

Discussions

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Discussions Topic Leading Health Indicators Leading health indicators are a set of health related topics that are commonly covered by the mass media, thus receiving global and national attention. The leading health indicators are related to the course work because they provide guidance for national health initiatives for specified periods of time. Health sciences are concerned with improving the health of people. These indicators include areas such as access to health care, mental health, substance abuse, violence and injury, environmental quality, responsible sexual behavior, immunization, tobacco use, and physical activity among others. These are related to the course work because they communicate health actions and issues that are of high priority. Leading health indicators are related to the course work because they seek to address public health issues such as decreasing rates of death from preventable and treatable diseases, increasing life expectancy, and decreasing infant mortality among others. Also, just like the course work, leading health indicators aim to reduce health disparities and address public health challenges (Wright, Sparks & O’Hair, 2008).

Reference

Wright, K., Sparks, L., & O’Hair, D. (2008). Health communication in the 21st century. San Francisco, CA: Wiley-Blackwell.

Topic 2: Exercise and fitness Promotion

There are a variety of resources available through the federal government to promote exercise and fitness. Fitness grants are one way that the federal government promotes exercise and fitness of its citizens. The initiatives used here include special programs for the elderly and physical fitness projects.

There is also the President’s council on sports and physical fitness that deals with implementation and development of sports, physical activities and

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fitness programs. These initiatives are promoted through resources such as website content, publications, consultation and technical assistance, and providing guidelines for different programs conducted in government agencies, schools and other institutions. Information is a major resource that is used by the federal government to promote exercise and fitness. The federal government also promotes exercise and physical fitness through resources such as physical activity guidelines, national physical activity plans, community fitness guides, and nutrition guides. The federal government also uses websites such as medline plus, fitness. gov., and my fitness planner among others. Other resources include projects, programs and foundations such as Americans on the Move Foundation, Weight Control Information Network, National Women’s Health Information Centre, and the Dairy Council of California (Gostin, 2002).

Reference

Gostin, L. O. (2002). Health promotion: Education, persuasion, and free expression. *Public Health Law and Ethics*, 335, 337-338.