

Match the explanation with the approach to health promotion.

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