

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



ملخص وشرح الوحدة الخامسة promotion Health

موقع المناهج ← المناهج الإماراتية ← الصف الحادي عشر ← علوم صحية ← الفصل الثاني ← الملف

تاريخ نشر الملف على موقع المناهج: 07:59:59 2024-01-19

التواصل الاجتماعي بحسب الصف الحادي عشر



روابط مواد الصف الحادي عشر على تلغرام

[الرياضيات](#)

[اللغة الانجليزية](#)

[اللغة العربية](#)

[التربية الاسلامية](#)

المزيد من الملفات بحسب الصف الحادي عشر والمادة علوم صحية في الفصل الثاني

[حل الوحدة الخامسة promotion Health](#)

1

[حل مذكرة نهائية شاملة](#)

2

[مراجعة سؤال وحواب](#)

3

[مراجعة شاملة نهائية](#)

4

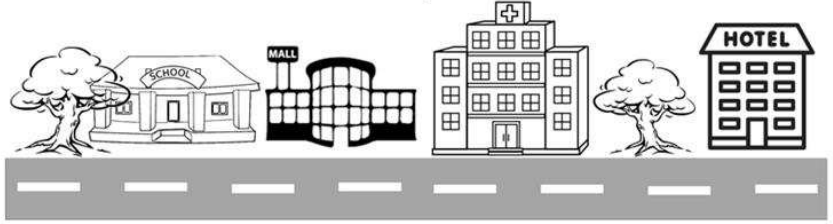
[حل أسئلة الامتحان النهائي - العام](#)

5



Health promotion

Public places



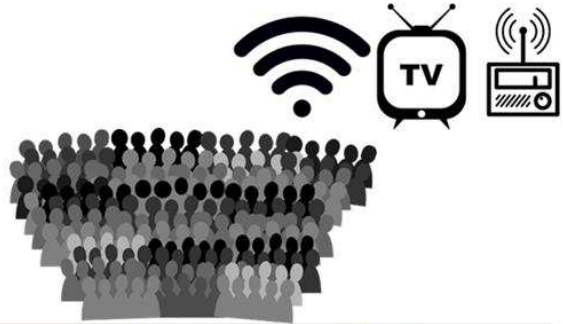
Are you Anxiety Aware?

Mental Health Awareness Week 2014
12-18 May

55% of people think we are more anxious today than 5 years ago.

Have you noticed an increase in anxiety, stress, and worry? Are you finding it difficult to cope with everyday life? Are you feeling overwhelmed by the demands of work, family, and social life? Are you feeling more stressed than ever before? Are you finding it difficult to sleep? Are you feeling more irritable than ever before? Are you finding it difficult to concentrate? Are you feeling more nervous than ever before? Are you finding it difficult to relax? Are you feeling more tense than ever before? Are you finding it difficult to enjoy life? Are you feeling more restless than ever before? Are you finding it difficult to get on with your work? Are you feeling more impatient than ever before? Are you finding it difficult to get on with your family? Are you feeling more impatient than ever before? Are you finding it difficult to get on with your friends? Are you feeling more impatient than ever before? Are you finding it difficult to get on with your life? Are you feeling more impatient than ever before?

mental health foundation



Why Choose Ultimate Strength Green Coffee Bean™ for Weight Loss?

Dr. Oz reported on the proven weight loss results of Pure Green Coffee Beans at the top doses used in Ultimate Strength Green Coffee Bean.

Did you know the Dr. Oz show recommended 800mg? That's why Dr. Carlson chose 800mg doses. That's twice the amount as other green coffee bean products.

90% Pure chlorogenic acid. Other products only use 20%. The plant extract with pure chlorogenic acid.

Finally proven weight loss WITHOUT SIDE EFFECTS!

Most Green Coffee Bean extract products will not equal the amazing weight loss benefits produced in the recent eye-opening clinical studies. In fact, most supplements don't have an adequate extract dosage to match the test results, nor do they contain the correct chlorogenic acid percentage.

Only New Health offers the high potency and ingredient strength to emulate the results of the clinical trial.

Ultimate Strength Green Coffee Bean™ is Recommended by Doctors & Medical Scientists

New Health is honored to see the endorsements that Ultimate Strength Green Coffee Bean has been receiving by doctors and biomedical researchers alike. New Health's reputation and the ingredient purity and quality of Ultimate Strength Green Coffee Bean are the reasons why.

Distributed by:
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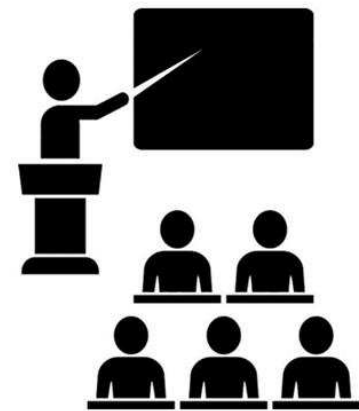
ULTIMATE STRENGTH green coffee bean

800mg. Vegetarian Capsules

Twice the potency of other Green Coffee Bean products and NO FILLERS!



Health education





Health promotion

Health education

Approaches/
ways:

Approaches/
ways:

- 1. Behavioral change
- 2. Client-centered
- 3. Socio-environmental
- 4. Educational
- 5. Preventative

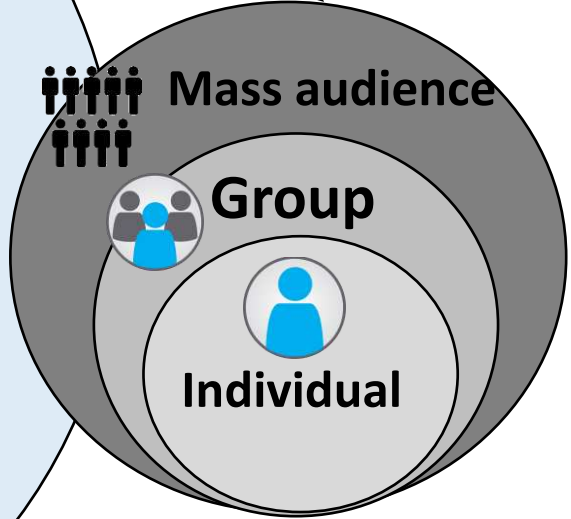
Definition: Advertising
 Who is responsible? **Everyone**
 What are the tools?/ Where can you find it?

- 1. Posters in public places
- 2. Leaflets/ brochures
- 3. Health screenings


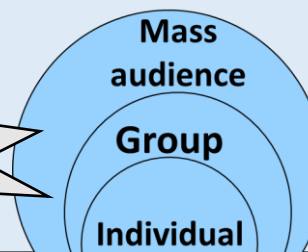
Encourage people to live healthy lifestyle.
 Mass media: TV/ radio/ newspaper/ magazines/ internet/ phone apps.

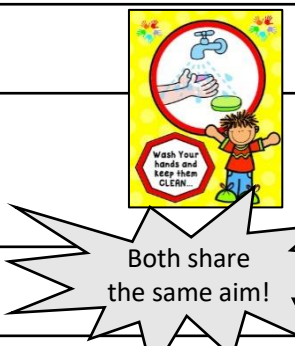
Definition: Study area
 Who is responsible? **Healthcare professionals/ educators**
 What are the tools?/ Where can you find it?

- 1. Schools/ universities
- 2. Local communities
- 3. Medical settings



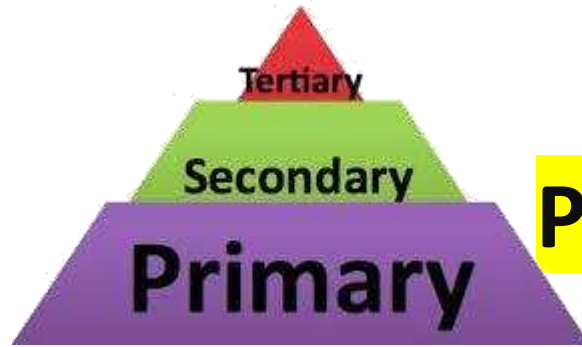
Why health education & health promotion are important for preventing diseases (especially non-communicable diseases)?
Because both of them share the same aim & encourage people to live a healthy lifestyle.....

<p>Term</p>	<p>Health promotion التعزيز/ الرقي الصحي</p>	<p>Health education التعليم الصحي</p>
<p>Definition</p>	<p>The process of enabling people to increase control over, & to improve their health. (advertising)</p>	<p>It uses medical sciences to educate people about issues relating to health & wellbeing. <u>Educating</u> (area of study) تدريس</p>
<p>Aim</p>	<p>Encourage people to live a healthy lifestyle</p>	
<p>Who is responsible? من المسؤول</p>	<p>Everyone/ anyone</p>	<p>Health professionals/ educators</p>
<p>Methods أدواته</p>	<p>1. Posters in public places 2. Leaflets/ brochures/ billboards 3. Health screenings فحوصات روتينية / مسح</p>	<p>1. Schools/ universities 2. Local communities المؤسسات المحلية 3. Medical settings</p>
<p>4. Mass media: TV/ radio/ newspaper/ magazines/ internet/ phone apps</p>		
<p>Approaches أساليبه</p>  <p>قبل وقوع الأذى أو المرض ويكون يفرض مجموعة من القوانين العامة كمنع التدخين مثلاً وبالتطعيمات للوقاية. بعد وقوع الأذى أو المرض ويكون بالعلاج. إذا كان الشخص يعاني من مرض أو حالة مزمنة لا بد أن يتعايش مع حالته ويسيطر على مرضه ليتمكن من العيش حياة طبيعية قدر المستطاع.</p>	<p>1. Behavioral change (targeted at risk groups) 2. Client- centered (one-to-one “individual/ client + health professional”) 3. Socio-environmental اجتماعي بيئي: A. Create a healthy environment “e.g., gardens” B. Changing public policy C. Working with communities to improve health services 4. Educational (uses health education) 5. Preventative medical approach: الطب الوقائي (كيف نتعامل مع المرض أو الأذى؟) A. Primary (before injury/ disease): immunization via <u>vaccination/ laws</u> such as wearing seatbelt B. Secondary (after injury/ disease): <u>treatment</u> C. Tertiary (chronic disease/ long-term condition): <u>managing the disease or condition</u></p>	<p>1. Individual approach: one-to-one health education. فردي 2. Group approach: educates a group via lectures & workshops. جماعي 3. Mass audience approach uses mass media to reach large audience/ population. جماهيري / عالمي. Mass لكل الناس!</p>  <p>تقسم الأساليب على حسب عدد الأشخاص الذين يتلقون التعليم</p>



Both share the same aim!





Prevention:

After a disease/ injury

Secondary prevention (medication):

- *Health screening for early detection of disease.
- *Regular health checks.
- *Diagnosis & treatment.



Chronic condition

Tertiary prevention:

Manage the chronic condition:

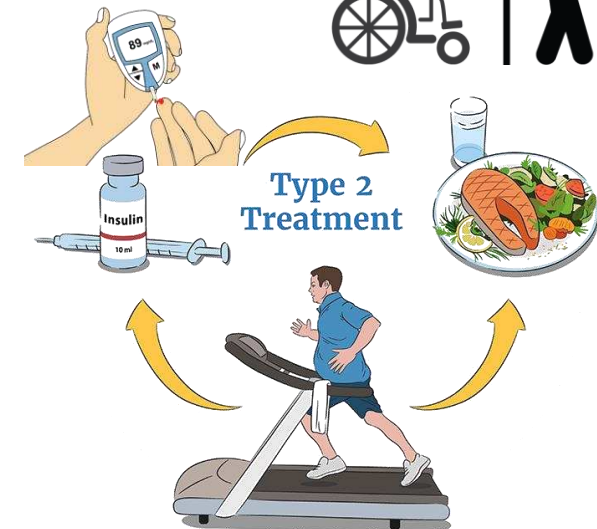
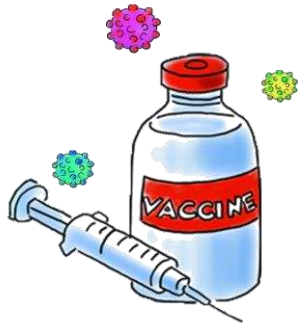
- *Health education on how to control their disease
- *Physiotherapy/ rehabilitation
- *Regular medicine prescription
- *Support groups for people with the same illness (group therapy)



Before a disease/ injury

Primary prevention (public health):

- *Immunization (vaccination against diseases).
- *Policies & laws to keep people safe.
- *Education about a healthy lifestyle.





Who is responsible for health education?



Individuals

Health professionals

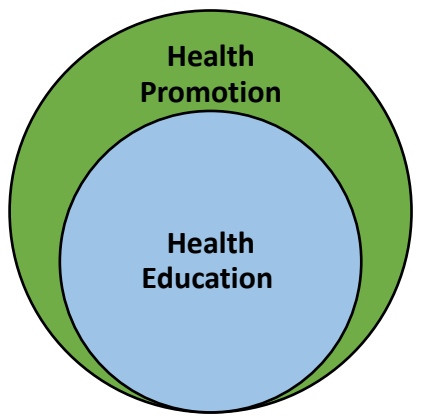
Community groups & schools

Governments

Non-governmental organizations

International organizations

Who is responsible for health promotion?



Everyone can participate in health promotion from individual level to international organizations!



Health promotion



1) Good governance

(create public policies & laws to improve health)

Examples:

In 2017:

- ✓ 50% tax added to sugary drinks.
- ✓ Passengers in back seats should wear seatbelt.



2) Healthy cities

(create an environment that encourages people to be healthy)

Examples:

- ✓ Build shaded areas.
- ✓ Build green areas.
- ✓ Sport events & compactons.



3) Health literacy

(educate people about health so they can take control of their own health)

Examples:

Lectures/ workshops/ awareness campaigns



The 3 pillars of health promotion

Government = Governance = laws = rules = policies = regulations

#CHOOSEHEALTH



Ottawa Charter for Health Promotion:

WHO created the Ottawa Charter for Health Promotion as a **framework** for health promotion.



- ✓ **Community events:** e.g., fitness challenges & competitions.
- ✓ **Building community centers:** e.g., sport clubs

Ottawa charter

3 strategies

5 action areas

Enable: تمكين
Enables everyone to have fair & equal **access to resources & info.** that impact health.

Mediate: توسيط
Sectors & organizations are working together.
Including: governments/ nongovernmental organizations/ community groups/ schools/ media etc.

Advocate: تأييد
Overcome barriers:
Personal/ social/ environmental issues

1 STRENGTHEN COMMUNITY ACTION

2 DEVELOP PERSONAL SKILLS

Health education

e.g., parks/ bicycle lanes

3 CREATE SUPPORTIVE ENVIRONMENTS

- ENABLE 1
- MEDIATE 2
- ADVOCATE 3

3 Strategies

Change the focus of health services to not only treat, but to provide screening & vaccination

4 REORIENT HEALTH SERVICES

5 BUILD HEALTHY PUBLIC POLICY

Laws & regulations

5 Areas



Health promotion

التعزيز الصحي

1) Health literacy
ثقافة صحية
(individuals' skills & knowledge فرد/ناس)

2) Healthy cities
مدن صحية
(environment مكان بيئة/مكان)

3) Good governance
حوكمة جيدة
(laws/ policies إدارة/ قانون)

3 pillars ثلاث أساسات

5 action areas
خمسة مجالات حيوية

1) Develop personal skills

2) Create supportive environment

4) **Re**orient health services
إعادة توجيه الخدمات الطبية

3) Strengthen community actions

5) Build healthy public policy

1) Behavioral change approach

2) Client-centered approach:
one-to-one e.g., consultation
health professional students/ patients

3) Educational approach

5 approaches
خمسة أساليب

4) Socio-environmental approach

5) Preventative medical approach:

1) primary

2) secondary

3) Tertiary

U5: Health promotion

L4: Contemporary health problems

Note contemporary = modern = current = going on in the present time = today

Contemporary health problems **المشاكل الصحية الحديثة**
(new health problems that affect people **today**)

Health problems **in the past** are different.
Developing vaccines & antibiotics helped to control disease such as: yellow fever/ bacterial infections/ **poliomyelitis disappeared!**

- Shorter **life-expectancy** (in the UAE "1791: 62 years" / "2021: 78 years")
- Lower quality of life
- Higher infant mortality/ death
- 17th October is the "International Eradication of Poverty Day" **اليوم العالمي للقضاء على الفقر**

- Increase respiratory diseases
- Non-communicable diseases
- Death

- Examples:** obesity/ type2 diabetes/ heart diseases/ stroke/ cancer/ Alzheimer's disease/ kidney diseases/ COPD "Chronis Obstructive Pulmonary Disease"
- The main cause of deaths globally:
 - In 2019, 7 out of 10 deaths
 - 74% deaths globally

- Unhealthy life-style:** **نمط الحياة غير الصحي**
 - Poor nutrition:** **سوء التغذية**
 - Eating too much fast food
 - Drinking sugary drinks
 - Not doing enough physical activity** (lack of physical activity)

- Mental disorders** **الأمراض النفسية** the leading cause of illness & disability amongst young people especially.

Globally **عالمية**
(the whole world)

UAE:

1) **Poverty & inequality** **الفقر وعدم المساواة**

2) **Climate change** **تغير المناخ**
"pollution + weather & temperature change"

3) **Non-communicable diseases (NCDs)** **الأمراض غير المعدية "المزمنة"**

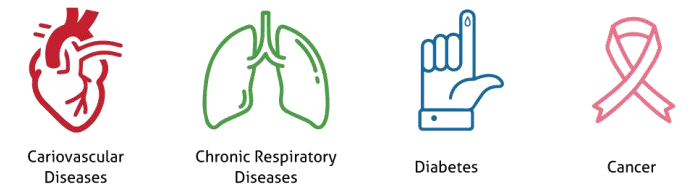
4) **Nutrition & physical activity** **التغذية والنشاط البدني**

5) **Mental health** **الصحة العقلية**

1) **Non-communicable diseases (NCDs)**

2) **Road accidents & injuries** **إصابات الطرق والحوادث**

3) **Mental health**



- The **biggest cause of deaths** in the UAE

- Health education & promotion intervention targeting people from (25-34 years old)
Highest mortality rate is within this range!

- In 2016, UAE government chose a "minister of happiness & wellbeing" **Who is job to:** (monitor the UAE plans/ programs & policies)

- Some of the initiative: **بعض المبادرات**
 - Establishing offices for happiness & wellbeing
 - Transforming customer service centers into customer **happiness centers** (do survey & reports to measure happiness)

- According to the World Happiness Report 2021: UAE ranked:
 - 1st in happiness for 7 consecutive years among Arab countries.
 - 4th best place to live & work in the world.



وزارة الصحة ووقاية المجتمع
MINISTRY OF HEALTH & PREVENTION

Intervention in the UAE:

MA'KOM

Ma'kom programs
(created by MoHAP)

Ma'kom for a healthier life

Ma'kom for ideal weight

Ma'kom for an active lifestyle

Ma'kom for a balanced diet

Mobile app: Health Heroes
Aim: reduce childhood obesity in the UAE
Targeted audience: children



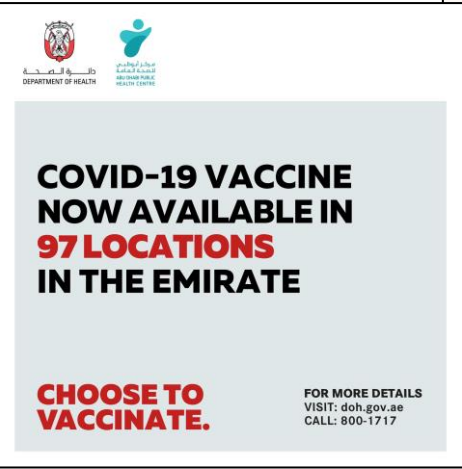
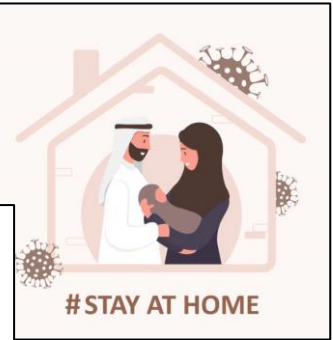
Breast cancer awareness
(October is breast cancer month)

Aim: awareness of breast cancer & importance of screening (mammogram)
Targeted audience: females/ women

Campaign: Beat the habit
Aim: cutting down sugar
Targeted audience: everyone in the UAE

COVID-19

Multiple health promotion campaigns ranging from:
stay-at-home
PCR testing
Wearing PPE
Social distancing
Hand hygiene
Vaccination



Keep on Beating

2 goals to achieve:
1) Raise awareness of cardiovascular disease & the risk factors (smoking/ malnutrition/ inactivity/ stress)
2) Help people recognize when they might be at risk.



Hospital campaigns:



كليفلاند كلينك أبوظبي
Cleveland Clinic Abu Dhabi

Campaign: Mention It اذكرها
Aim: encourage men in the UAE to address their health issues
Targeted audience: males/ men
Created by **Cleveland Clinic Abu Dhabi**

RAK hospital provided free screening for diabetes to help them control their illness.
Diabetes awareness month (16 Nov to 15 Dec)



Protect your Family

COMPLIMENTARY DIABETES SCREENING (For Diabetic patients)




16 Nov to 15 Dec

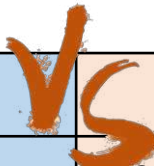
- Laboratory HBA1C
- Consultation
 - Endocrinologist
 - Diabetic Retinopathy check up
 - Cardiologist
 - Dietitian

DIABETES. Let's Beat it!

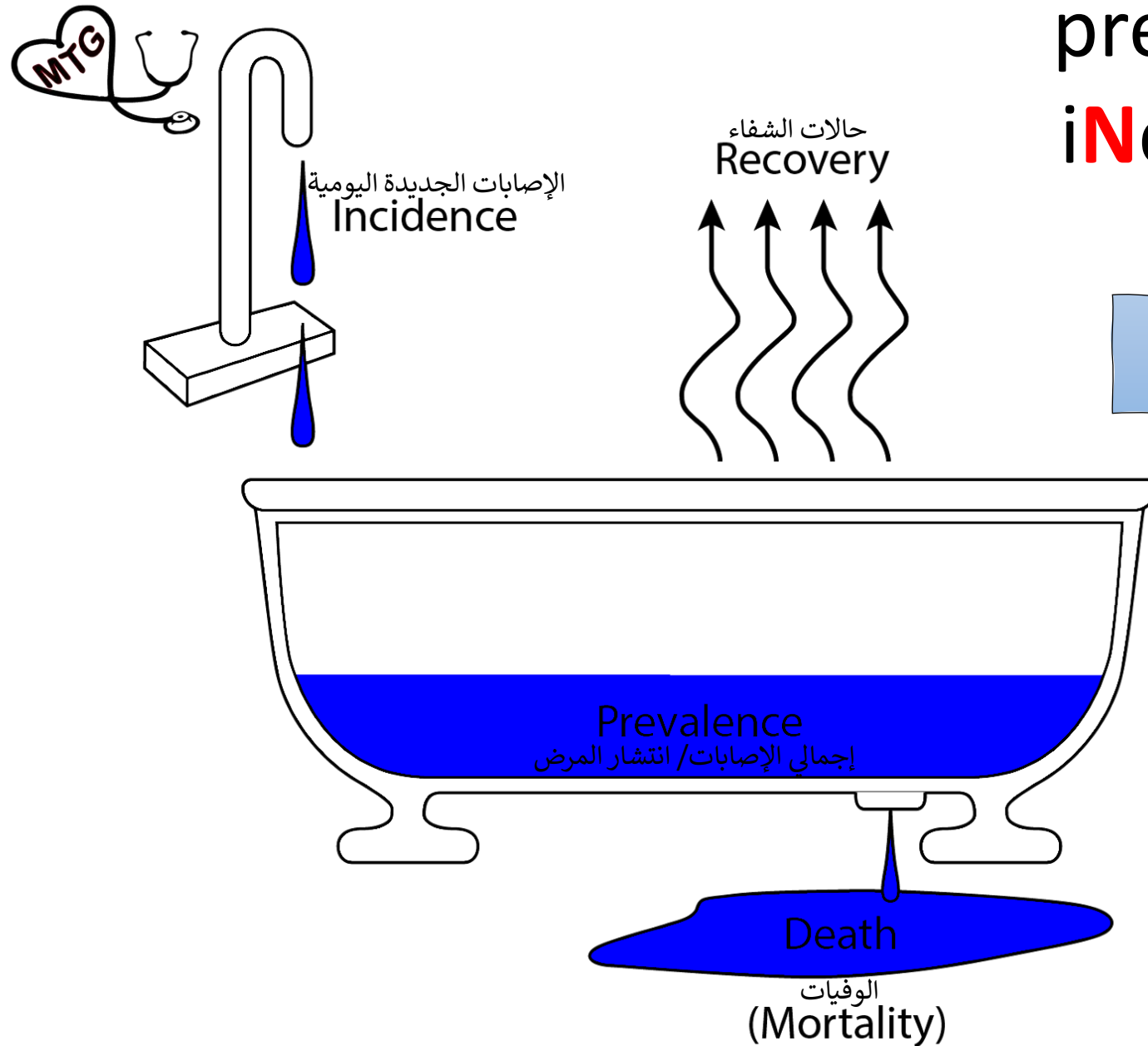




	Public health	Medicine
Aims (focus)	It deals with diseases before they happen (primary prevention)	Diagnose (تشخيص) & <u>treat</u> individual health problems (secondary prevention)
Targeted audience	Entire population	Focus on one person (individual patient)
Methods	<p>Prevent us from getting sick from the first place by:</p> <ul style="list-style-type: none"> ✓ Vaccination ✓ Disease prevention & health promotion ✓ Education ✓ Public policies  <p>How to measure population health? (incidence + prevalence)</p>	<p>Treatment include:</p> <ul style="list-style-type: none"> ✓ Prescribing medication ✓ Surgery ✓ Education  <p>Client-centered approach/ individual education: Healthcare professionals as educators (L8)</p> 
Overall health (same goal)	Improve the overall health of people	
Evidence-based information	Need to make informed decisions about the correct way to treat & prevent diseases. <u>Using: research + previous experience</u>	



prev**A**lence = **ALL** cases
 i**N**cidence = **NEW** cases



Incidence إصابة جديدة = the number new cases of a particular disease within a population.

Prevalence الانتشار = the total number of individuals who have a particular disease at a given time.

في الانتشار طرح عدد حالات الشفاء والوفيات من إجمالي حالات الإصابة.

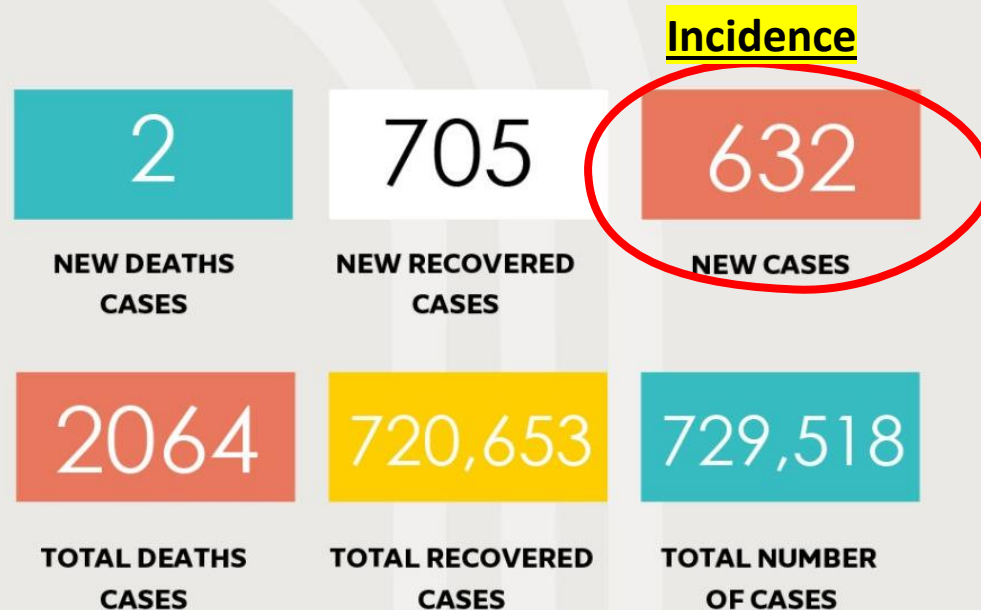
Example:

Look at the image below. Identify which number is the disease incidence and which is the disease prevalence.

LATEST INFORMATION & UPDATES ON

Coronavirus (Covid - 19)

UAE: 13- September - 2021



$$\begin{aligned}
 \text{Prevalence} &= \text{total no. of cases} - (\text{deaths} + \text{recovery}) \\
 &= 729518 - (720653 + 2064) \\
 &= 6801 \text{ cases}
 \end{aligned}$$



Who is responsible for health promotion?

Healthcare professionals

Schools

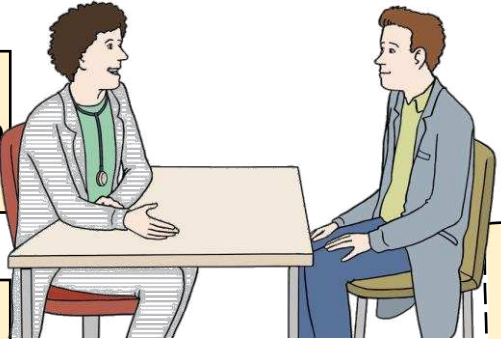
Health services

Governments

What is the role of healthcare professionals?

Diagnose & treat patients

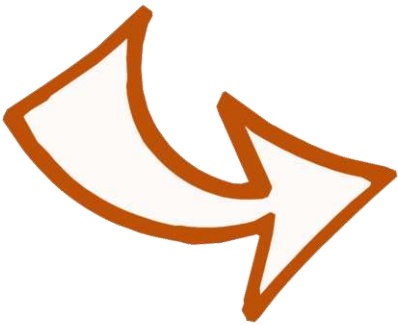
Educators
Consultation (educating & encouraging patients to live a healthy lifestyle)



Patients will make healthier choices

People are less likely to become sick

Less medical care is needed



- Why educating patients is important?**
- ✓ Reduces the chance of developing diseases such as obesity.
 - ✓ Lower errors in medication, if the patient knows how & when to take their medicine.
 - ✓ Less visits to the hospital are needed if the patient learned how take their own measurements.
 - ✓ Better disease management.
 - ✓ Faster recovery.
 - ✓ Independent patient.



Nurses play a vital role in making their patients feel better.

Example:

A nurse teaching a diabetic patient how to measure glucose level

The patient will measure their own glucose level at home

Better management of blood sugar

Less visits to the hospital

