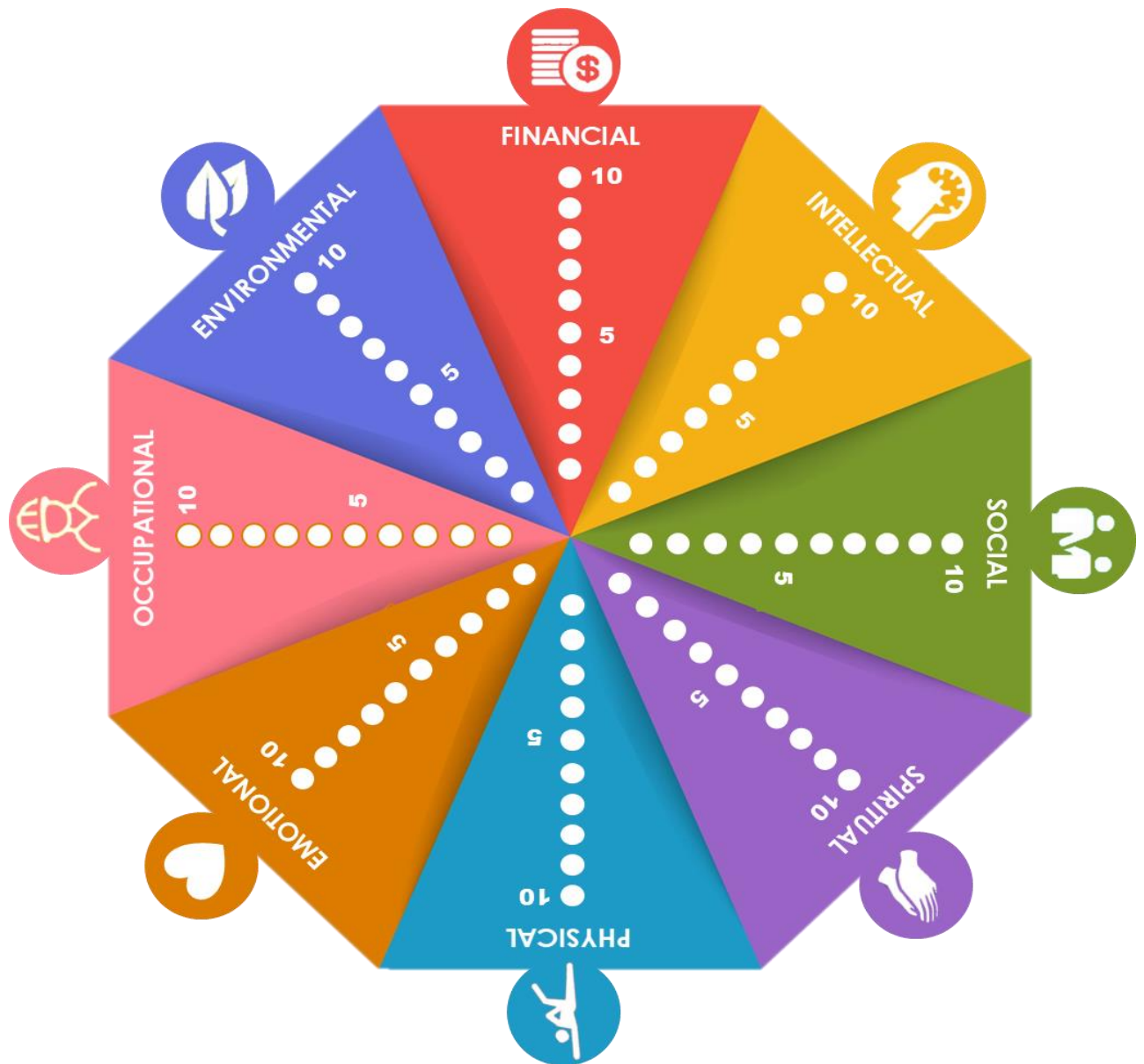


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PLOT YOUR SCORES ON YOUR WELLNESS WHEEL AND JOIN THE DOTS...



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REFLECTING ON MY WELLNESS WHEEL:

- How satisfied are you in each area of your life?
- Look at the areas where your scores are high and low - why is this the case? Are you putting too much energy/effort into some areas of your life at the expense of others (e.g. over investment in work at the expense of family?)



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DEBRIEF: MY WELLNESS WHEEL

 <p>Emotional: Self-insight, self-worth & cope with life difficulties</p>	 <p>Physical: Healthy quality of life and have healthy lifestyles</p>
 <p>Spiritual: Have peace & harmony and align values with actions</p>	 <p>Environmental: Value the environment e.g. air, water, land, nature etc.</p>
 <p>Social: Quality & long lasting relationships</p>	 <p>Occupational: Be productive and enjoy job satisfaction</p>
 <p>Intellectual: Open your mind to new ideas and learnings</p>	 <p>Financial: Responsible management of finances & prevention of debt</p>

THE STRATEGIES & ACTIONS FOR HEALTH PROMOTION: OTTAWA CHARTER (1986)

Prioritised strategies

Advocate: Health is a resource for living and developing and the factors that influence these negatively needs to change

Enable: Empower individuals to control the factors that affect their health to improve their quality of life

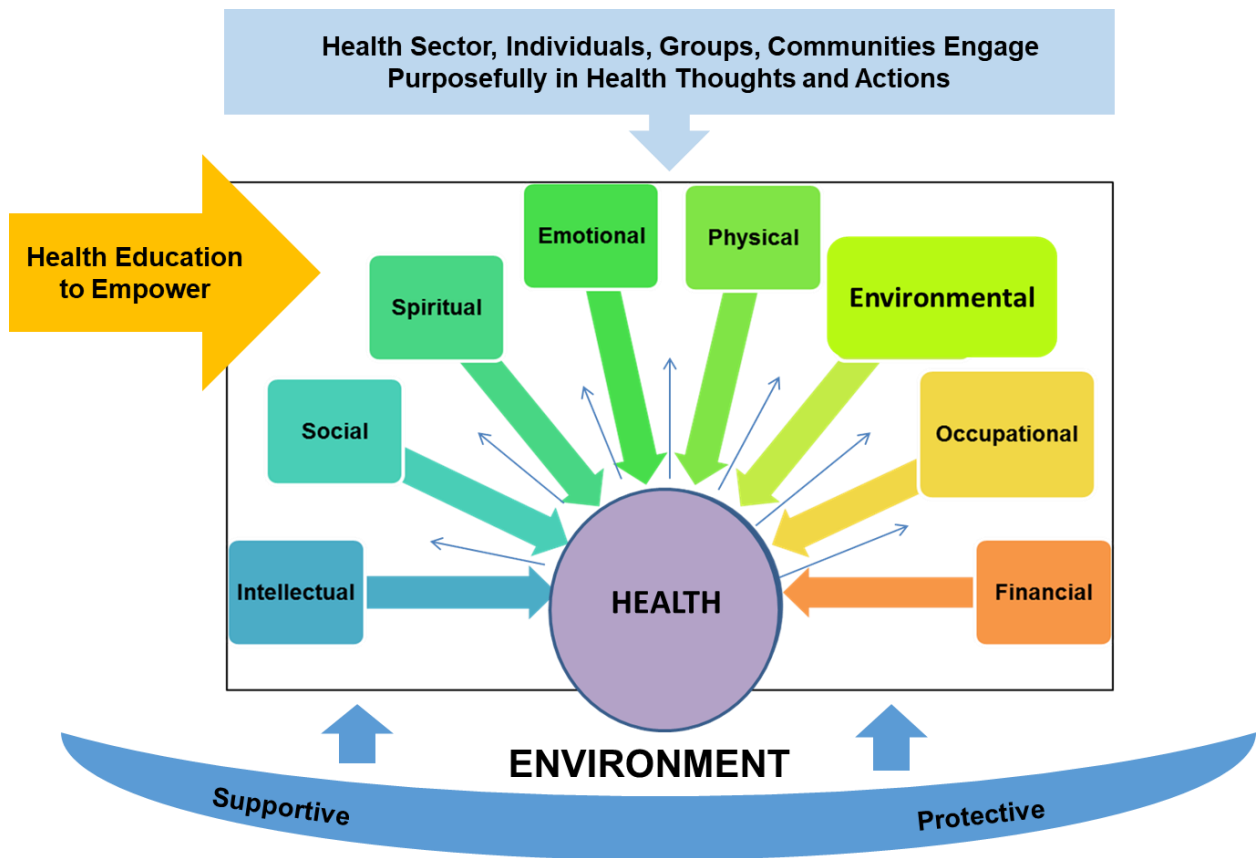
Mediation: Health Promotion cannot be achieved by the formal health care sector alone. All relevant stakeholders need to work together as equal partners e.g. all Government Departments, NGOs, CBOs, Civil Society, Media, Business etc.

Actions



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HEALTH PROMOTION IN PRACTICE

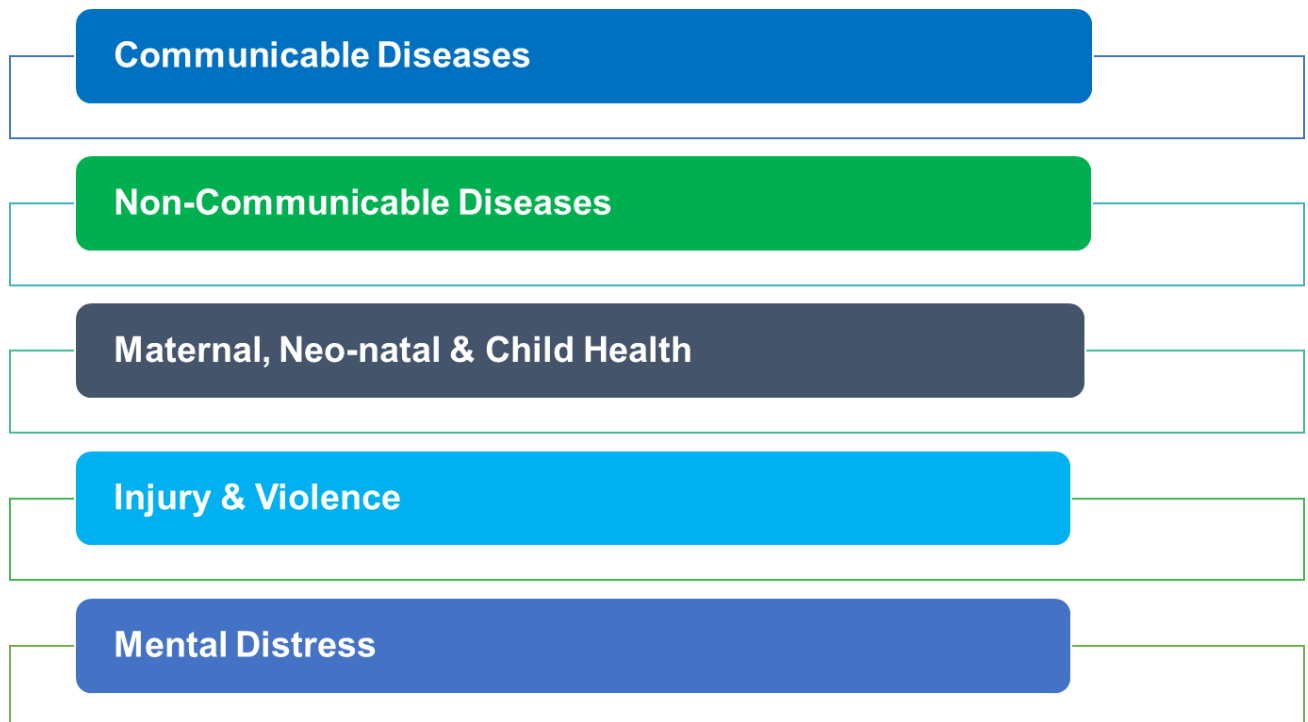


MY REFLECTIONS/NOTES:



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CURRENT HEALTH CHALLENGES IN SOUTH AFRICA



PRIORITY LIFESTYLE FOCUS AREAS (DOH, 2020)



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