

Match the explanation with the approach to health promotion.

Explanation
Aimed at large groups of people and may involve changing regulations or policies.
Focuses on preventing diseases before they occur or treating existing conditions to avoid further illness.
Aimed at individuals or groups whose lifestyle or behaviour increases their risk of illness.
Usually on a one-to-one basis with the individual and a health professional or a health educator.
Aimed at groups of people and uses health education to increase knowledge and understanding of health issues.

Approach
Behaviour change
Client-centred
Educational
Preventative medical
Socio-economical