

Diverse health promotion strategies: Digital to advocacy.

Sarah Mitchell*

Department of Public Health, University of Melbourne, Melbourne, Australia

Introduction

This scoping review explores the landscape of digital health interventions designed for health promotion in older adults, highlighting common intervention types, targeted health behaviors, and technological features. It identifies a growing trend in digital tools for this demographic, emphasizing the potential for remote care and personalized health management, while also pointing out gaps in evidence regarding long-term effectiveness and user engagement challenges[1].

This systematic review comprehensively examines the conceptual frameworks employed in health promotion programs for adolescents in the digital era. It reveals the predominant theories and models guiding these interventions, highlighting the need for more tailored and evidence-based frameworks that specifically address the unique challenges and opportunities presented by digital environments in adolescent health promotion[2].

This systematic review evaluates community-based health promotion interventions aimed at fostering health equity. It synthesizes evidence on various strategies, demonstrating the effectiveness of participatory approaches and culturally sensitive programs in reducing health disparities. The review underscores the importance of multi-sectoral collaboration and community engagement for sustainable and equitable health outcomes[3].

This systematic review and meta-analysis assesses the efficacy of digital workplace health promotion interventions on mental health outcomes. It finds that digital tools can significantly improve employee mental well-being, reducing stress and burnout. The study emphasizes the potential of accessible and flexible digital platforms to support mental health in diverse work environments[4].

This scoping review synthesizes findings from systematic reviews on school-based health promotion interventions targeting adolescent mental health. It highlights various effective strategies, including curriculum-based programs, peer support initiatives, and whole-school approaches, underscoring the critical role of schools in fostering positive mental health and well-being among young people[5].

This systematic scoping review examines environmental education's contribution to public health outcomes, identifying key interventions and instruments. It demonstrates how environmental knowledge and engagement can empower individuals and communities to make healthier choices, mitigate environmental risks, and promote sustainable living practices that positively impact well-being[6].

This scoping review investigates the interplay between digital health literacy and its influence on health promotion activities for older adults. It highlights that adequate digital health literacy is crucial for effective engagement with digital health tools, identifying disparities and suggesting strategies to enhance digital skills among the elderly to improve their participation in health promotion initiatives[7].

This mixed-methods systematic review explores the effectiveness of youth peer-led mental health and well-being promotion interventions. It finds that peer-led approaches are highly engaging and can foster positive mental health outcomes by leveraging shared experiences and relatable communication, offering valuable insights for designing impactful youth mental health initiatives[8].

This umbrella review synthesizes definitions, theories, and models of advocacy for health promotion, providing a comprehensive overview of how advocacy can drive policy and systemic changes. It underscores the multi-faceted nature of health advocacy, identifying key strategies and frameworks essential for influencing decision-makers and advancing public health agendas effectively[9].

This article explores the opportunities and challenges for global health promotion in the post-pandemic era, particularly in light of lessons learned from COVID-19. It emphasizes the need for resilient health systems, enhanced international collaboration, and integrated approaches to address emerging health threats and promote equitable global health outcomes, advocating for robust public health infrastructure[10].

*Correspondence to: Sarah Mitchell, Department of Public Health, University of Melbourne, Melbourne, Australia. E-mail: sarah.mitchell@unimelb.edu.au

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Conclusion

This collection of reviews highlights the diverse landscape of health promotion interventions, covering a wide array of demographics and settings. Digital health interventions are increasingly prominent, offering pathways for personalized health management in older adults, though challenges such as long-term engagement and digital health literacy persist [1, 7]. Similarly, digital tools prove effective in enhancing mental well-being in workplace environments, reducing stress and burnout [4]. For adolescents, health promotion focuses heavily on mental health, with school-based programs, peer support initiatives, and the development of tailored conceptual frameworks in the digital era proving crucial [2, 5, 8].

Beyond digital solutions, community-based interventions are central to fostering health equity, employing participatory and culturally sensitive programs that require multi-sectoral collaboration for sustainable impact [3]. The role of environmental education is also explored, demonstrating its contribution to public health by empowering individuals to make healthier choices and promote sustainable living [6]. On a broader scale, global health promotion faces new opportunities and challenges following the COVID-19 pandemic, emphasizing the need for robust health systems and international cooperation [10]. Finally, the importance of advocacy in driving policy and systemic changes for public health is thoroughly examined, synthesizing various definitions, theories, and models to influence decision-makers effectively [9]. Together, these studies paint a picture of comprehensive health promotion strategies that integrate technological advancements, community participation, and strong theoretical underpinnings.

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