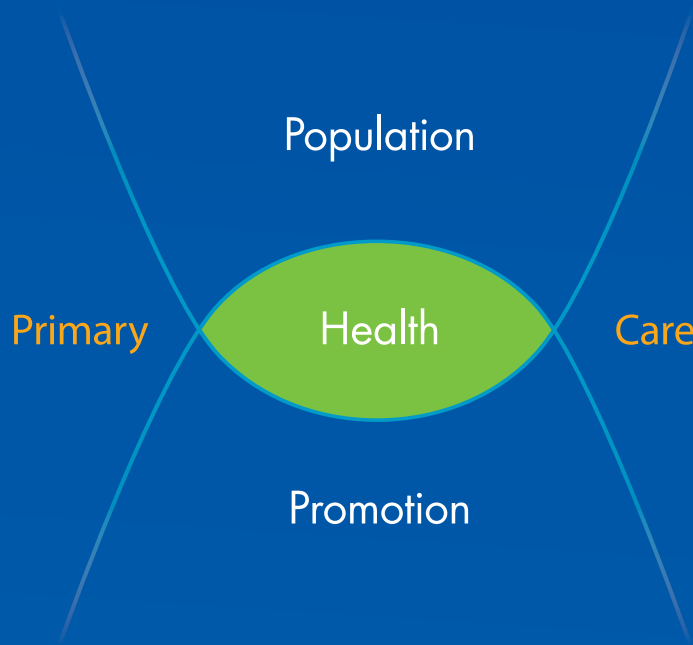


5 Elements

OF PRIMARY HEALTH CARE



1. Primary Care

When we provide primary health care services we provide primary care. This means that we pay attention to a person's disease or illness. We treat or manage the medical needs of that person by offering traditional medical care services. Primary Care is the first element of Primary Health Care.

2. Health

The next element, element number two, is health. Health is at the centre of Primary Health Care. It is the focus. When we offer true, comprehensive primary health care, we shift our focus to a person's health and wellness. With health at the centre, our thinking becomes broader. With this element, we consider the many factors that combine to help make a person and a population stay healthy. These factors may include income, education, culture, environment – and more!

3. Care

When we offer true primary health care we provide quality health care. We value the efficient delivery of health services as close as possible to where people live and work. The word care in primary health care reminds us of this! Care is the third element.

It's important to remember that we don't lose the notion of primary care under primary health care. And we don't lose sight of the need for quality care.

4. Health Promotion

Health Promotion – the fourth element of Primary Health Care - was identified in 1978 as part of the World Health Organization's Alma-Ata Declaration. The Alma-Ata was a milestone event for primary health care. It generated lots of discussion – and challenged us to think differently about how we promote and protect health. The link between health promotion and primary health care has a solid history.

5. Population Health

One way to make an impact with health promotion is to look at the health of populations. This, the fifth element of Primary Health Care, is called population health. As we live the principles of health promotion when providing primary health care, we also start to pay attention to the health of populations. By doing this, we can identify trends and introduce measures such as smoke free policies to improve health on a larger scale!