Health promotion

Health promotion is the process of enabling people to increase control over, and to improve their health (World Health Organization, 2019).

Sometimes a hospital appointment for ourselves or our children leads us to think about other aspects of our own or our children’s health, well-being and lifestyle.

We have found a wide range of health and well-being information available through the NHS Live Well website https://www.nhs.uk/live-well/

Useful information can be found through the following links

- Alcohol misuse: https://www.nhs.uk/conditions/alcohol-misuse/
- Dental health: https://www.nhs.uk/common-health-questions/dental-health/
- Exercise: https://www.nhs.uk/live-well/exercise/
- Healthy eating: https://www.nhs.uk/live-well/eat-well/
- Sexual health: https://www.nhs.uk/common-health-questions/sexual-health/
- Mental wellbeing: https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/
- Smoking cessation: https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/

Reference

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child’s treatment.

This information can be made available in other languages and formats if requested.

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