

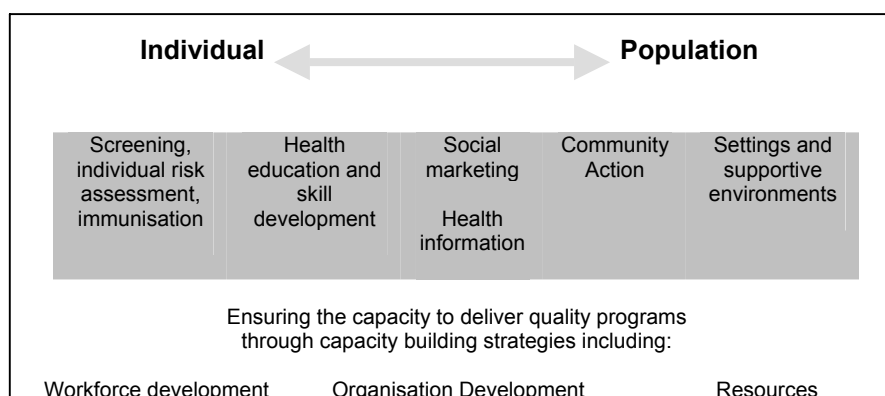
Spectrum of health promotion interventions

Evidence based health promotion

The spectrum of health promotion interventions was developed by DHS Victoria http://www.health.vic.gov.au/healthpromotion/what_is/

In the NT, priority health issues are smoking cessation, alcohol, physical activity, depression and locally identified health issues e.g. diabetes

Here is an example of how the spectrum of health promotion interventions can be used to provide a potential picture for the approach to smoking cessation across the NT. The Tobacco strategy and the Beyond the Pamphlet documents were used to create this example.



Screening,	Health education and skill development	Social marketing	Community Action Health information	Settings/supportive environments
Brief Interventions in health centre by PHC, Allied health, SWSB, medical staff (identify, 2-3 min advice NB refer – NB need community resources to refer to)	Build skills of staff and community members to deliver motivational counselling School health curriculum re building socio-emotional skills and relationships (rather than focussing on drug use)	Media campaigns (TV) Educational materials in combination with other approaches (appropriate – see Tobacco Policy)	Smoking must be recognised by community as an important issue – multi-strategy community Based programs 1:1 Counselling Behaviour change programs Eg via Peer education programs, role model NGOs School based programs	Legislation (AOD policy) -reduce access -environment:home car, public places – smoke free HP schools Parent education Family home visits for 'at risk' families