

## Health Promotion Model (HPM)

Applied in programs related to health issues like obesity. During this intervention, a participant can be handed incentives or clear messages of the program's benefits.



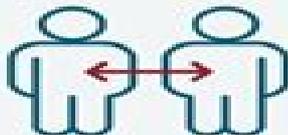
## Health Belief Model (HBM)

Mostly used for general preventive health issues that can be practiced in all clinical settings. Activities under this model include the traditional health assessment and the message to either take medication or seek treatments.



## Theory of Reasoned Action (TRA)

Generally applied in medical studies related to people's beliefs and societal values regarding health (e.g., smoking, eating patterns).



## Transtheoretical Model (TTM)

Best applied during critical cases in which a health factor is taking a toll on a person's life (e.g., substance abuse). Treatment facilities focus on this model and apply proper interventions like group therapy.



## Diffusion of Innovation Theory (DOI)

Works best for issues that can be changed by prominent members of society or communicated in traditional ways (e.g., radio, community meetings or word of mouth).



# Health Promotion Models And Values

**SB Merriam**



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