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Good health is the best resource for personal, economic, and social progress. The World Health Organization's Ottawa Charter indicates that Health Promotion constitutes a global, political, and social process that encompasses actions aimed at both strengthen the abilities and capacities of individuals and communities, and, even more important, modifying social, environmental, and economic conditions in order to favor its positive impact on individual and collective health. Although health is a dynamic concept, it is usually approached from the perspective of loss (diseases or risk factors). Health promotion recognizes health as a positive concept and focuses on the factors that contribute to it. It aims to have all people develop their greatest health potential, considering the assets of the community and the underlying social conditions that determine better or worse health - the Social Determinants of Health - knowing that in order to achieve health equity, a redistribution of power and resources is necessary. The Health Promotion approach implies a particular way of collaborating: it starts from the various needs of the population, fosters its abilities and strengths, and empowers. It is participatory, intersectoral, sensitive to the context, and operates at multiple levels. "Communities, organizations, and institutions working together to create conditions and settings that ensure health and well-being for all people, leaving no one behind." A Part of Conversation Questions for the ESL Classroom. Do you think you have a healthy life style? Is it possible to have a healthy life style in modern world? Why do many people try to have a healthy life style? What is the main purpose of it? What is healthy food? Do you pay much attention to what you eat? Do you think it is more important for you to eat healthy or tasty food? Do you try to eat your breakfast, lunch and dinner at a certain time every day? Do you have a snack every time you are hungry or do you wait for the lunch or dinner? What is better for health? Do you agree with the saying: "Eat your breakfast, share your lunch with a friend and give your dinner to your enemy"? Why do people say so? What is healthy about not eating after 6 p.m? Do you try to follow this rule? Are you a success? Is obesity a great problem in where you live? Why are there so many obese people in the US? What are the most efficient ways to loose weight? Do you think diets are useful or not? Have you ever tried to go on a diet? What kind of diet was it? Did it work? Is physical activity (jogging, going to a gym, swimming pool) an important part of a healthy life style? Can you tell a physically inactive person from someone who takes care of his/her physical condition? What are the main differences? What is your attitude to smoking? What is the influence of smoking on health? What about passive smoking? Is it hard to give up smoking? Do you know someone who gave up smoking? What is the best way to give up smoking? What is a healthy dose of alcohol? How mush beer, wine or vodka you can drink daily without any damage to your health? What is the damage of alcohol abuse to health? How many hours of sleep do you need daily? If you don't sleep enough, how do you feel and look? Do you try to go to bed and get up at certain hours every day? Do you often find yourself under stress? What are the areas of your life where stress situations take place more often? Work? Family? Relationships with friends? While commuting to work? How do you usually cope with stress? Is there any connection between the person's style of life and the duration of his life? What do you prefer, to eat everything you like, drink a lot, smoke, have no physical exercise and die at the age of 60 or lead a healthy life and live until 100? If you can think of another good question for this list, please add it. © 1997-2010 by The Internet TESL Journal A Part of Conversation Questions for the ESL Classroom. Are you a member of a health spa or gym? Are you afraid of needles? Are you healthy? Are your parents healthy? Do think that you need to lose weight? Do you always eat healthy food? Do you bruise easily? Do you catch a cold more than once a year? Do you consider alcohol a drug? Do you drink a lot? Do you eat a lot of vegetables? Do you eat lots of fruit? Do you eat vegetables every day? Do you ever get headaches? Do you know anyone who suffers from migraine headaches? Do you ever get headaches? Do you ever read magazines or news articles about health? If yes, what subject(s) do you find the most interesting? Do you exercise?/What kind of exercise do you do?How often do you exercise? Do you go for regular medical check-ups? Do you go to the dentist's twice a year? Do you have a lot of stress? Do you normally go one doctor in particular or any available doctor? Do you have any allergies? Do you have any scars?Where are they? Would you like to show them to the class? Do you know anyone who suffers from backaches? Do you know anyone with false teeth? Do you often eat fast food? Do you smoke?If so, do you smoke more than two cigarettes a day?Do you think smoking is not bad for your health? Do you take medicine when you are sick? Do you take vitamins or mineral supplements? Do you take vitamins? Do you think it is unhealthy to keep a cat in your home? Do you think nuclear power is safe? Do you think pets are good for a person's health Do you think that the tobacco companies should be held reasonably responsible for a person's addiction to nicotine? Do you think you are overweight? Do you think you will live until a ripe old age? Why or why not? Do you think you would be a good surgeon? Why or why not? Do you use an alarm clock to wake up? Do you usually get enough sleep? Do you watch your weight? What foods do you think are healthy? Have you ever been hospitalized?(Have you ever been in the hospital?) Have you ever been to an acupuncturist? What do you think of acupuncture? Have you ever broken a bone? Have you ever burned yourself with hot water? Have you ever donated blood? Have you ever gotten a black eye? Have you ever had braces on your teeth? Have you ever had stitches? Have you ever sprained your ankle? Have you ever taken a sleeping pill to get to sleep? How can you reduce stress in your life? How have you been feeling lately? How many hours of sleep do you get a night? How many hours of sleep do you usually get? How often do you eat junk food?/What kinds of junk food do you eat? How often do you exercise? How often do you get a cold?(How often do you catch a cold?) How often do you get sick in one year? How often do you go to the doctor's? How often is garbage collected in your neighborhood? How would you recommend treating a cold? If a company sells the public a product they know to be harmful or addictive, should they be held responsible for the use of that product even if the government official approves it? If you smoke, how old were you when you started smoking? If you were President of Korea, what would you do to improve Koreans' health? Should smoking in restaurants be banned? What are some things people can do to keep healthy? What drinks do you think are unhealthy? What foods do you think are unhealthy? What is the best way to find a doctor, if you're new in the area? What is the best way to stop smoking? What is the most horrible accident you have ever had? What is the average age of people in your country What kind of pollution is the most risky? What time did you go to bed when you were a child? What's the best way to stop smoking? What's the highest temperature you've ever had? What's your blood type? When did you last take a bath? When was the last time you went to a dentist? When was the last time you went to a doctor? When was the last time you were sick? When you were in high school, how many days of school did you miss each year because of sickness? Who do you think is responsible for the care of your health--you yourself, your parents, or your doctor and medical people? Who is the healthiest person in your family? Who is the least healthy? Who is the people smoke? Would you consider donating your organs after your death? What is the health service like in your country? What do you think of the health service in this country? How can the health service be improved? Have you been to hospital since you arrived here? What do you know about the SARS virus?What do you know about AIDS?What do you know about the common cold? What is alternative medicine?/Have you ever practiced alternative medicine? What treatments or remedies do you follow when you have a cold? which kind of medicine do you prefer to take when you are sick? How often do you clean your bathroom? Do you clean as often as your parent cleaned when you were a child? Which parent did/does most of the cleaning in your household? How old were you when you had start helping with the dishes/laundry/vacuuming/dusting/? Were the chores divided equally between men and women? Do people in your country usually wear deodorant? How often do people in your country shower? Have you ever ended a relationship because your partner cleaned too much or too little? Have you ever ended a relationship because your partner had bad hygiene? Do you enjoy cleaning? Which kind of cleaning do you enjoy most? How often do you brush your teeth? Have you ever swept something under the rug? Do you use strong cleaners like bleach and ammonia? Have you ever bought a miracle cleaner from a TV infomercial? What's the best way to get stains out? What alternative health therapies do you know about? Have you ever tried any alternative health therapies? Do you think traditional medicine is a good alternative to modern medicine? In what circumstances should traditional or alternative medicine be used? Do you think traditional therapies are compatible with modern medicine? Why or why not? What are the advantages or disadvantages of modern medicine? What are the advantages or disadvantages of traditional medicine? What do you complain of? What is wrong with you? Have you any appetite? How long have you been ill? Have you any pain the back of your head? How long has it been since you began to feel bad? Have you ever had nausea? Do you feel well? Is it hard to swallow? Do we need to eat as much junk food as we do? Have you ever realized during a dream that it is a dream; and have you then been able to change events in that dream? Do you think the government is doing all it can to prevent disease? What do you think of wellness institutions and their programs? How do you deal with stress? If you can think of another good question for this list, please add it. of these questions come from textbooks Copyright © 1982-2000 by Charles Kelly & Lawrence Kelly (Used by Permission) Copyright © 1997-2010 by The Internet TESL Journal México es una república democrática y representativa situada al sur de América del Norte. Limita con los Estados Unidos de América, Guatemala y Belice. Cuenta con 32 estados federativos autónomos y 2 456 municipios. En el 2000, la población total de México era de 97 873 442 habitantes, y en el 2023 habría ascendido a 128 455 567, lo que representa un incremento de 31.2%. En cuanto al perfil demográfico del país, en el 2023 la población de mayores de 65 años representaba 8.6% del total, lo que implica un aumento de 3.6 puntos porcentuales respecto del 2000. Asimismo, en el 2023 se alcanzó una razón de 105.1 mujeres por cada 100 hombres y de 35.8 personas mayores (de 65 años o más) por cada 100 menores de 15 años, como se observa en la distribución por grupo etario y sexo de las pirámides poblacionales del país (figura 1). Si se considera la población de 15 a 64 años como potencialmente activa, es decir, susceptible de participar en actividades laborales, esta representó 67.4% de la población total del país en el 2023, lo que equivale a 86 569 424 personas. Si a estos datos se agregan los relativos a la población potencialmente pasiva (30 854 348 menores de 15 años y 11 031 795 mayores de 65 años), se obtiene una relación de dependencia de 48.4 habitantes potencialmente pasivos por cada 100 habitantes potencialmente activos. Esta relación era de 64.6 en el 2000.En lo que atañe a la esperanza de vida al nacer, para el 2023 fue de 75 años —cifra inferior al promedio de la Región de las Américas—, esta cifra representa un incremento de 1.5 años respecto de lo informado en el 2000.(Fuente: Salud en las Américas+) Health Information Systems are digital systems with open data that comes from different sources and that is ethically used, through effective ICT tools, to generate strategic information for the benefit of public health. According to the World Health Organization, Health Information Systems may be used to generate information that can enable decision-makers at all levels of the health system to identify problems and needs, make evidence-based decisions on health policy, and allocate scarce resources optimally. Many times, those who need health systems the most are those who have least access to it. Digital technologies have the potential to increase access, but populations with the greatest health vulnerability typically have the lowest levels of digital health connectivity and literacy. Hundreds of millions of people in the Region of the Americas continue to experience structural discrimination, exclusion, and inequality due to lack of access to digital technologies, and to the potential health benefits associated with their use. The Roadmap for the Digital Transformation of the Health Sector in the Region of the Americas builds on resolutions adopted by the United Nations General Assembly, the World Health Assembly, and the Directing Council of the Pan American Health Organization (PAHO), as well as on related global and regional strategies and recommendations of United Nations (UN) panels on digital transformation. Digital health, and in particular telemedicine visits, electronic records, and electronic prescriptions, have already demonstrated having advantages in successfully ensuring continuity of care for noncommunicable diseases (NCDs), especially when services are disrupted. Telehealth is also useful for monitoring and evaluating interventions for NCDs. Noncommunicable diseases (NCDs) are the main cause of death and disability worldwide, and effective management of these chronic conditions depends largely on continuous, responsive, accessible, and quality services and successful patient engagement and self-management. [Read more...] Information systems for health can be improved by prioritizing the following areas: governance; multisectoral management; technology infrastructure; standards and interoperability; automation and interoperability of electronic health records; privacy, confidentiality, and security of data; data and information processing; knowledge management and sharing; innovation; and risk management. [Read more...] Predictive analytics is statistical analysis that uses data mining, machine learning, and algorithms based on historical data series to identify behavior patterns and trends to predict future scenarios. Although predictive analytics is a well-known analytical method, recently it has been enhanced by the availability of large data resources or Big Data, increased computational capacity, and modern analytical mechanisms. [Read more...] The COVID-19 outbreak and response has been accompanied by a massive infodemic, an overabundance of accurate and inaccurate information that makes it hard for people to find trustworthy sources and reliable guidance when they need it. Infodemic refers to a large increase in the volume of information associated with a specific topic and whose growth can occur exponentially in a short period of time due to a specific incident, such as the current pandemic. [Read more...] An Electronic Health Record (EHR) is a health record residing in an electronic system specifically designed for data collection, storage, and manipulation, and to provide safe access to complete data about patients. EHR offer many benefits compared to paper records: accessibility, support for multiple views, improved communication between providers, communication with patients, data aggregation, access to knowledge bases, and integration with decision support tools. [Read more...] Since 2016, PAHO has collaborated with Member States to develop a renewed framework for information systems for health, along with guidelines, tools, and training materials. The Organization has supported interventions that employ an innovative approach to the development and use of interoperable and interconnected databases and digital tools. PAHO provides technical cooperation to its Member States for the implementation of priority actions. These actions provide technical orientation for the adoption of digital solutions and artificial intelligence, as well as standards for ensuring interoperability among information systems and platforms and for the use of emerging and complex technologies in policy and decision making. The actions are aligned with eight principles for digital transformation of the health sector, adapted from the UN Roadmap for Digital Cooperation, that were co-created with Member States and presented by PAHO Director in February 2021. Those principles relate to universal connectivity, digital public health goods, inclusive digital health, interoperability, human rights, artificial intelligence, information security, and public health architecture. A Part of Conversation Questions for the ESL Classroom. Related: Restaurants, Fruits and Vegetables, Vegetarian, Diets, Tipping About how many different color foods did you eat for dinner last night?Do you think about color when you are preparing a meal? Are there any foods that you wouldn't eat as a child that you eat now? Are you a good cook? Are you a vegetarian? Are you concerned about your daily calorie intake when choosing something to eat? At what times do you usually eat your meals? Can you cook well? Did you drink coffee this morning? Did you eat lunch today? Do you always eat dinner with your family? Do you always eat vegetables? Do you cook? If yes, what food do you cook the most often? Do you drink milk every day? Do you drink tea every day? Do you eat beef? Do you eat bread every day? Do you eat breakfast every day? Do you eat fruit every day? Do you eat lunch at school every day?/How much does lunch usually cost at school? Do you bring your lunch to school? Do you eat rice every day? Do you ever skip breakfast? If so, how often and why? Do you have a favorite cafe? If so, where is it? Why do you like it? Why do you have coffee for breakfast? Do you know someone who struggles with an eating disorder? Do you like Thai food? Chinese food? Spanish food?American food?Mozambican food?French food?Italian food?f Do you like Japanese food? What kind of Japanese food do you like? Do you like deep fried food? Do you like food from other countries? If yes, which do you like the most? Do you like peas and carrots? How about spinach? Do you like to cook? Why or why not? Do you like to eat a lot of food every day? Do you like to eat at fast food restaurants? Do you like to eat cakes? Do you like to eat junk food? Do you like to eat some desserts after dinner? Do you like to eat? Why or why not? Do you like to have breakfast each morning? Why or why not? Do you like to try new food and drinks? Do you often eat out? Do you prefer fish or meat? Do you prefer to eat at a restaurant or at home? Do you prefer your own country's food or other kinds of food? Do you read the nutritional information on the foods you buy? Do you take vitamin pills? Do you think a vegetarian diet is better than a diet that includes meat? Do you think fast food, soda and sweets should be sold in school cafeterias? Do you usually want to eat dessert after dinner? Have you ever been a diet? If so, how long did you stayed on it? Have you ever eaten dog meat? How long do you take to eat lunch? How many calories do most people need every day? How many meals do you usually eat every day? How much do you eat when you are sad or happy? How much does it cost to eat dinner at a hotel in your country? How much rice do you eat? How often do you eat at a fast-food restaurant? How often do you eat bread? How often do you eat fresh fruit? How often do you eat in a restaurant? (How often do you usually go?/Who do you usually go with?/About how much do you spend?/Do you ever go to an Indian restaurant? How often do you eat steak? How often do you go drinking? What's your favorite drink? How often do you go shopping for food? If you are living abroad, what is the food that you miss most from home? Is there any food that you really dislike to eat? What are some foods that are considered unhealthy? What are some foods that you know are healthy for your body? What country's food do you like the most? What did you eat for lunch yesterday? What did you eat the last time you ate at a restaurant? What did you have for breakfast this morning? What did you have for supper last night? What do you eat for breakfast every day? What do you eat when you feel sad? What do you like to drink? What do you like to eat for your dinner? What do you think of Thai food? Chinese food? English food? What do you usually eat for lunch? What do you usually like to drink when you go out? What food can you cook the best? What food do you hate? Why do you hate it? What foods do you hate? What foods do you love? What foods have you tasted which you will never forget for the rest of your life? What fruit do you eat the most often? What have you eaten so far today? What is a typical meal from your country? What is one of your favorite foods? What is the cheapest place to eat that you know?/About how much is a meal?/Where is it?/How often do you go there? What is the food you like about your country. What is the last meal you cooked for someone else? What is the most expensive meal you have ever eaten? What is the most expensive restaurant that you have ever been to?/What did you eat there?/When did you go?/Who did you go with? What is the most unusual thing you've ever eaten. Did it taste good or bad? What is the strangest thing you have ever eaten? What is your favorite food?/Please describe your favorite food. What is your favorite dessert? What is your favorite fast food restaurant? What is your opinion of Chinese food? American food? British food?India food? Greek food? What kind of beverages do you usually drink? What kind of desserts do you like to eat? What kind of food do like to eat when you are angry? What kind of food do you eat between meals? What kind of food do you like the most? What kind of food do you like to eat? What kind of food does your mother make? What kind of food that you think is the least healthy? What kind of food that you think is the most healthy? What kind of food you usually eat? What kind of fruit do you like the best? What kind of restaurants you like? What kind of vegetables do you like? What kinds of food do you usually eat for lunch? What restaurant in this city do you recommend?/Why is it a good place?/About how much does a meal cost? What special foods do you eat on holidays? (Christmas, New Year's Day, etc.) What time do you usually eat breakfast? How about lunch and supper? What vegetable do you like best? What's the best restaurant you've ever been to? What's the best restaurant you've ever been to? Why did you like it? What's the strangest food you've ever eaten? What's your favorite dessert? What's your favorite drink in the summer? What's your favorite fish? What's your favorite fruit? What's your favorite food? What's your favorite kind of ethnic food? What's your favorite kind of food? What's your favorite kind of meat? What's your favorite restaurant? Why do you like it? What's your favorite snack? When was the last time you ate at a restaurant? When was the last time you ate dinner with your mother? Where do you usually eat dinner? Breakfast? Lunch? Dinner? Which country's food do you like the most? Which do you eat more often, rice, bread or potatoes? Which fast food restaurants do like? Which fast food restaurants do you eat at the most often? Who do you usually eat dinner with? Why are diets usually short? Why can't people stop eating? Why do you think obesity is becoming such a problem in the United States and throughout the world? What do Chinese people eat for lunch?(Substitute the nationality of your students.) Do you know the nutritional value of the things you eat every day? Do you believe that "we are what we eat"? How many meals a day do you think should be eaten? Do you usually eat at home or eat at a restaurant? Can you name a spice or flavoring that is good for your health? If you were on death row, what would you request for your last meal? Do you pray before each meal? Have you ever eaten something that made you ill? How many calories are in one hamburger?/If you don't know, can you make a guess? Is it more or less than an ice-cream cone? Have you ever had pot-luck? Have you ever tasted African food? Does your family have any special recipes that are passed down from generation to generation? What would you bring to a pot-luck lunch? Do you like brunch? How much should you tip the server in a restaurant? What type of restaurants would you not tip in? Have you ever found something disgusting in your food? Have you ever sent food back in a restaurant? Have you ever left a restaurant without paying ("dined and dashed") Do you like trying new foods? What new foods have you tried this month? What is the strangest food you have ever tried? Do you have any food allergies? Which food from this country do you like the least? What do you think about super-sizing? Should fast food restaurants serve healthier food? Are food portions too big for our health? What food would you like to see in a restaurant in this country? Do you think it is good to count calories when you are eating? Which food is overpriced? What differences do you notice in the preparation of American/British/Australian and Chinese/Japanese/Korean foods? Do the utensils we use to eat affect the kind or way we prepare the foods we eat? Do you think that food defines a culture? If so, how? Do you notice any differences in the way food is served at the table when you travel? Do you enjoy eating intestines? (Substitute in other foods that students are not likely to enjoy.) How does the etiquette of eating together in your country differ from other countries? Are there any foods that bring back special memories for you? What are they? What can you do when a fishbone is caught in your throat? If you were invited to a fancy dinner with the president or a celebrity, what would you do to prepare? Name a spice or flavoring that is good for your health? What to do when you cut your finger preparing food? Have you ever thought food was your only friend? What types of foods do Japanese people eat? What types of foods do Chinese people eat? How often do you have unhealthy food? When you are alone do you always cook a meal. Pizza Do you like pizza? What is your favorite pizza topping? How often do you eat pizza at a restaurant? How often do you order pizza to your home? Are there pizzerias near your home that deliver pizzas? What do you like to drink with your pizza? Do you know how to make a pizza? Do you know who invented the pizza? Why is pizza popular? Have you ever called for pizza delivery? How do you make pizza at home? If you can think of another good question for this list, please add it. of these questions come from textbooks Copyright © 1982-2000 by Charles Kelly & Lawrence Kelly (Used by Permission) Copyright © 1997-2010 by The Internet TESL Journal

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