

AGENDA

STARTING OUT IN HEALTH PROMOTION

- 9:00 a.m. – 10:30 a.m.**
- Welcome and introductions
 - What is health?
 - Models of health
 - What is health promotion?
 - Levels of prevention
 - Backgrounds & Frameworks
 - Values
 - Action areas
 - Strategies
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10:30 a.m. – 10:45 **BREAK**

- 10:45 – 12:30 p.m.**
- Putting theory into practice
 - “Reducing heart disease”
 - Case studies
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12:30 p.m. – 1:30 p.m. **LUNCH**

- 1:30 p.m. – 3:30 p.m.**
- Health promotion and equity
 - Activities
 - Inequality vs. Inequity
 - Health burdens
 - What can you do?
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3:30 p.m. – 3:45 p.m. **BREAK**

- 3:45 p.m. – 4:45 p.m.**
- Health promotion using an equity lens
 - Practice
 - Learn more
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4:45 p.m. – 5:00 p.m. **WRAP UP**
