

Health Promotion Hallmark

Sonia Smith

Nightingale College

MSN 586-01: Health Promotion & Disease Prevention Across the Lifespan

Professor Mark Larsen

04/20/2025

Health Promotion

Introduction

Health promotion is an important aspect of patient care because it empowers individuals to take control of their health and reduce the risks associated with chronic illnesses (Frenn & Whitehead, 2021). As noted, health promotion aims to prevent disease and promote good health by encouraging individuals to lead healthy lifestyles (Manso, 2023). The Transtheoretical Model (TTM), developed by Prochaska and DiClemente, provides a basis for understanding behavioral change (Frenn & Whitehead, 2021). This model incorporates six stages: precontemplation, contemplation, preparation, action, maintenance, and termination (Hasriani et al., 2021).

When this model is applied to a specific patient scenario, it can provide healthcare providers with different strategies of interventions that can successfully support a patient's journey toward improved health outcomes. The following analysis presents a health promotion plan for a 45-year-old male diagnosed with obesity and prediabetes. This plan incorporates evidence-based interventions, considers social determinants of health, emphasizes health equity, and adheres to ethical principles. It also integrates recommended health screenings and utilizes a guiding health promotion theory to enhance effectiveness. As such, the plan uses a structured, theory-driven approach that can help achieve long-term behavior change and reduce the patient's risk of developing chronic diseases.

Patient Profile and Situation

The patient is a 45-year-old male with a body mass index (BMI) of 32. This BMI categorizes him as obese. His family history includes type 2 diabetes and cardiovascular disease, placing him at an elevated risk for metabolic complications. The patient works in a high-stress corporate environment with limited physical activity, which is worsened by his sedentary

lifestyle. His diet consists mainly of processed and high-calorie foods, and he reports frequent fatigue, occasional shortness of breath, and challenges in successfully managing stress. His medical history includes hypertension and elevated blood glucose levels, which indicate prediabetes.

The patient has previously attempted weight loss through fad diets and sporadic exercise routines but has struggled with maintaining long-term changes due to time constraints and lack of motivation. Implementing a structured health promotion plan guided by TTM is necessary to facilitate sustainable lifestyle modifications given his current health status (Frenn & Whitehead, 2021). To this extent, addressing the social determinants of health, including economic stability, access to nutritious food, opportunities for physical activity, and psychological well-being, is critical in ensuring a successful intervention strategy (Frenn & Whitehead, 2021).

Application of the Transtheoretical Model (TTM)

The Transtheoretical Model provides a structured approach to behavioral change. It recognizes that individuals progress through different stages before adopting and maintaining new health behaviors (Hasriani et al., 2021). Each stage requires specific interventions to help the patient accept and implement lifestyle changes. These stages are broken down as follows.

Precontemplation Stage

The first stage is pre-contemplation. In this stage, the patient may not fully acknowledge the severity of his condition or the long-term implications of obesity and prediabetes. He may feel overwhelmed by the thought of making changes or believe that previous failed attempts indicate an inability to succeed. The healthcare provider's role at this stage may include increasing the patient's awareness and educating him about the risks associated with his current lifestyle (Frenn & Whitehead, 2021).

One strategy that can be used successfully at this stage is motivational interviewing. This strategy can help open a dialogue to explore the patient's concerns and misconceptions.

Healthcare providers should present scientific evidence on obesity-related health risks, using visual aids, for example, charts and infographics, to illustrate the potential consequences of untreated prediabetes (Frenn & Whitehead, 2021). Therefore, the healthcare provider can use the success stories of individuals who have improved their health through lifestyle modifications to motivate others.

Contemplation Stage

In this second stage, the patient acknowledges the need for change but remains ambivalent (Frenn & Whitehead, 2021). He may weigh the benefits of adopting healthier behaviors against the perceived challenges. However, it is vital to consider potential barriers, such as work-related stress or lack of time for exercise, which should be discussed in detail to devise strategies to help overcome them. As Hurley et al. (2024) argued, structured goal setting and the identification of barriers can improve adherence to long-term lifestyle changes.

Preparation Stage

In this third stage, the patient is starting to become committed. For example, he may express a readiness to initiate behavioral changes. This stage is critical for developing an action plan that includes specific, measurable, achievable, relevant, and time-bound (SMART) goals (Frenn & Whitehead, 2021). A well-designed intervention can involve collaborating with the patient to develop a structured diet and exercise regimen that is consistent with their lifestyle and preferences. Also, enlisting social support from family, friends, or even a workplace wellness group can help reinforce commitment (Frenn & Whitehead, 2021). Peng et al. (2024) contend

that the necessary support can increase the likelihood of achieving long-term behavior change, especially for individuals with chronic conditions.

Action Stage

The patient actively implements lifestyle modifications (Frenn & Whitehead, 2021). These modifications can include adherence to a balanced diet, participation in regular physical activity, and stress management techniques for this patient. To sustain motivation, healthcare providers should offer continuous monitoring and positive reinforcement (Frenn & Whitehead, 2021). Behavioral interventions, such as cognitive-behavioral therapy (CBT), can be integrated to address emotional eating and stress-related unhealthy habits (Nakao et al., 2021). Regular follow-ups with healthcare providers, participation in community support groups, and use of mobile health applications to track progress can further strengthen adherence.

Maintenance Stage

The next stage is maintenance, where the patient successfully incorporates new behaviors into their daily routine (Frenn & Whitehead, 2021). However, since the risk of relapses remains, there is a need to provide him with continued support. Healthcare professionals should help the patient develop strategies to maintain motivation and prevent setbacks. Some strategies include conducting periodic check-ins, setting new fitness goals, and reinforcing the benefits of sustained change (Frenn & Whitehead, 2021).

Termination Stage

This last stage is not always achieved, but it represents complete confidence in maintaining lifestyle changes without the temptation to revert to old habits (Frenn & Whitehead, 2021). The goal is to empower the patient to independently sustain a healthy lifestyle while continuing to access healthcare support as needed.

Social Determinants of Health and Health Equity Considerations

Social determinants, including economic stability, access to healthcare services, education, and environmental factors, influence health outcomes (Frenn & Whitehead, 2021). Financial constraints, work-related stress, and limited access to nutritious foods may pose challenges for this patient. Healthcare providers should connect him with community resources, such as nutrition assistance programs and workplace wellness initiatives, which can be effective in reducing these health challenges (Frenn & Whitehead, 2021). Another point is to improve health literacy through educational interventions that empower patients to make informed decisions. Higher levels of education are associated with greater awareness of healthy lifestyle choices and greater compliance with medical recommendations (Raghupathi & Raghupathi, 2020).

Ethical Considerations in Health Promotion

Ethical considerations in promoting good health can help develop and implement health promotion interventions. The following ethical principles—autonomy, beneficence, non-maleficence, and justice—can ensure that interventions respect the patient’s rights, promote well-being, and address disparities in healthcare access (Frenn & Whitehead, 2021).

Autonomy and Informed Decision-Making

Respecting patient autonomy involves providing far-reaching information about health risks and available interventions while allowing patients to make informed decisions regarding their care (Frenn & Whitehead, 2021). The healthcare provider must engage in shared decision-making and present the benefits and potential challenges of dietary and lifestyle modifications without bias. Evidence suggests that when patients actively participate in their health decisions, they are more likely to adhere to treatment plans (Marzban et al., 2022).

Beneficence and Patient Well-Being

The principle of beneficence requires healthcare providers to act in the patient's best interests by recommending interventions that improve the patient's well-being (Frenn & Whitehead, 2021). This includes devising health promotion strategies consistent with the patient's needs, preferences, and social circumstances. For example, providing personalized nutrition plans that consider cultural dietary preferences can improve compliance. It may also be necessary to integrate psychological support through CBT to address emotional barriers to change and help the patient feel better (Nakao et al., 2021).

Non-Maleficence and Reduction of Harm

Non-maleficence is about developing interventions that do not harm the patient (Frenn & Whitehead, 2021). Rapid weight-loss strategies or extreme dietary restrictions may pose risks to the patient, including nutritional deficiencies or metabolic imbalances. Therefore, interventions should be evidence-based and implemented gradually to minimize potential adverse effects. According to Dhar et al. (2024), structured weight-loss programs that prioritize gradual lifestyle changes over quick-fix solutions lead to better long-term health outcomes and reduce the likelihood of weight regain.

Justice and Health Equity

The principle of justice mandates equitable access to health resources and interventions (Frenn & Whitehead, 2021). Individuals from lower socioeconomic backgrounds tend to experience disparities in healthcare access, which requires healthcare providers to advocate for additional resources to support underserved populations. This includes facilitating access to community-based health programs, ensuring the affordability of essential health services, and addressing structural barriers that hinder participation in preventive care (Frenn & Whitehead,

2021). To this end, engaging at the policy level to implement interventions that mitigate health disparities and promote inclusive health promotion efforts would be imperative.

Conclusion

Health promotion using the TTM can help patients achieve behavioral change by incorporating evidence-based, individualized, and ethically sound approaches (Frenn & Whitehead, 2021). The examined case was that of a 45-year-old male with obesity and prediabetes, suggesting the importance of addressing social determinants of health. This will ensure equitable access to healthcare resources and integrate ethical considerations in intervention strategies. The application of TTM has demonstrated the patient's progression from the pre-contemplation to the maintenance stage. The outcomes of the interventions are centered on increasing motivation, readiness, and continued progress. Addressing barriers to health, including financial constraints, educational gaps, and environmental limitations, further strengthens the effectiveness of the health promotion plan (Frenn & Whitehead, 2021).

The paper has also identified ethical considerations, including autonomy, beneficence, non-maleficence, and justice, to respect the patient's rights and promote overall well-being. As such, evidence-based strategies can guide healthcare providers to achieve sustainable health improvements that reduce the patient's risk of developing chronic diseases. Future efforts should focus on continuous monitoring, reinforcement, and policy-driven initiatives to augment accessibility and long-term health outcomes for diverse populations.

References

- Dhar, D., Packer, J., Michalopoulou, S., Cruz, J., Stansfield, C., Viner, R. M., Mytton, O. T., & Russell, S. J. (2025). Assessing the evidence for health benefits of low-level weight loss: A systematic review. *International Journal of Obesity*, 49(2), 254-268.
<https://doi.org/10.1038/s41366-024-01664-7>
- Frenn, M., & Whitehead, D. K. (2021). *Health Promotion: Translating Evidence into Practice*. F.A. Davis Company.
- Hasriani, Sjattar, E. L., & Arafat, R. (2021). Transtheoretical model on the self-care behavior of hypertension patients: A systematic review. *Journal of Health Research*, 36(5).
<https://doi.org/10.1108/jhr-01-2021-0053>
- Hurley, L., Nezami, B. T., Sciamanna, C., & Tate, D. F. (2024). Personal goal setting eHealth component associated with improved weight loss at 6 months: A mixed methods secondary analysis. *DIGITAL HEALTH*.
<https://doi.org/10.1177/20552076241277351>
- Manso, F. (2023). Empowering individuals and communities: The importance of health promotion. *American Journal of Preventive Medicine and Public Health*, 9(2), 1-02.
<https://www.ajpmph.com/ajpmph-articles/empowering-individuals-and-communities-the-importance-of-health-promotion.pdf>
- Marzban, S., Najafi, M., Agolli, A., & Ashrafi, E. (2022). Impact of patient engagement on healthcare quality: A scoping review. *Journal of Patient Experience*, 9, 23743735221125439.
<https://doi.org/10.1177/23743735221125439>

Nakao, M., Shiotsuki, K., & Sugaya, N. (2021). Cognitive–behavioral therapy for management of mental health and stress-related disorders: Recent advances in techniques and technologies. *Biopsychosocial Medicine*, 15, 16.

<https://doi.org/10.1186/s13030-021-00219-w>

Peng, J., Qi, H., Fan, Z., Zhou, Q., & Lin, Y. (2024). Social support and health behaviors of older adults during the COVID-19 pandemic in China: A moderated mediation model of loneliness and economic income. *BMC Public Health*, 24(1).

<https://doi.org/10.1186/s12889-024-20272-8>

Raghupathi, V., & Raghupathi, W. (2020). The influence of education on health: An empirical assessment of OECD Countries for 1995–2015. *Archives of Public Health*, 78(1), 1–18.

<https://doi.org/10.1186/s13690-020-00402-5>