

5.2 Principles of health promotion

Mediate Develop personal skills Advocate Create supportive environments Enable

Strengthen Community actions Build a healthy public policy Reorient (change the focus of) health services

The Ottawa Charter is divided into two sections. They are the basic strategies for health promotion and the areas for action. On the table below, write which headings from the Charter fit into each section.

The basic strategies	The areas for action
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