

Example of evidence based practice models: health promotion essay

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EVIDENCE BASED PRACTICE MODELS: HEALTH PROMOTION

Introduction

According to the World Health Organization, health promotion is defined as, “the process of enabling people to increase control over their health and its determinants, and thereby improve their health” (Jack et al., 2012). This definition by WHO has been adopted in all parts of the world. However, different approaches are being employed in different parts of the world in health promotion. There are three key evidence-based practice models that have influenced health promotion (Collins, 2008). However, in this case we shall focus on two models only. The first one is the biomedical model of health promotion and the second one is the social model of health. Therefore, this essay identifies two evidence-based practice models and how each model in directing my utilization research project.

Biomedical Model of Health Promotion

Although this model was most popular in the period before 1970's, it is still relevant and widely used in many parts of the world. The model focuses on what are medically considered risk behaviors and healthy lifestyles (Collins, 2008). The model lays emphasis on education. The health promotion initiatives should aim at changing the knowledge, attitudes and skills of individuals pertaining health. Biomedical model focuses on individual responsibility in health promotion and it treats individuals separately from their environment (Parker et al., 2010).

Use of biomedical model in directing research project

Application of biomedical evidence-based practice model is paramount in my research project on health promotion. The model provides a good framework for conducting the research. Based on this model, my research project will focus on risk behaviors and healthy lifestyles (Jack et al., 2012). Risk behaviors that will be closely considered include smoking, excess consumption of alcohol and illicit behaviors such as engaging in unprotected sexual intercourse. Healthy lifestyles that will be considered include physical exercising, eating well balanced diet and avoiding behaviors that are harmful to the body (Shilton, 2009).

The model emphasizes education as the most appropriate way of promoting health. Through education, people will experience a change in knowledge, attitudes and skills regarding health (Parker et al., 2010). For instance, most people are involved in smoking habits without realizing the health risks they are putting themselves into. Cigarettes contain nicotine which is very toxic in the body. Individuals who smoke are at risk of developing lung cancer, heart diseases and stroke, among others. Through educating the smokers on the negative consequences of smoking, we will be directly promoting health in the community (Jack et al., 2012).

Social model of health promotion

Social model of health became popular from 1970's onwards. This model focuses on broader determinants of health. Previously, community health was viewed from biological and medical point of view (Shilton, 2009).

However, social model focuses on the social, economic and environmental

factors that affect health. The model uses inter-sectoral collaboration in addressing health. Social model aims at reducing the social inequities that directly or indirectly impact health. Under this model, both individuals and the community are empowered. Hence, application of social models enables individuals to access health care (Jack et al., 2012).

Use of Social Model in My Research Project on Health Promotion

It is imperative to adopt this model in conducting my research project on health promotion. Based on this model, my research on health should not entirely focus on biological and medical perspectives regarding health. I should focus on other determinants of health. For instance, let us take economic factors. Economic factors play a significant role in healthcare (Hill, 2003). Whereas individuals from strong economic backgrounds are able to access quality health care, people coming from weak economic backgrounds cannot access the same. The poor people cannot afford to take a well balanced diet or even go for regular medical checkups (Jack et al., 2012). On the other hand, people from upper social class can access quality healthcare and afford to take healthy diets. Hence, health promotion should aim at making health accessible for everyone. This means, removing the inequities in terms of economic status that deny others the opportunity to access proper healthcare (Shilton, 2009).

Conclusion

In conclusion, health promotion refers to, “ the process of enabling people to increase control over their health and its determinants, and thereby improve

their health” (Parker et al., 2010). There are two main models of health promotion. These are biomedical model and social model. Biomedical model focuses on in terms of healthy lifestyle and risk behaviors. On the other hand, social model focuses on broader determinant of health such as the environmental and the economic factors.

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