



the life course approach to health and well-being

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Introduction...

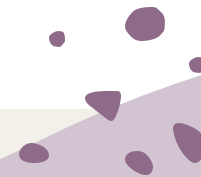
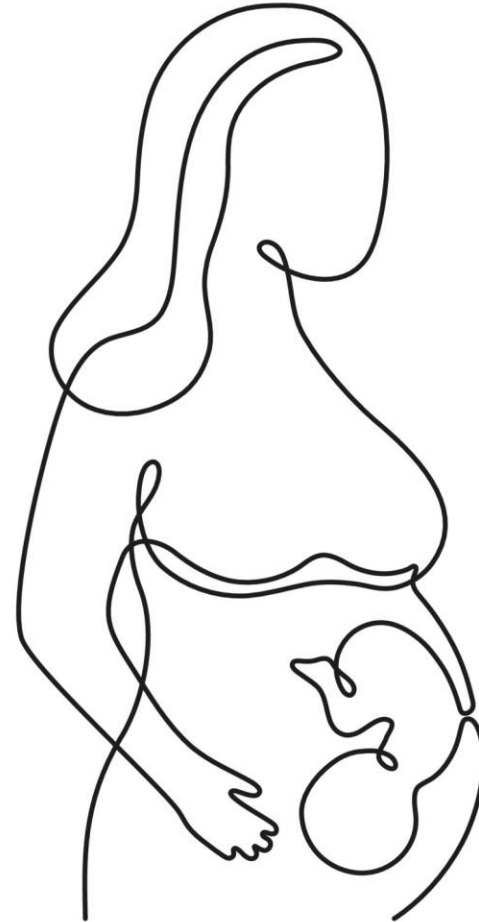
Living well : A life -course approach to health and wellbeing...

Emphasizes the importance of promoting health and wellbeing throughout all stages of life.

Early life care...

PHE. Making Every Contact Count: Practical Resources. said in 2016 Early childhood, and pregnancy particularly the first 5 years of life, affects long-term social, cognitive, emotional, and physical development.

Healthy development in early childhood helps prepare children for the educational experiences.



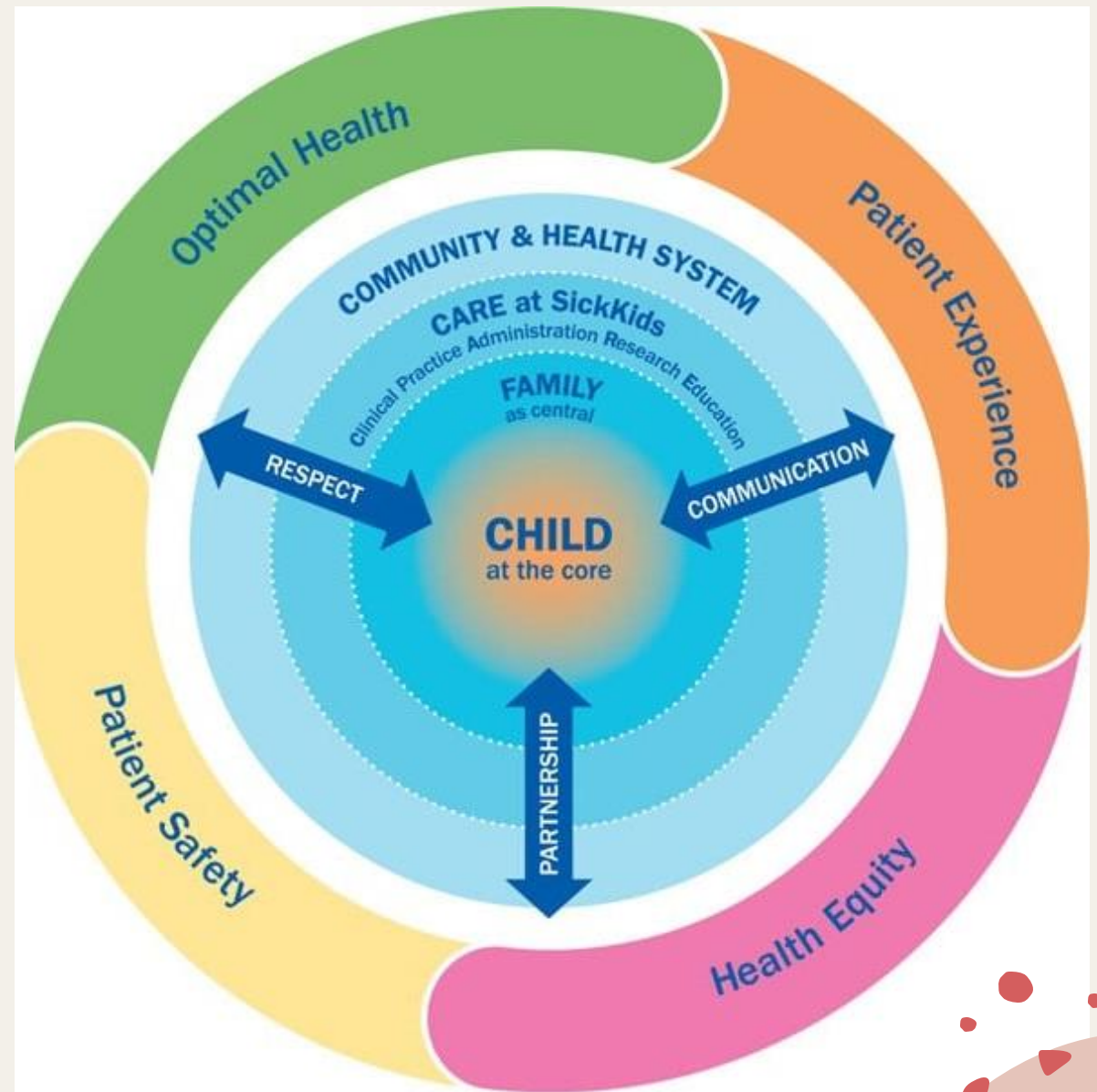
Childhood and adolescence....

Department for education, 06 september 2022 explain After the 0-5 early years, starts the childhood .

Adolescence 5-24 it is when you start growing and you are consent about your life, your family, your friends and a lot of things are more involves in your life.



Department for education said in 2022:
To do this they need responsive,
sensitive
care from the adults around them.
Responsive and supportive relationships
are where adults notice and understand
children's emotions and needs and
respond appropriately.



Adulthood...



The adult time is important to maintaining health through a lifestyle your choices like

what you want in your future?

Family

Friends

Education

Estability

Mental health healthy

Health conditions

It is a lot of questions for thinking, can all these coming true, and have a lovely balance.

As the same about a job, what job makes you happy and compled is very important .

PMC said in 2024 Apr 2;11(1) Aging is not as predetermined as previously thought with the outcome of the aging process varying widely based on interactions between biology, culture, and behavior.

The dr,Valeria said in symons research,
2024 : The important as well is the mental
health and is good

Have always something to learn ,helps you
as well with the relations ships,and have
more expirences for you job role, is a lot of
benefits you can have for study is :

- Adult Learning Is Good for Mental Health
and Happiness
- Social Connections and Interpersonal
Skills
- Crime Reduction and Lifelong Education
- Employment and Life Opportunities
- An Active Mind Is a Healthier Mind



Older age...



The Public health Wales said in 2025: Welsh Government's plan for health and social



care highlighted the need for a shift towards greater prevention and early



intervention, to improve people's health and wellbeing, and support the sustainability of our health and care system.



There are many opportunities to start behaviors change conversations, and empower people to make healthier choices, through the high number of contacts between individuals and primary care services.

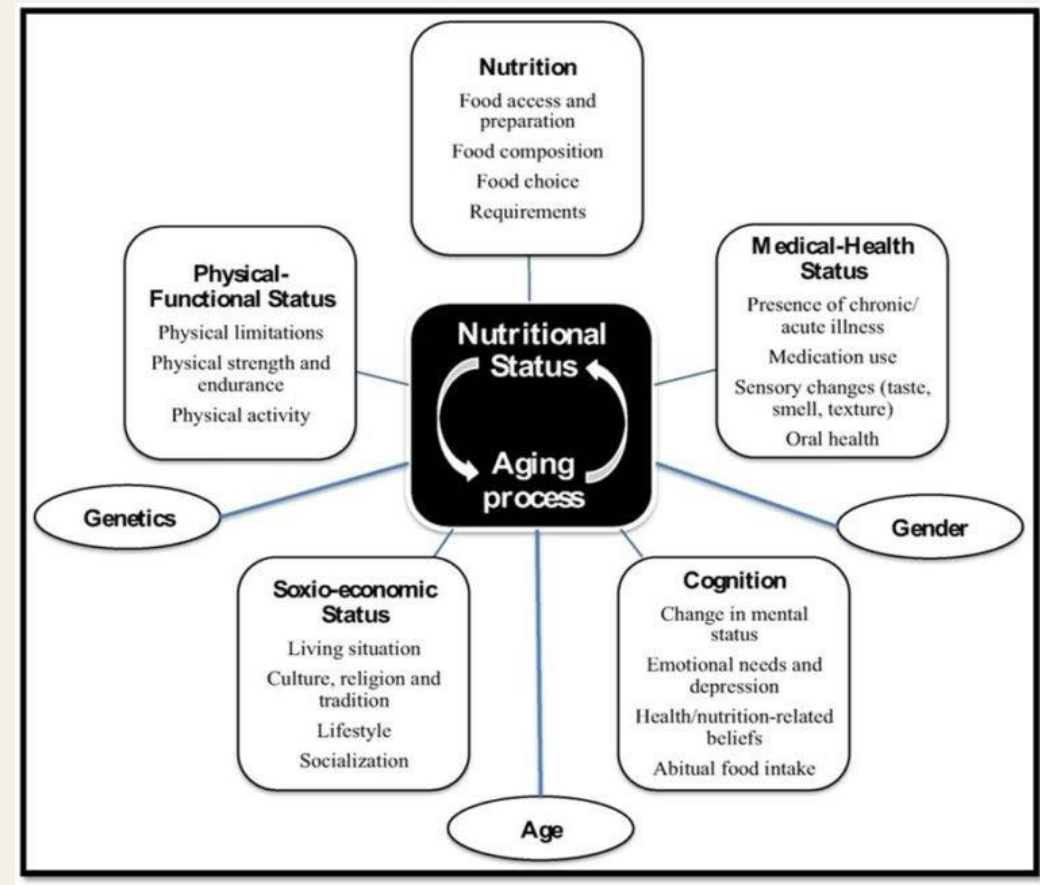
Healthy older time...

Green.L said in his book at 2010. The concept of old age, potentially the longest life stage, extending from 60 years to a possible 120 years, the known upper limits of our life span, is analysed.

(WHO)said in 1.0ct.2024 : biological level, ageing results from the impact of the accumulation of a wide variety of molecular and cellular damage over time.

This leads to a gradual decrease in Physical and mental ability, a growing risk of disease and ultimately death.

These changes are neither linear nor consistent, and they are only loosely associated with a person's age in years.



Implicant for health and intervent ...

Nhs.uk said in the actuality 2025 :

To help people to live longer, healthier lives, and reduce the demand for and delays in treatment and care.

Go.uk said in 2024 ...Primary healthcare professionals play an important role in offering first-contact, community-based care for the general population in a comprehensive, holistic manner.

Their healthcare services cover preventive, diagnostic, and curative care at different stages of people's life.

are taking forward the specific commitments set out in the NHS Long Term Plan whilst supporting the NHS to drive a consistent focus on prevention across all of its services.

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Thank you all !!!

