Glossary of key terms

Chapter 1

Empowerment Developing the capacity of people to make informed decisions by building self-efficacy and understanding.

Health education Facilitating learning and behaviour change.

Health promotion A range of activities to enable people to take greater control over their health that may be directed at individuals, families and communities or whole populations.

Holistic Taking all the elements of a person's life into account – including physical, emotional, mental and spiritual elements.

Primary prevention Interventions to avoid occurrence of a disease. Secondary prevention includes measures to diagnose before a disease causes morbidity.

Public health The science and art of preventing disease and prolonging life through the identification of need and population actions such as screening

Chapter 2

Health inequality The avoidable and unfair differences in health status between groups of people.

Social determinants The economic and social conditions in which a person lives that influence their health.

Social exclusion A term used to describe those who are unable to participate fully in life due to social and economic factors.

Chapter 3

Model While the definition of health promotion has been universally adopted, there have been a number of different approaches to promoting health and these are described or analysed in models.

Preventative medical Sometimes called biomedical approach which focuses on addressing risk behaviours and healthy lifestyles as the means by which health can be improved.

Social model Acknowledges the social determinants of health and the reciprocal relationship between health-related behaviours and the environments in which people live and work.

Chapter 4

Setting A setting is the term used to describe environments which influence a person's health. Settings such as a school or workplace can also be used to promote health as they are vehicles to reach individuals.

Supportive environment An environment that offers people protection from the factors that can threaten good health and makes healthy choices easier. It will also foster participation in health and enable people to control their health.

Chapter 5

Cessation Also called quitting in relation to smoking. Four-week quit rates are taken as the measure of success and these are validated by testing smokers' carbon monoxide (CO) level.

Harm reduction Strategies to reduce harm caused by continued tobacco/nicotine use, such as reducing the number of cigarettes smoked, or switching to different brands or products, e.g. e-cigarettes.

Pharmacotherapy A treatment using pharmaceutical drugs, e.g. Nicotine Replacement Therapy (NRT), bupropion.

Second-hand smoke Also called passive smoking or environmental tobacco smoke (ETS). A mixture of smoke exhaled by smokers and smoke released from smouldering cigarettes, cigars, pipes, bidis, etc. The smoke mixture contains gases and particulates, including nicotine, carcinogens and toxins.

Chapter 6

Binge drinking The consumption of five or more alcoholic drinks on at least one occasion.

Dependent drinking Dependent drinking means that a person feels that they are unable to function without alcohol. Withdrawal symptoms can be both physical and psychological and include a compulsion to drink. Sweating, shakiness, and anxiety occur when alcohol use is stopped after a period of heavy drinking.

Harmful drinking When a person drinks over the recommended weekly amount of alcohol and experiences health problems that are directly related to alcohol, e.g. depression, pancreatitis, cirrhosis, some types of cancer, such as mouth cancer and bowel cancer.

Hazardous drinking When a person drinks over the recommended weekly limit of alcohol (21 units for men and 14 units for women). It is also possible to drink hazardously by binge drinking.

Low risk drinking Is called "lower-risk" rather than "safe" because drinking alcohol is never completely safe but there is lower risk of causing future harm. Low risk is men who drink less than 3–4 units a day and women who drink less than 2–3 units a day.

Chapter 7

Sexual rights The basic right of all couples and individuals to decide freely and responsibly the number, spacing and timing of their children and to have the information and means to do so. The right to make decisions concerning reproduction and sexual activity free of discrimination, coercion and violence.

Sexual risk Behaviours which can increase the chance of contracting or transmitting disease, or increase the chance of the occurrence of unwanted pregnancy.

Sexuality Encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction.

Chapter 8

Bariatric surgery Surgery on the stomach and/or intestines to help the patient with extreme obesity lose weight. Bariatric surgery is a weight-loss method used for people who have a body mass index (BMI) above 40.

Body mass index (BMI) A measure of body weight relative to height. BMI can be used to determine if people are at a healthy weight, overweight, or obese.

Obesity A person is considered obese if he or she has a body mass index (BMI) of 30 kg/m^2 or greater.

Overweight Being too heavy for one's height: having a body mass index (BMI) of 25–30 kg/m^2.

Chapter 9

Care pathway The steps in the treatment and care of a patient with a particular condition. Care pathways set out the expected progress of the individual as their condition progresses.

Chronic condition A disease, illness or injury which has one or more of the following characteristics: it needs ongoing or long-term monitoring; it needs ongoing or long-term control or relief of symptoms; it requires rehabilitation ; it continues indefinitely; it has no known cure; it comes back or is likely to come back.

Long-term condition Those conditions that cannot, at present, be cured but can be controlled by medication and other therapies.

Self-management Encouraging a patient to take responsibility for managing a condition.

Chapter 10

Epidemiology The study of the distribution and determinants of disease and conditions in particular populations.

Incidence Number of new cases of disease in a given time period.

Measures of deprivation Ways of assessing levels of disadvantage in a population.

Prevalence The total number of people in a given population with a disease at any given point in time.

Rate The frequency with which an event occurs in a defined population. In whole populations, usually expressed as number per 100000.

Risk factor An aspect of personal behaviour or lifestyle, an environmental exposure, that is associated with an increased occurrence of disease or other health-related event or condition.

Surveillance The systematic collection and analysis of health data on an ongoing basis, in order to control and prevent disease or outbreaks in the community.

Chapter 11

Causality is "*the relating of causes to the effects they produce*".

Critical appraisal standards that are used to evaluate research evidence.

Evidence Facts or information to prove whether or not something is true.

Intervention An action or programme that aims to bring about identifiable outcomes.

National Institute for Health and Clinical Excellence (NICE) An independent organization responsible for providing national evidence-based guidance on the promotion of good health and the prevention and treatment of ill health.

RCT Randomized controlled trial is an experimental research design.

Systematic review A synthesis of available evidence usually collected from RCTs.

Chapter 12

Advocacy Activities such as lobbying aimed at changing the policy of organizations or government.

Health literacy The skills needed to function in a health care environment which includes basic reading and numerical skills.

Lifestyle The behaviours that make up how we live.

Motivation Internal factors within a person that influence their actions.

Motivational interviewing A discussion focusing on a key issues that encourages the patient to change by exploring cost and benefits.

Self efficacy Feeling able to do or change something and having confidence and control.

Victim blaming Blaming or judging someone for unhealthy behaviours without acknowledging the social factors that influence that behaviour.

Chapter 13

Communicable disease A disease that can be communicated or transmitted from one person to another.

Health protection Part of the Public Health function that includes safety and quality of food, water, air and the general environment; preventing the transmission of communicable diseases; managing outbreaks.

Non-communicable disease (NCD) Disease or conditions that are non-infectious and non-transmissible among people. NCDs may be chronic diseases or they may result in more rapid death. Risk factors such as a person's lifestyle and socio-economic environment are known to increase the likelihood of certain NCDs.

Screening Screening is a process of identifying apparently healthy people who may be at increased risk of a disease or condition. They can then be offered information, further tests and appropriate treatment to reduce their risk and/or any complications arising from the disease or condition.

Chapter 14

Complex needs A person who has a range of "layered" issues that may include learning disability and other difficulties such as physical and sensory impairment, mental health problems or behavioural difficulties.

Learning disability Everyone is individual, and will have individual needs, preferences and ambitions. Learning disabilities are a significant, lifelong experience in which there is a reduced ability to understand or learn new or complex information, a reduced ability to cope independently, and starts before adulthood with a lasting effect on the individual's development.

Chapter 15

Advocacy Independent help to enable people to take control of their lives, explore and express their own needs and access the services and support they need to meet their needs.

Mental health Mental health is a state of well-being in which an individual realizes their own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to their community.

Mental health promotion Mental health promotion aims to promote mental health and well-being for all; prevent mental health problems for at-risk groups through increasing protective factors and reducing risk factors; promote mental health for people with mental health problems.

Mental illness Severe and enduring mental health problems.

Well-being A multidimensional concept that includes happiness, positive affect, low negative affect, and satisfaction with life as well as psychological functioning.

Chapter 16

Activities of Daily Living Tasks that people carry out to look after their home, themselves, and their participation in work, social and leisure activities.

Carer Someone, usually unpaid, and often a friend or family member who supports a person with social care needs, either full-time or part-time.

Older adult In the developed world, the age of 60 or 65, roughly equivalent to retirement ages in most developed countries, is said to be the beginning of old age. In other countries, chronological age has less meaning and an elder is associated with wisdom and possibly accompanying physical decline.

Chapter 17

Community People who share a set of characteristics that may relate to geography, interest, culture or family.

Community development Problem solving approach whereby the community is empowered with knowledge and skills to identify and prioritize its needs and problems, harness its resources to deal with the problems and take action.

Community nurses Registered nurses who work in the community: in people's homes, in schools and in local surgeries and health centres. Also called public health nurses.

Chapter 18

Children's nurses Nurses who care for sick or injured children and young people in hospital or in the home.

Child Health Profile These provide a snapshot of child health and well-being for each Local Authority in England using indicators such as infant death, dental health, immunisation rates.

Safeguarding The responsibilities and actions taken to protect children from maltreatment and to prevent impairment of their health.