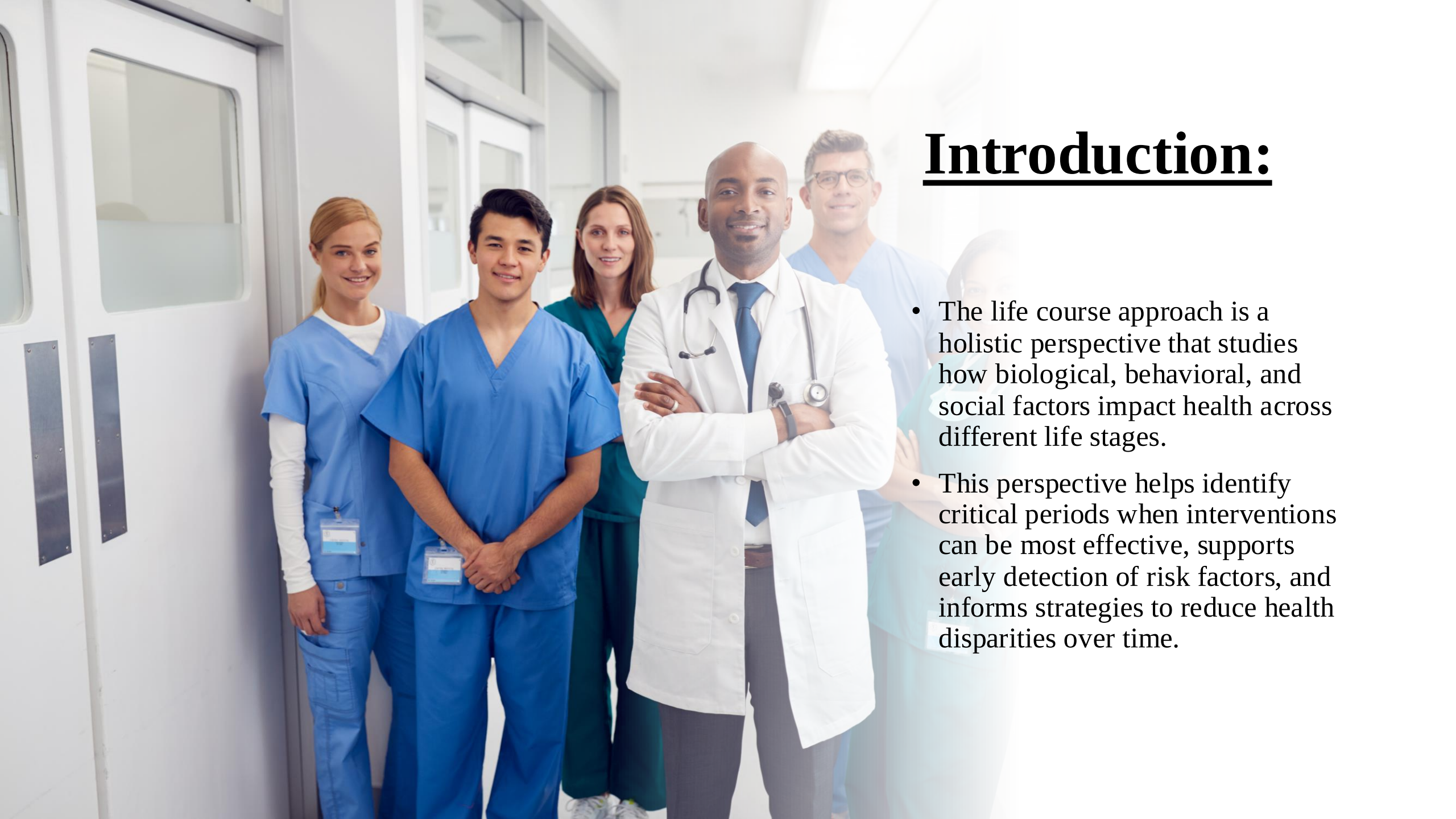


**The Life
Course Approach to
Health and Well-Being**

By: Esther Moiwo



Introduction:

- The life course approach is a holistic perspective that studies how biological, behavioral, and social factors impact health across different life stages.
- This perspective helps identify critical periods when interventions can be most effective, supports early detection of risk factors, and informs strategies to reduce health disparities over time.



Key Principles of the Life Course Approach:

- Cumulative Impact: health is shaped by experiences over
- Critical Period: Certain life stages eg: early years, childhood, and adolescence can have a long-lasting effect on health.
- Intergenerational Influence: Health behaviors like unhealthy eating habits can be passed across generations.

Discuss how childhood experience impact later health:

- Nutrition & Development: poor malnutrition can lead to chronic disease.
- Stress and Environment: trauma in childhood increases the risk of mental health issues in the future.
- Parental Influence: the impact parents have on their children's development, behaviors and overall well-being, this can be direct or indirect.



A doctor in a white coat is sitting and talking to a patient in a blue shirt. The doctor is holding a tablet in their left hand and a pen in their right hand. The patient is sitting and looking at the doctor. The background is a bright, out-of-focus indoor setting.

Lifestyle Choices and Their long-term effects:

- Diet and exercise: poor exercising habits can increase risk of obesity, diabetes and heart disease.
- Smoking & Substances Use: this can have effect on lung health, liver disease and addiction.
- Mental Well-Being: stress management and social connections contribute to long-term health.

Social Determinants of Health

- These are factor beyond personal choice that can influence well-being:
- Poverty in childhood affect access to healthcare and education, this can lead to health disparities.
- Social Environment: lack of good family and community support.





Health Across Different Stages

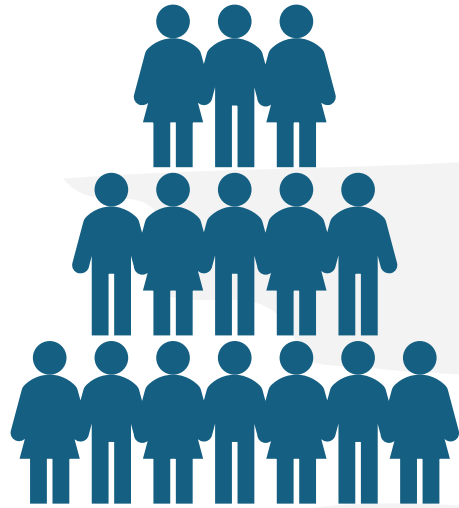
- Infancy & Childhood: Good Nutrition, Vaccination, and early education.
- Adolescence & Adulthood: Risk taking behaviors, reproductive health, and career stress.
- Old Age: Chronic disease management, cognitive health, social isolation.

Summary & Key Takeaway

- The human health experience presents itself throughout every period of a person's lifespan
- Early Interventions: nutrition, education, access to good healthcare can enhance long-term outcomes.



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