

Research Article

Health Promotion Activity in the Community -- Scoping Reviewed

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Abstract.

Health promotion is a multidisciplinary field that aims to improve the health and well-being of people not only by treating diseases, but also by promoting healthy lifestyles, preventing diseases, and addressing social, economic, and environmental factors that affect health. However, the meaning may vary according to the perspective of different actors and professionals. Scoping review, using the Medical Literature Analysis and Retrieval System Online – US National Library of Medicine's, for the articles that were published between January 1, 2018 and September 1, 2023, following the analysis procedures: title, summary reading, and total readership. The most mentioned activity in the 24 articles is health promotion associated with prevention in the community, with the home being the most referenced context. Based on Joanna Briggs' Hierarchy of Evidence model, Institute, Redenç ao, indicates 5 levels of studies, namely: experimental studies, quasi-experimental studies, observational analytical studies, observational descriptive studies, and expert opinion. Therefore, the scope consisted of 24 articles from States United States, Brazil, Australia, South Asia, South Africa, Indonesia, Thailand, Newfoundland, Iran, Japan, South Africa, Nigeria, Tanzania, and Norway. The activity carried out by nursing at home focuses on individualized care and disease monitoring.

Keywords: nursing, community health nursing, health promotion, primary prevention

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1. Introduction

Health promotion is a set of strategies to effect “changes” in people, families and communities that often take the expression of health training organized from programs, of changing community behaviors in their social context [1], [2], [3], [4]. The binomial of behavior and environment are determining factors, and behavioral changes without



environmental changes will not be effective, which is why health promotion does not only consist of changing behaviors, but also of changing the environment and systems [1], [5], [6], [7].

Health promotion is a multidisciplinary field that aims to improve people's health and well-being by not only treating disease, but also promoting healthy lifestyles, preventing disease, and addressing social, economic, and environmental factors that affect health [8], [9], [10]. However, the exact meaning of health promotion may vary according to the perspective of different actors and professionals in the field [1].

Health promotion is an effort to improve the capacity of the community through learning from, for and with the community, so that they can help themselves, as well as developing activities with community resources, in accordance with local social needs and culture, supported by public policies focused on health [5], [6]. Self-Help means that people are able to behave in such a way as to prevent the emergence of health problems and disorders, maintain and improve the level of health and are able to behave in such a way as to cope with the occurrence of health problems and disorders in the community [11], [12], [13].

Health promotion is an effort to empower the community to maintain, improve and protect its own health and the environment. Empowerment is an effort to build power or develop independence, which is accomplished through increasing awareness, capacity, and developing a climate that supports independence [4], [14]. Thus, health promotion is an effort to stop people from behaving in a way that poses a high health risk and to change them to behaviors that represent low-risk or healthy behavior [8], [15].

Health promotion efforts are strategies for people to develop adherence to health protocols. Health promotion goals need to include not only individuals, groups and communities, as well as policy makers, from the central peritrical level [16], [17]. The health promotion department is the section that specifically supervises all health promotion or disease prevention activities aimed at the general community [7], [18].

Prevention in the community is fundamental to improving public health and preventing the emergence of health problems, highlighting activities such as: vaccination campaigns, health education programs, distribution of educational materials, disease tracking, disease prevention programs, smoking and alcohol, mental health support, promotion of physical activity, injury prevention, healthy eating, hygiene promotion, prevention campaigns, support for vulnerable groups, drug awareness campaigns, community support networks, epidemiological monitoring, and the prevention in the community requires partnerships with health organizations, community leaders, and government agencies [19], [20]. It is important to adapt prevention activities to the

specific needs of people and the community and to actively involve community members in promoting their own health. The constitution of the field of health promotion involves at least three levels of institutionalization, each with its own characteristics and scope [17].

At the level of Assumptions and Theoretical Principles Guiding National Health Policies, health promotion is institutionalized through the definition of assumptions and theoretical principles that guide national health policies. This means that health promotion becomes an integral part of the strategies and approaches adopted by health systems at the national level. These principles may include an emphasis on prevention, promoting healthy lifestyles and reducing health inequalities [5].

At the level of the Presence of Organizations and Services Producing Organized Actions in Health Promotion Programs and Projects, health promotion is institutionalized through the creation and operation of organizations and services dedicated to health promotion. This includes the formation of health promotion departments, agencies, or units within healthcare systems or healthcare organizations. These entities are responsible for planning, implementing and evaluating specific health promotion programs and projects [18].

Promotional Actions that become part of the activities of specific groups in society, health promotion is institutionalized through the participation of these groups in society. This involves integrating promotional actions into activities carried out by community organizations, hospitals, schools, volunteer groups, companies and other institutions. These actions may include the promotion of healthy habits, awareness campaigns and health education programs.

Disease prevention is a significant approach to promoting health and reducing health care costs. It emphasizes the importance of healthy lifestyles, health education, access to appropriate medical care and early detection of diseases. Furthermore, disease prevention also plays an important role in protecting public health, as it helps prevent outbreaks of infectious diseases and reduce the burden of chronic diseases in society [21].

Reflection on the process of institutionalizing health promotion and its impact on evaluation is essential to promote a more open, inclusive and contextualized evaluation. This helps ensure that the assessment is aligned with health promotion objectives and is able to provide relevant insights to improve population health [22]. Nola Pender, known as the Health Promotion Model (Health Promotion Model - HPM), highlights the importance of health promotion and disease prevention. It emphasizes people's ability to control and improve their own health. Nursing care based on this theory focuses on enabling

individuals to adopt healthy behaviors. In summary, health promotion is institutionalized at different levels, from the scope of national health policies to the participation of groups in society. Institutionalization reflects recognition of the importance of health promotion as a fundamental approach to improving health, promoting population well-being and preventing disease [23]. This research aims to Analyze scientific evidence on the activities of nurses in the community, disease prevention and health promotion. Map nursing activities in the community in the health promotion and disease prevention process. Identify indicators associated with nurses' interventions in health promotion and disease prevention.

2. Methods

Develop a “scoping review”, is a research method that differs from more traditional systematic reviews. Its main characteristic is to provide a comprehensive overview of a research topic, especially when the topic is broad, complex, heterogeneous.

The scoping review is in fact more flexible in terms of methodology and is not limited to answering a single explicit research question, as is the case with systematic reviews. It has the ability to comprehensively map existing literature in a given area of knowledge and identify potential gaps.

The use of maps is a valuable technique for visually organizing and analyzing structures, whether they are related to concrete or abstract information. In the context of scientific evidence, these maps can be used to: characterize research areas, analyze topics over time, identify researchers and institutions, represent similarity, and highlight interconnections. Without spaces, they elaborate a PCC question – which health promotion and disease prevention activities are part of the professional practice of nurses? To achieve this question, the following criteria will be included: (P) Population: Individuals, families, groups (schools) and communities. (C) Concept: Health promotion care. (C) Context: Community health

Regarding the research strategy and identification of studies, electronic databases will be used, relating to the location of studies that were defined in the database Medical Literature Analysis and Retrieval System Online–US National Library of Medicine's.

Research strategies for *scoping reviews* include Portuguese and English.

Reviewing the literature of titles and abstracts is an important step in selecting studies, as it helps to filter relevant studies for review. Complete texts from the same literature are essential for evaluating the methodological quality of the included studies and their conversion to review.

TABLE 1: Methodology Boolean Sentence.

	Content 1	Content 2	Content 3	Content 4
Natural Language (Title / Abstract)	Nursing	Community Health Nursing	Health Promotion	Primary Prevention
	OR	OR	OR	OR
Language Controlled Mesh / Thesaurus)	Nursing	Community Health Nursing	Health Promotion	Primary Prevention
Result	#Content 1 AND	#Content 2 AND	#Content 3 AND	#Content 4 AND

The phrase Boolean used was: Nursing, Community Health Nursing, Health Promotion, and Primary Prevention.

Next, we present the identification process, eligibility analysis and: Results presentation

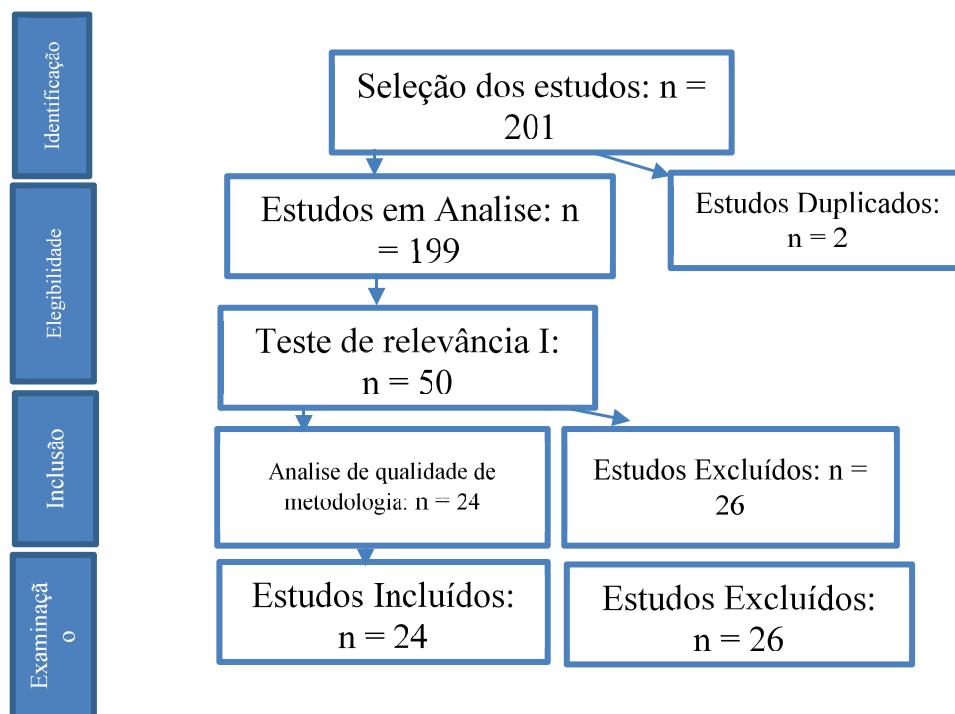


Figure 1: Selection process diagram.

TABLE 2: Summary of Included Studies.

At the	Authors	Titles	Goals	Research Method	Conclusions
1	Marco Solmi1, Andrés Estrade2, Trevor Thompson3, Agorastos Agorastos4, Joaquim Radua5, Samuele Cut yourself6 ; (...); 2021	Impact of COVID-19 on physical and mental health in children, adolescents and their families: The Collaborative Outcomes on Health and Functioning during Times of Infection - Children and Adolescents study	Measuring its impact on the mental health of vulnerable people children and adolescents is crucial.	* Collaborative Outcomes; ** Online available in 30 languages, 230 researchers from 49 countries; ***P: 13,149 A: 9,155; Level 5 JBI: Level 2c	Evidence generated by COH-FIT will provide an international estimate of the effect of COVID-19 on the mental and physical health, well-being, functioning and quality of life of children, adolescents and families, informing the formulation of interventions and policies based on present evidence. and future ones to minimize the adverse effects of current and future pandemics on youth.
two	Heilok Cheng1, Cobie George2, Melissa Dunham3, Lisa Whitehead4, Elizabeth Denney-Wilson5 ; 2021	Nurse-led interventions in the prevention and treatment of overweight and obesity in infants, children and adolescents: A scoping review	It examined what types of nurse-led interventions were carried out for the prevention, treatment and management of obesity and over-weight in infants, children and adolescents.	* Scoping review; ** 83 references Articles, 16 analyzed descriptively and 67 analyzed descriptively; and qualitatively; ****Level 5 JBI: Level 5c	Although the clinical heterogeneity of the studies makes synthesizing results complex, it demonstrates the breadth of nursing interventions to address pediatric overweight and obesity. Incentives that encourage routine health promotion, training of nurses, and incorporation of food and nutrition education into school curricula are appropriate strategies that support nurse-led interventions against pediatric obesity.
3	Anne Karen Jenum1, Idunn Brekktwo3, Ibrahim Mdala4, Mirthe Muilwijk5, Ambady Ramachandran ; (...); 2019	Effects of dietary and physical activity interventions on risk of type 2 diabetes in South Asians: meta-analysis of individual participant data from randomized controlled trials	To evaluate the overall effect of RCTs with lifestyle interventions involving dietary modification and/or physical activity to prevent diabetes in South Asian adults, using meta-analysis of individual participant data.	*Randomized; ** Extracted from manuscripts published 2017-2018, 2,983 Articles; ****Level 7 JBI: Level 1c	Despite modest changes in adiposity, lifestyle modification interventions in high-risk South Asian populations resulted in a clinically important 35% relative reduction in diabetes incidence, consistent across all subgroups. If implemented on a large scale, lifestyle modification interventions in high-risk South Asian populations in Europe would reduce the incidence of diabetes in these populations.

TABLE 2: Continued.

At the	Authors	Titles	Goals	Research Method	Conclusions
4	Nuntaporn Klinjun12, Apichai Wattanapisit34, Chutima Rodniam12, Thanawan Songprasert ; (...); 2022	Health promotion and disease prevention services before and during the COVID-19 pandemic: A national survey of Thailand	To investigate coverage of P&P services and barriers to services among primary care facilities in Thailand during fiscal years 2019 (before the COVID-19 pandemic) and 2020 (during the COVID-19 pandemic).	*Transversal; **Primary care 13 regions, 2018-2020; 340 units; ****Level 5 JBI: Level 4b	This study highlighted the importance of P&P services and the changes in service delivery that occurred before and during the COVID-19 pandemic. Coverage of P&P services among various target populations was higher during the pandemic. This contributed to a heavy workload for primary care units. Effective allocation of resources, capacity building of primary care units and staff, and support from the government, as well as the public and private sectors, are necessary to improve the delivery of P&P services by primary care units.
5	Suellen Fabiane Campos1, Mariana Souza Lopes2, Luana Caroline Dos Santos1, Patrícia Pinheiro de Freitas1, Aline Cristine Souza Lopes ; 2023	Assessment of Nutrient Intake for Chronic Disease Prevention in Health Promotion Services: A Randomized Controlled Community Trial to Promote Fruits and Vegetables	To evaluate the effectiveness of a collective intervention to encourage the consumption of FV in nutrient intake, especially those focused on the prevention and control of NCDs, in those who attend the Brazilian PHC health promotion service.	*Randomized; ** randomized and controlled community trial, 2013 and 2015, socioeconomic and environmental variables to assess the degree of health vulnerability, classifying it as low, medium, high or very high risk; ***P: 3763, A: 3414; ****Level 7 JBI: Level 1c	The results of this study pointed to the practical importance of health promotion services for the positive development of the nutrient consumption profile, including those associated with the prevention and control of NCDs. Thus, this study has practical importance, which can guide the expansion of actions carried out within the scope of the PAS, including its routine actions to promote adequate and healthy foods.
6	Vicki L Simpson1, Melissa Kovich ; 2019	Outcomes of annual Medicare wellness visits with primary care seniors: A scoping review.	Conducted to identify current evidence on the impact of this visit on preventive practices, risk reduction and changes in lifestyle behavior for older people living in the community.	* Scoping review ; ** Annual Medicare visit for seniors aged 65, 75 manuscripts and 24 included; ****Level 5 JBI: Level 1b	Prevention is a priority for older populations around the world. This scoping review provides preliminary evidence that wellness visits with older adults can support health promotion initiatives. These visits provide a "strategic touch-point" in the health system, enabling the identification of factors and determinants that contribute to cognitive and functional decline - particularly important for vulnerable and disparate populations.

TABLE 2: Continued.

At the	Authors	Titles	Goals	Research Method	Conclusions
7	Tayebeh Shirvani1, Zeinab Javadivala1, Somayeh Azimi1, Abdolreza Shaghaghi1, Zahra Fathifar2, HDR Devender Bhalla34, Moham-madhiwa Abdekhoda5, Haidar Nadrian ; 2021	Community-based educational interventions for type II diabetes prevention: a global systematic review and meta-analysis	To estimate the change in community-based education interventions around the world that may affect type II diabetes (T2D) risk parameters, including diabetes incidence rate, fasting blood glucose, hemoglobin A1C, mass index body, waist circumference and systolic and diastolic blood pressure.	* Meta-Analysis; ** studies globally 2000-2020, standardized JBI data extraction ferment ; *** data base searching n=8102 and meta-analysis : 10; ****Level 8 JBI: Level 1c	Based on a comprehensive data collection from approximately 16,106 participants and reasonable analyses, we conclude that educational interventions can reduce the incidence of diabetes by 54.0%, particularly through reductions in fasting blood glucose, body mass index and waist circumference. Diabetes risk parameters can improve favorably, regardless of intervention duration, in as little as 6 months. The application of theoretical frameworks when designing educational interventions is also encouraged.
8	Richard Buote1, Shabnam Asghari1, Kris Aubrey-Bassler1, John C Knight1, Julia Lukewich ; 2019	Primary health care services for patients with chronic illnesses in Newfoundland and Labrador: a descriptive analysis	Describe the delivery of primary health care programs and services by regional health authorities in Newfoundland and Labrador and examine differences in the availability of these programs and services between urban and rural regions of the province.	*Descriptive analysis; **data from cross-sectional survey of primary health care rotating care types, 2015-2016; *** 154 sites; ****Level 5 JBI: Level 1b	The results of this study suggest that there is variability in the availability and nature of primary health services in Newfoundland and Labrador, with a greater proportion of rural locations offering programs and services compared to urban locations. Considering that half of the people in Newfoundland and Labrador live in rural communities, It may be that these locations should act as a “ one -stop-shop ” for healthcare. This description of primary health care programs and services in Newfoundland and Labrador suggests areas of health care delivery that need optimization and is an important first step toward future health care policy and reform. Future research is needed to determine which components of primary health care are associated with improvements in chronic disease prevalence and outcomes.

TABLE 2: Continued.

At the	Authors	Titles	Goals	Research Method	Conclusions
9	Atefeh Afshari1, Leila Ahmadi Ghahnaviyeh2, Mehdi Khezeli3, Seyede Shahrbanoo Daniali ; 2019	Perception of health promotion among healthcare providers working in educational hospitals of Isfahan, Iran: A qualitative study	To investigate conceptualizations of PH among healthcare professionals working in educational hospitals in Isfahan, Iran.	*Qualitative; ** exploratory descriptive with semi-structured interviews; *** 15 interviews **** Level 6 JBI: Level 2d	The results of the study provided valuable information about hospital healthcare providers' perceptions related to the concept of HP. This study confirmed the insufficient perception and understanding of the concept of PH in hospital healthcare providers and indicated that their perceptions were more limited to health education and disease prevention. Participants in this study were purposefully individuals who had the role of managing and directing quality improvement programs in the hospital (including the HP program) and were change agents and role models in the organization. Creating solid HP insights into hospital models is the first step to facilitating HP implementation in hospitals. Therefore, it is recommended to implement educational programs focusing on HP concepts.
10	Livhuwani Muthelo1, Faith Moradi1, Thabo Arthur Phukubye1, Masenyani Oupa Mbombi1, Rambelani Nancy Malema2, Linneth Nkateko Mabila3 2021	Implementing the Ideal Clinic Program in Selected Primary Healthcare Facilities in South Africa	To explore and describe the experiences of professional nurses regarding the implementation of CI in three selected clinics in the Makhado local area .	*Qualitative; ** phenomenological, explore experiences ; *** P: 34 and A: 15; ****Level 6 JBI: Level 2d	This study revealed that the introduction and implementation of IC can have potential benefits for the community and the primary healthcare system. However, it has not been introduced and implemented properly, which has resulted in professional nurses facing several challenges. The national health department needs to strengthen program implementation through adequate training, consultation and ongoing support for nurses. Providing quality equipment and supplies is also recommended.

TABLE 2: Continued.

At the	Authors	Titles	Goals	Research Method	Conclusions
11	Hitomi Nagamine1 , Xiaowei Lyu1 , Kayo Maruyama1 , Kumiko Morita ; 2019	Implementation and evaluation of a primary diabetes prevention program for young adult employees in Japan: A non-randomized controlled trial	Determine the effects of a prevention program Primary Diabetes Care created for healthy young adults .	*Randomized; ** a non-randomized clinical trial of young adults aged 20-39 years of both sexes; *** Eligible participants n: 311, intervention: 154 and contro: 157 of this result 128 participants in the intervention group and 141 participants in the control group; ****Level 7 JBI: Level 1c	We found that educational intervention can increase awareness of diabetes as a common risk and increase knowledge about its prevention in healthy young adults. As Japanese people in general have a genetic susceptibility to T2DM, such interventions are highly desirable. This education program also showed that individuals in early adulthood are interested in improving their eating habits and eating behaviors. We suggest developing educational programs for young adults that suggest easy ways to change their eating habits and that are achievable despite their busy lifestyles.
12	SJ Makamu-Beteck1 , SJ Moss2 , M Cameron13 , FG Watson ; 2022	The influence of clinical care on perceptions and knowledge of noncommunicable diseases and physical activity in a low-resource community: a mixed methods study	Expand current understanding of the influence of standard clinical care (usual care) on perceptions and knowledge of risk factors for NCDs and physical activity (PA) among people in a low-resource community.	* Mixed; ** Interview and questionnaire; *** P: 100 and A: 77 African women aged between 34 and 79 years; ****Level 6 JBI: Level 2d	Standard clinical care improved knowledge of physical activity and NCD risk factors, but perceptions of NCD risk factors and BP remained unchanged. This study provides insight into the perceptions held by women in a low-resource environment and how future interventions to manage and prevent NCDs should be structured.
13	Fred Stephen Sarfo1 , Reginald Obiako2 , Michelle Nichols (...); 2023	Community members' knowledge and perspectives on risk assessment for stroke prevention using mobile health approaches in Nigeria	To assess community adults' knowledge of stroke risk and their willingness to use mobile health technology (Health) in assessing their stroke risk.	*Transversal; ** Adult ≥18 years old, questionnaires; *** P: 486 A: 200; ****Level 5 JBI: Level 4b	Community-based Nigerians wanted to know their immediate risk of stroke using digital platforms such as a mobile phone stroke risk calculator app. Clinical trials are needed to evaluate the effectiveness of such a strategy for primary stroke prevention in sub-Saharan African communities.

TABLE 2: Continued.

At the	Authors	Titles	Goals	Research Method	Conclusions
14	C Homs12 , P Berruezo1 , G Según1 , L Estrada ; (..); 2021	Family Intervention to Prevent Childhood Obesity Among School-Aged Children of Low Socioeconomic Status: Project Study Protocol FIVALIN	Define and evaluate innovative and multi-target projects to reduce obesity risk behaviors and health inequalities and the present study aims to present the FIVALIN study protocol, an FBI that aims to achieve this objective.	*Experimental; ** regular multicomponent health promotion intervention aimed at children, families and Children's Community Centers; *** P: 810 and A: 600 parents during 3 editions; ****Level 5 JBI: Level 2b	The FIVALIN project will contribute to preventing childhood obesity among socioeconomically vulnerable families. It will do this using a multiple behavioral approach to simultaneously target healthy eating, BP, screen time, sleep quality and duration, and psychological well-being. Additionally, targeted behaviors are considered at the same level of importance and will be analyzed as primary and secondary outcomes. This approach will provide evidence about the influence of each behavioral area on the evolution of weight status.
15	Mora Claramite1 , Novi Fitriyani2 , Nur Afrainin Syah3 , Oryzati Hilman4 , Fitriana Murriya Ekawati5 , Noor Afif Mahmudah5 , Rilani Riskiyana1 2021	Empowering adolescents as peer educators for early prevention of non-communicable diseases: Through the existing 'POSBINDU' program in Indonesia	In addition to the problems of unhealthy habits in adolescents, non-communicable diseases (NCDs) have been global issues and one of the main targets of sustainable development goals.	*Mixed; ** Questionnaire, Training; *** 1) Train 10 GP trainers, 2) Recruit and observe 10 group 1 and 50 group 2 peer educators in a high school; 3) Develop modules on health lifestyles by GPS and peer educators and 4) Implement the POSBINDU program in high school; ****Level 6 JBI: Level 2d	The existing POSBINDU community initiative program can potentially be improved by appropriate interventions to enable school students to adopt better healthy habits to prevent early progression of NCDs.
16	Bundit Sornpaisarn12 , Jürgen Rehm32 , Decha Tamdee ; (..); 2023	Assessing the Effectiveness of a Community Participatory Intervention to Prevent Suicide in Thailand: A Randomized Controlled Trial Protocol	To evaluate the effectiveness of a participatory intervention in two sub-districts in Thailand to reduce suicide symptoms among individuals considered to be at high risk of suicide and compare the results with two control sub-districts.	*Randomized; **cluster randomized clinical trial (subdistrict), two districts; *** 235 participants; ****Level 7 JBI: Level 1c	

TABLE 2: Continued.

At the	Authors	Titles	Goals	Research Method	Conclusions
17	Kalpana Poudel - Tandukar1 , Cynthia S Jacelon2 , Christopher R Martell ; (...); 2022	Peer-Led Family-Centered Problem Management Plus for Immigrants (PMP-I) for Promoting Mental Health Among Immigrants in the US: Protocol for a Pilot, Randomized, Controlled Feasibility Trial	To assess the feasibility and acceptability of the PMP-I and provide a preliminary estimate of the difference between PMP-I versus community support services pamphlets on key outcomes of interest (stress, anxiety, and depressive symptoms) to inform the design of an intervention in Large scale.	*Randomized; ** feasibility and acceptability of the PMP-I will be assessed by measuring recruitment, session participation, retention rates, program acceptability, and fidelity of intervention delivery; *** P: 116 and A: 58 families; ****Level 7 JBI: Level 1c	In conclusion, our study will provide information on the feasibility of PMP-I among the immigrant population and the estimation of ES to design a large-scale RCT intervention study.
18	Jui -Chu Huang1 , Ming-Shyan Lin2 , Wen-Nan Chiu3 , Tung-Jung Huang1 , Mei-Yen Chen; (...); 2020	The effectiveness of an oral hygiene program combined with health promotion counseling for rural adults with cardiometabolic risks : A quasi-experimental design	Explore the effectiveness of an oral hygiene program combined with home telephone health promoting counseling for rural adults with metabolic syndrome.	*Experimental; ** prospective quasi-experimental design, residents in two rural municipalities; *** Adult participants 136; ****Level 5 JBI: Level 2c	This study supports the use of an oral hygiene program combined with home telephone counseling, which offers more advantages than its counterpart. Considering the global epidemic of cardiometabolic diseases , this is a community health nursing model worth replicating and evaluating. Additional studies should consider innovative strategies to improve awareness and adoption of a healthy lifestyle in residents with cardiometabolic risks .
19	Sarah D Berry12 , Keith S Goldfeld3 , Kevin McConeghy ; (...); 2021	Evaluating the Results of the IMPACT-C Randomized Clinical Trial to Improve COVID-19 Vaccine Coverage in Skilled Nursing Facilities	multicomponent vaccine campaign would increase vaccination rates among SNF residents and staff.	*Randomized; ** clinical teaching by cluster, 2021, *** participants included 7,496 long-term residents >100 days and 17,963 staff; ****Level 7 JBI: Level 1 a	multicomponent vaccine campaign did not have a significant effect on vaccination rates among SNF residents or staff. Among residents, vaccination rates were high. However, half of the team remained unvaccinated despite these efforts. Vaccination campaigns to reach SNF staff will likely need to use additional approaches.

TABLE 2: Continued.

At the	Authors	Titles	Goals	Research Method	Conclusions
20	Nyasiro S, Gibore1, Mariam J, Munyogwa2, Secilia K, Ng'weshemi2, Ainory P, Gesase; 2021	Effect of community-based lifestyle education intervention to reduce cardiovascular disease risk factors among vulnerable population in Dodoma city, Tanzania: a cluster randomized controlled trial study protocol.	To test the effectiveness of community-based lifestyle education intervention in reducing CVD risk factors among the vulnerable population in Dodoma city.	*Randomized; ** quantitative study approach, *** Participants 800; ****Level 7 JBI: Level 1b	With this approach of testing the effectiveness of providing CVD risk factor prevention at the community level, we hope that the findings from this intervention will influence policymakers to design a sustainable and scalable intervention that allows communities to take control of their cardiovascular health and, therefore, reduce mortality and morbidity related to CVD risk factors.
21	Raquel Herrero-Arias12, Gaby Ortiz-Barreda34, Elżbieta Czapka56, Esperanza Diaz ; 2022	The evolution of trust in response to the COVID-19 pandemic among migrants in Norway	Understand the evolution of trust in authorities.	*Qualitative;Semi structured interview; via telephone; snowball Participants 26 men 29 women from Somalia 10, Syria 15, Sri Lanka 10, Chile 10and Poland 10; Level 6 JBI: Level 2d	Pandemics create more vulnerability, but also opportunities to build trust. Building trust can be fostered through relationships in the host country that provide the basis for migrants to feel included. Health professionals are in a position from which they can nurture trust as they can build relationships with migrants over time.
22	Anje Christina Höper12, Jorunn Kirkeleit34, Marte Renate Thomassen; (...); 2023	Effects of Interventions to Prevent Asthma, Allergy and Other Work-Related Hypersensitivity Reactions in Workers in the Norwegian Salmon Industry (SHInE): Protocol for a Pragmatic Allocated Intervention Trial and Related Substudies	Identify effective methods to reduce exposure to bio-aerosols, identify and characterize clinically relevant exposure agents, identify determinants of exposure, measure the prevalence of work-related symptoms and illnesses, and identify health-promoting factors of the psychosocial work environment.	*Quantitative; ** understand exposure measurements, health screenings and questionnaires; *** P: 740 and A: 673; ****Level 6 JBI: Level 2d	This study will contribute to filling knowledge gaps about the working environment of salmon workers. This includes effective workplace measures to reduce exposure to bioaerosols, increased knowledge about hypersensitivity, allergy, respiratory and dermal health, as well as health-promoting factors in the workplace. Together, this will provide a basis for improving the work environment, preventing occupational health-related illnesses and developing occupational exposure limits, which in turn will benefit employees, employers, occupational health services, researchers, clinicians, decision makers and other interested parties.

TABLE 2: Continued.

At the	Authors	Titles	Goals	Research Method	Conclusions
23	Helena Bergstrom ¹² , Elinor Sundblom ² , Liselotte Schäfer Elinder ¹³ , Åsa Norman ¹ , Gisela Nyberg ⁴⁵ 2020	Managing the Implementation of a Parental Support Program for Obesity Prevention in the School Context: The Importance of Creating Commitment in a Overloaded Work Situ-ation, a Qualitative Study	Explore barriers and facilitators to implementing a parent support program to promote physical activity and healthy eating habits in a school context.	*Qualitative; ** explore opinions and experiences; *** Participants 17; ****Level 6 JBI: Level 2d	When implementing a parent support program to promote physical activity and healthy eating habits for children within a school context, it is crucial to create commitment among all staff. Resources available to schools are scarce, and for team members to prioritize such a program, it must be needs-based, have political support, be integrated into routine school practice, and seek to improve children's health and learning.
24	Janet E Bray ^{1two3} , Ziad Nehme ¹⁴ , Judith Finn ¹² , Jessica Kasza; (...); 2023	A Protocol for the Randomized Heart Study Matters : The effectiveness of heart attack education in higher-risk regions.	To evaluate the effectiveness of a community heart attack education intervention in high-risk areas in Victoria, Australia.	*Randomized; ** tiered cluster with eight clusters (high-risk LGAs); ****Level 7 JBI: Level 1a	Results from this trial will provide high-level evidence of the effectiveness of a community education intervention targeting regions with higher risk of ACS and low use of EMS.

3. Results and Discussion

The database search identified 201 possible articles for analysis. Of this issue, 2 were duplicate articles. Of the 199 articles that remained, after reading the titles and abstracts, a further 149 articles were excluded, of which: 88.1% did not discuss the topic, 11.9% were out of format (documentary research, dissertations/theses, reviews, etc.), studies were carried out around the world such as Australia, Brazil, Canada, Spain, Japan, Indonesia, Thailand, United Nations, Newfoundland - Labrador, Iran, Northwest, Nigeria, Tanzania, Norway, South Asia and South Africa . The final stage consisted of reading the remaining articles in full (n=50) and evaluating their quality. From this sample, twenty five articles (n=26) were excluded because they did not discuss the topic and a total of (n=24) articles remained in this review.

Briggs' Hierarchy of Evidence model Institute (JBI). Redemption (CE); indicate 5 levels of studies which are: experimental studies, quasi-experimental studies, observational analytical studies, observational descriptive studies, and expert opinion and data blank research, with level we consider the 24 articles that were included, and the majority

are from experimental studies level 1 has 11, quasi-experimental studies level 2 has 10, descriptive observational studies level 4 has 2 articles, expert opinion and data blank research level 5 has 1 article. At the Risk of Bias Hierarchy level they indicate that the majority of studies are at level 7 types of studies Randomized Therapeutic Trials are 8 studies, and second part at level 6 types of cohort studies are 7 studies, in the third at level 5 series of cases there are 8 studies, and one of systematic study type and meta analyzes level 8.

Intervention scheme of nurses' activities:

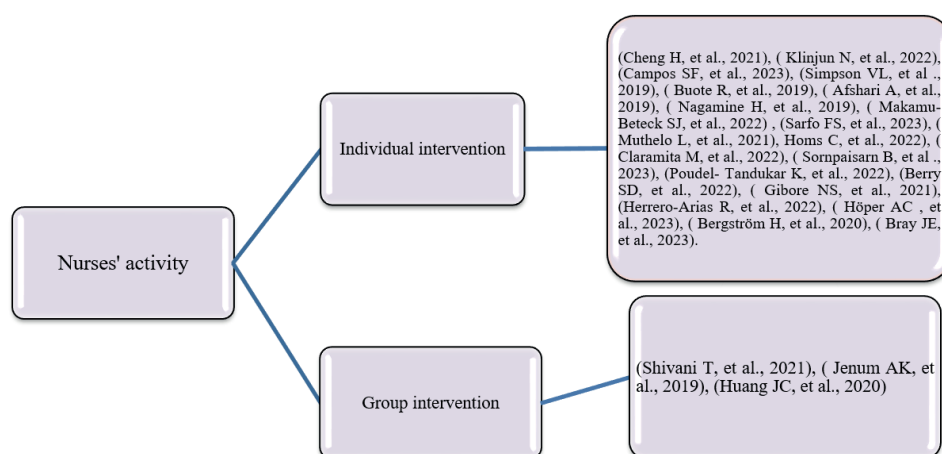


Figure 2: Intervention Scheme of Nurses' Activities.

The nurses' activity presents two focuses of interventions, one individual with 21 articles and the other group with 3 articles. Intervention in groups is the most representative, that is, a widely adopted approach allowing to identify the fact of risk and social determinants of health at a broader level, this can help prevent health problems before they become serious. In collective action, people can come together to promote positive changes in their living conditions and health. This may include implementing local policies, education programs and awareness campaigns. Multiplier effect When health messages are shared in groups or communities, they have the potential to reach a large number of people at once, which is more efficient than approaching each individual separately.

Intervention in groups requires understanding the culture and specific contexts of a community or group, making it essential to develop health promotion interventions that are culturally sensitive and relevant. This increases the likelihood of successful interventions. Limited Resources Resources for health promotion are often limited, and targeting them at communities or groups rather than isolated individuals may be more effective and cost-effective [24].

Working with communities and groups can lead to systemic changes that improve long-term health conditions. This may involve improving the environment, access to health services and creating healthier public policies. The individual approach focuses on the treatment of illnesses, health conditions and lifestyles for each person. Often focused on the treatment of diseases and health conditions of these people associated with medical interventions, medications and surgeries. This approach is often curative, reactive and focuses on treating health problems after the appearance of symptoms or illnesses (. We can say that the individual approach emphasizes biological conditions, which is closely related to the biomedical approach, reinforcing the health-disease binomial, disregarding social, behavioral and environmental factors.

Isolation from the social context does not consider the social determinants of health, such as education, income, access to healthy foods, the physical environment and social support. Although the biomedical approach is important for treating individual diseases and health conditions, it has significant limitations as it does not address disease prevention, promotion of well-being, health equity, and understanding social and social factors. environmental factors that play a fundamental role in the health of the population as a whole. For this reason, many contemporary approaches to health promotion adopt a broader perspective that considers both the individual and the social context in which they live. This allows for a more holistic and preventative approach to improving the health and well-being of communities [25].

4. Conclusions

Health promotion is carried out to empower each individual and community to consciously engage in implementing healthy lifestyle habits. Health promotion also aims to create changes in reducing risk factors that cause the increase in chronic diseases.

Various definitions of health have been presented and provided the basis on which health promotion programs focused on individuals, families and communities can be based. Evidence shows that individual health cannot be separated from family and community health, which requires a shift to this broader perspective of health to facilitate the development of proactive policies to improve health.

Evaluation has become one of the most important activities in demonstrating the effectiveness of health promotion programs for individuals and communities. Nurses and other health professionals are continually questioned about the benefits of health promotion and prevention activities, so there is a need to document changes in knowledge and make decisions in order to create conditions to facilitate not only creation

TABLE 3: Group and Individual Interventions.

Group Interventions	Individual Interventions
Community education to prevent type 2 diabetes	Support program for parents with obese children
Oral hygiene program	Assessment of covid-19 clinical results
Type 2 diabetes	Heart attack education
	Patient with chronic illnesses
	Patient with chronic illnesses
	Assessment of nutrient consumption and prevention of chronic diseases
	Prevention and treatment of obesity in babies, children and adolescents
	Enabling early prevention and non-communicable diseases
	Reduce cardiovascular risk factors
	Confident answers to covid-19
	Childhood obesity family intervention
	Educational to the health profession who work in hospitals
	Intervention to prevent asthma, allergy and hypersensitivity
	Oral hygiene and health promotion cardiometabolic diseases
	Physical activity on type 2 diabetes risk
	Covid-19 health promotion
	Clinical care, knowledge of communicable diseases and physical activity
	Primary health clinic program implemented
	Primary prevention of young and adult diabetes
	Family-centered problem management mental health promotion
	Community on risk assessment for stroke prevention mobile approach
	Community-based education to prevent type 2 diabetes
	Elderly care visit
	Covid-19 physical health
	Community participatory intervention to prevent suicide
	Community-Based Educational Intervention for Type 2 Diabetes Prevention

of fragments, but provided of evaluating the result.A health promotion and prevention

activity in the community may vary depending on the specific objectives of the initiative, however we must address changes in behavior, concentration, reduction of risk, strengthening of communities, active participation, evaluation and feedback to support solitude only in this way. health training and prevention of diseases well associated in communities.

The evidence shows that the role of health promotion and prevention in the community must be measured, to improve the health and well-being of individuals, to reduce health risks and to strengthen the community as a whole. Success is often determined by the achievement of the initiative's objectives and the observed positive impact on the health of the target population.

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