

Health Promotion; From the Clinic to the Community

Speakers: Jean Peteet, PT, MPH, PhD; Julie Keysor, PT, PhD, Amy Boutry, BS, DPT; Boston University, Boston, MA.

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Health promotion as defined by the World Health Organization is “the process of enabling people to increase control over, and to improve, their health. It moves beyond a focus on individual behavior towards a wide range of social and environmental interventions. While having a rich history in public health, health promotion is relatively new to the field of physical therapy. Thus, many questions remain. How does health promotion interface with physical therapy education and practice? How can physical therapists promote health in the clinic, in schools and beyond? What concepts of health promotion are most relevant for physical therapists? This session addresses these questions by discussing fundamental principles of health promotion, needs assessment and program planning, the use of theoretical frameworks to promote individual and community behavior change, and introducing a framework for program evaluation. Throughout the session, case examples will be used to foster learning and literature will be critiqued to derive the optimal evidence-base approach possible at this point in time.

Time: 2:15 p.m. to 5:30 p.m. (Total contact hours: 3)

Course segments:

2:15 p.m. – 3:45 p.m. (1.5 hours)

Break: 3:45 p.m. – 4:00 p.m.

4:00 p.m. – 5:30 p.m. (1.5 hours)