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## HEALTH PROMOTION AND DISEASE PREVENTION IN HEALTH: A COMPREHENSIVE SYSTEMATIC REVIEW

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### Abstract:

**Introduction:** This systematic literature review explores recent advancements in health promotion and disease prevention, emphasizing the critical role of innovative strategies in addressing contemporary health challenges. The increasing prevalence of chronic diseases and health disparities necessitates a comprehensive examination of effective interventions. **Methodology:** An extensive search of scholarly articles from reputable databases, including Scopus and Web of Science, was conducted, focusing on studies published between 2023 and 2024, following the PRISMA framework. A total of 36 relevant primary studies were identified and analyzed. **Results:** The findings are organized into three main themes: (1) Health Promotion and Disease Prevention Strategies, which highlights the effectiveness of community-driven initiatives; (2) Community and Population Health Interventions, emphasizing the importance of participatory approaches to engage diverse populations; and (3) Technological and Innovative Approaches in Health, showcasing the potential of digital health tools in enhancing access to healthcare services. The analysis reveals that strategies incorporating community engagement, cultural relevance, and technology significantly improve health outcomes and foster greater health literacy. **Conclusion:** this review underscores the necessity of multifaceted approaches in health promotion and disease prevention. It advocates for continued research that prioritizes collaboration among

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stakeholders and integrates technological innovations to address the evolving needs of communities. By highlighting these themes, this review provides valuable insights and recommendations for future public health initiatives aimed at promoting well-being and reducing health disparities across diverse populations.

**Keywords:**

Health Promotion, Disease Prevention, Public Health Strategies, Systematic Review, Preventive Healthcare

**Introduction**

Health promotion and disease prevention are critical components of public health that aim to improve the overall well-being of populations by reducing the incidence of diseases and enhancing the quality of life (De Santis et al., 2022; Ferreira et al., 2022; Kamburova, 2021; Patja et al., 2022; Schwarz et al., 2018). These efforts encompass a wide range of strategies, from individual behavior changes to community-wide interventions, and involve the collaboration of various stakeholders, including healthcare providers, policymakers, and the general public. The concept of health promotion and disease prevention has evolved significantly over time. Historically, disease prevention focused primarily on infectious diseases, with significant contributions from pioneers like Louis Pasteur and Robert Koch, who developed the germ theory of disease (Anonymous, 2020). However, the focus has shifted towards chronic diseases, particularly cardiovascular diseases, which gained prominence after World War II. This shift was marked by Geoffrey Rose's influential work on the prevention of chronic diseases and the introduction of the Ottawa Charter for Health Promotion in 1986 (Anonymous, 2020).

In the United States, the "Healthy People 2000" initiative exemplifies a comprehensive approach to health promotion and disease prevention. This national effort, involving citizens, professionals, organizations, and federal agencies, aimed to prevent unnecessary disease and disability and improve the quality of life for all Americans (Heidel, 1991). Despite these efforts, there remains a need for a more integrated and personal approach to health promotion and disease prevention, both in the United States and globally (Sullivan, 1992). One of the key challenges in health promotion and disease prevention is the integration of these concepts into clinical practice (Duplaga et al., 2016; Osborne et al., 2022). Studies have shown that healthcare providers, including internists and general practitioners, often fall short of expert recommendations for preventive interventions. Factors such as habit, attitude, and lack of adequate knowledge contribute to this gap (Schwartz et al., 2020) (Brotons et al., 2005). Moreover, the heavy workload and lack of reimbursement are significant barriers that hinder the implementation of preventive activities in primary care (Brotons et al., 2005).

The workplace presents a unique opportunity for health promotion and chronic disease prevention. Given that workers spend a substantial part of their waking hours at the workplace, interventions such as health screenings, tobacco cessation programs, promotion of healthy food choices, and physical activity initiatives can have a significant impact on the health of a large proportion of the population (Andersen, 2023). These programs not only improve health outcomes but also enhance workplace productivity, as healthier employees tend to perform better (Riedel et al., 2001). Community-based interventions are another important

aspect of health promotion and disease prevention. These programs target entire populations and aim to change health behaviors and reduce disease risk through mass media campaigns, activation of community organizations, and changes in the physical or sociocultural environment (Koepsell et al., 1992). Evaluating the effectiveness of these interventions is crucial to ensure that they achieve their intended outcomes and contribute to the overall well-being of the community. Education and training in health promotion and disease prevention are essential for healthcare professionals. Integrating these concepts into medical school curricula can help future doctors develop the skills and knowledge needed to promote health and prevent diseases effectively. For instance, Harvard Medical School has implemented a longitudinal integration of health promotion and disease prevention into several major courses, using adult learning theory to match the professional development of students at different phases of their education (Taylor & Moore, 1994).

In conclusion, health promotion and disease prevention are vital for improving public health and reducing the burden of diseases. While significant progress has been made, there is still a need for more comprehensive and integrated approaches that involve all stakeholders. By addressing the barriers to implementation, leveraging opportunities in various settings, and enhancing education and training, we can create a healthier future for all.

## **Literature Review**

### ***Governmental and Systemic Health Promotion Initiatives***

Effective health promotion and disease prevention efforts necessitate coordinated government involvement, as highlighted by Rossmann et al. (Rossmann et al., 2023). Their study emphasizes the importance of Health Promotion and Disease Prevention Registries (HPPRs) in Europe, which support policymakers by providing centralized, evidence-based resources through platforms like the EU's Best Practice Portal (BPP). Despite the utility of these resources, variations in national HPPR assessment standards pose significant challenges. Fuady et al. (Fuady et al., 2024) discuss Indonesia's regulatory advancements to enhance preventive health financing, which aim to improve resource allocation and coordination. Balasuriya et al. (Balasuriya et al., 2023) stress the necessity for adaptable frameworks to address disruptions caused by events like the COVID-19 pandemic, further underlining the need for harmonized international standards to maximize resource utilization in health promotion.

### ***Community-Based Health Promotion Models***

Community-based health promotion models are crucial for embedding preventive health practices at the local level. Aadahl et al. (Aadahl et al., 2023) describe Denmark's "Our Healthy Community" (OHC) model, which integrates government support with local engagement to promote healthier lifestyles. Similarly, Monsalves-Álvarez et al. (Monsalves-Álvarez et al., 2023) highlight Chile's URO/FOCOS study, where community involvement is central to encouraging physical activity and healthy eating. In Florida, the culturally tailored ActuaYa initiative, examined by Cianelli et al. (Cianelli et al., 2023), focuses on chronic disease prevention among older Hispanic women. These studies collectively underscore the effectiveness of community-centered health promotion strategies that empower individuals through localized, culturally relevant interventions.

### ***The Role of Technology in Health Promotion***

Digital technologies are transforming health promotion by providing accessible platforms for self-management and community engagement. Park et al. (Park et al., 2024) detail the

development of an online health community platform that supports individuals with chronic conditions through goal-setting, progress monitoring, and peer engagement. This model reflects the digital tools used in HPPRs, as noted by Rossmann et al. (Rossmann et al., 2023), which disseminate evidence-based practices across Europe. The scalability and accessibility of digital health platforms are particularly beneficial in remote or resource-limited regions, suggesting that global expansion of these technologies could significantly enhance preventive care.

### ***The Role of Healthcare Professionals in Disease Prevention***

Healthcare professionals, especially pharmacists, play a critical role in preventive health services. Alavudeen et al. (Alavudeen et al., 2023) highlight the impact of pharmacists in Saudi Arabia's cardiovascular disease (CVD) prevention efforts, emphasizing their role in patient education and monitoring. However, limitations in training and resources hinder their broader involvement. Fuady et al. (Fuady et al., 2024) propose a framework for preventive care financing that includes dedicated support for healthcare professional training. This aligns with Rossmann et al. (Rossmann et al., 2023), who emphasize the need for professional support systems like HPPRs. Investing in the development and resource allocation for healthcare professionals is essential to expanding preventive health capabilities across various settings.

### ***Workplace Health Promotion and Structural Challenges***

Health promotion in workplace settings faces numerous systemic and organizational challenges. Ratanachina and Sithisarankul (Ratanachina & Sithisarankul, 2024) examine Thailand's approach to workplace health promotion, which aligns with the United Nations' Sustainable Development Goals (SDGs). Despite governmental support, implementation is often hindered by limited budget allocation and individual participation factors. Similar structural issues are observed in healthcare settings, where Melariri et al. (Melariri et al., 2023) discuss the impact of healthcare workers on patient health behaviors in South African tertiary hospitals. These findings highlight the necessity of policy reforms and cross-sector collaboration to create supportive environments for health promotion.

### ***Educational Interventions for Health Promotion***

Educational strategies are fundamental to influencing health-related behaviors. Midjani, Hossaini, and Sharifi (Midjani et al., 2023) demonstrate the effectiveness of the Health Belief Model (HBM) in promoting preventive behaviors in Iran, significantly improving participants' dietary practices for cardiovascular disease prevention. Ratanachina and Sithisarankul (Ratanachina & Sithisarankul, 2024) also emphasize the importance of structured educational programs within workplace health promotion initiatives. These studies illustrate that targeted educational interventions can effectively motivate individuals to adopt preventive health behaviors.

In summary, health promotion and disease prevention are best achieved through comprehensive, context-specific strategies that incorporate government support, community involvement, and technological integration. Rossmann et al. (Rossmann et al., 2023), Fuady et al. (Fuady et al., 2024), and Balasuriya et al. (Balasuriya et al., 2023) highlight the importance of systemic support and flexible frameworks. Community-based models discussed by Aadahl et al. (Aadahl et al., 2023), Monsalves-Álvarez et al. (Monsalves-Álvarez et al., 2023), and Cianelli et al. (Cianelli et al., 2023) emphasize localized engagement. The role of digital technologies, as illustrated by Park et al. (Park et al., 2024), and the contributions of healthcare professionals, highlighted by Alavudeen et al. (Alavudeen et al., 2023), further support the

need for multifaceted approaches to health promotion. Ratanachina and Sithisarankul (Ratanachina & Sithisarankul, 2024) and Melariri et al. (Melariri et al., 2023) underline the importance of addressing structural challenges in workplaces and healthcare settings. Finally, educational interventions, as shown by Midjani, Hossaini, and Sharifi (Midjani et al., 2023), remain vital for encouraging health-promoting behaviors.

### Research Question

Research questions are vital in a systematic literature review (SLR) as they define its scope, focus, and direction, ensuring the review remains specific and relevant. They guide the inclusion and exclusion criteria, enabling a thorough and systematic search to minimize bias and provide a comprehensive overview of evidence. Well-crafted research questions also enhance clarity, facilitate data organization, and support meaningful synthesis of findings, making the review actionable and aligned with its objectives. Moreover, they improve the transparency and reproducibility of the process, enabling others to verify findings or expand the study (Kitchenham, 2007).

In this study, the PICO framework (Population, Interest, and Context), a systematic tool for formulating research questions in qualitative studies (Lockwood et al., 2015), was utilized. This approach ensured focused, structured questions, facilitating an effective literature search. The study addressed three key research questions: (1) What are the most effective health promotion strategies for individuals in urban community health settings? (2) How do community-based interventions affect the health of low-income families in rural areas of developing countries? (3) What is the impact of mobile health (mHealth) applications on managing adolescents with chronic diseases in outpatient care settings?

### Material And Methods

In systematic literature reviews, the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) approach, as established by Page et al. (Page et al., 2021) is a widely accepted standard that ensures transparency, completeness, and consistency. By adhering to PRISMA guidelines, researchers can enhance the accuracy and rigor of their analyses, following systematic methods for identifying, screening, and including studies in their review. This method emphasizes the importance of randomized studies due to their ability to reduce bias and provide strong evidence. This analysis utilized two key databases, Web of Science and Scopus, chosen for their extensive coverage and robustness. The PRISMA approach is structured into four main stages: identification, screening, eligibility, and data abstraction.

1. **Identification:** Relevant studies are located through comprehensive database searches.
2. **Screening:** Studies are evaluated against predefined criteria to exclude irrelevant or low-quality research.
3. **Eligibility:** The remaining studies are thoroughly assessed to ensure they meet the inclusion criteria.
4. **Data Abstraction:** Data from the included studies are extracted and synthesized, essential for deriving meaningful and reliable conclusions.

This structured method guarantees that systematic reviews are conducted with rigor, leading to trustworthy results that can inform future research and practice.



### Identification

In this study, essential steps of the systematic review process were employed to collect a significant amount of relevant literature. The process started with the selection of keywords, followed by identifying related terms using dictionaries, thesauri, encyclopedias, and previous research. All relevant terms were identified, and search strings were formulated for the Web of Science and Scopus databases (as shown in Table 1). This initial phase of the systematic review resulted in 9728 publications relevant to the study topic from the two databases.

**Table 1: The Search String**

<b>Scopus</b>	TITLE-ABS-KEY ( "Health promo*" AND "disease* prevent*" ) AND ( medicine AND role ) PUBYEAR > 2022 AND PUBYEAR < 2025 AND PUBYEAR > 2022 AND PUBYEAR < 2025 AND ( LIMIT-TO ( SRCTYPE , "j" ) ) AND ( LIMIT-TO ( PUBSTAGE , "final" ) ) AND ( LIMIT-TO ( DOCTYPE , "ar" ) ) AND ( LIMIT-TO ( SUBJAREA , "MEDI" ) ) AND ( LIMIT-TO ( LANGUAGE , "English" ) )
<b>Date of Access: October 2024</b>	
<b>WoS</b>	( "Health promo*" AND "disease* prevent*" ) AND ( medicine role ) (Topic) and Open Access and 2024 or 2023 (Publication Years) and English (Languages) and Open Access
<b>Date of Access: October 2024</b>	

### Screening

Potentially pertinent research items are assessed in the screening step to make sure they support the predetermined research question or questions. At this point, duplicate documents if any are eliminated. After 9616 publications were initially discarded, 112 papers were left for additional analysis in accordance with particular inclusion and exclusion standards (refer to Table 2). The literature was the first criterion because it is the primary source of useful advice. This includes book series, book reviews, meta-syntheses, meta-analyses, conference proceedings, and chapters that were not included in the most recent study. Only English-language publications from 2023 to 2024 were included in the review. There was no publication rejected due to duplication.

**Table 2: The Selection Criterion In Searching**

<b>Criterion</b>	<b>Inclusion</b>	<b>Exclusion</b>
<b>Language</b>	English	Non-English
<b>Time line</b>	2023 – 2024	< 2023

<b>Literature type</b>	Journal (Article)	Conference, Book, Review
<b>Publication Stage</b>	Final	In Press
<b>Subject</b>	Medicine	Besides Medicine
<b>Access Type</b>	Open Access	Besides Open Access

### ***Eligibility***

In this third step of the rigorous eligibility process, a total of 112 publications were prepared for review where 76 publications were excluded for not meeting the necessary criteria i.e due to the out of field, title not significant, abstract not related on the objective of the study, no full text access founded on empirical evidence. This exclusion step is vital as it removes any irrelevant, insufficiently detailed, or inaccessible studies that could compromise the review's comprehensiveness and reliability. The final set of studies that passed all inclusion criteria consists of 36 articles, which are then included in the qualitative analysis. This refined selection ensures that the systematic literature review is built on a solid foundation of relevant and high-quality research.

### ***Data Abstraction and Analysis***

An integrative analysis was used as one of the assessment strategies in this study to examine and synthesise a variety of research designs (quantitative, qualitative, and mixed methods). The goal of the competent study was to identify relevant topics and subtopics. The stage of data collection was the first step in the development of the theme. Figure 2 shows how the authors meticulously analysed a compilation of 36 publications for assertions or material relevant to the topics of the current study. The authors then evaluated the current significant studies related to health promotion and disease prevention. The methodology used in all studies, as well as the research results, are being investigated. Next, the author collaborated with other co-authors to develop themes based on the evidence in this study's context. A log was kept throughout the data analysis process to record any analyses, viewpoints, riddles, or other thoughts relevant to the data interpretation. Finally, the authors compared the results to see if there were any inconsistencies in the theme design process. It is worth noting that, if there are any disagreements between the concepts, the authors discuss them amongst themselves.

**Table 3: Number and Details of Primary Studies Database**

No	Authors	Title	Year	Journal	Scopus	WoS
1	Krutnoi N., Wongkongdech A., Promasatayaprot V.(Krutnoi et al., 2024)	Factor analysis of the village health volunteers' core competencies in Thailand	2024	Journal of Public Health and Development	/	
2	Khan T., Ramkissoon N., Vasaitis S., et al (Khan et al., 2024)	A Statewide Physician Champion Initiative to Prevent Diabetes: Lessons Learned from North Carolina	2024	Journal of Public Health Management and Practice	/	
3	Sumile E.F.R., Santos J.V.T.D., Hernandez M.A.A., et al (Sumile et al., 2024)	"Lusog-Linang": Utilizing Community- engaged Research towards Capacity Building in Health of an Underserved Community	2024	Acta Medica Philippina	/	
4	Moon J.H., Ryu H. (Moon & Ryu, 2024)	Salutogenesis intervention improves cardio- cerebrovascular health in at-risk office workers: A quasi-experimental study	2024	Public Health Nursing	/	
5	Navarra-Ventura G., et al (Navarra- Ventura et al., 2024)	Factors associated with high and low mental well-being in Spanish university students	2024	Journal of Affective Disorders	/	
6	Zhao H.; Zhang R.; Chen Y.(Zhao et al., 2023)	The Influencing Role of Cultural Values on Attitudes of the Chinese Public Towards Traditional Chinese Medicine (TCM) for the Control of COVID-19	2023	Patient Preference and Adherence	/	
7	Cabral D.N., Tsai M.-H., Gishe J., et al (Cabral et al., 2024)	Colorectal Cancer Risk Perceptions Among Black Men in Florida	2024	Journal of Racial and Ethnic Health Disparities	/	



No	Authors	Title	Year	Journal	Scopus	WoS
8	Horan H., et al (Horan et al., 2024)	Social Determinants Associated with Substance Use and Treatment Seeking in Females of Reproductive Age in the United States	2024	Journal of Women's Health	/	
9	Ivanich J.D., et al (Ivanich et al., 2023)	The Indigenous Connectedness Framework for Understanding the Causes, Consequences, and Solutions to Substance Misuse in Indigenous Children's Development	2023	Adversity and Resilience Science	/	
10	Dewangan T., Dhimar C.P.(Dewangan & Dhimar, 2024)	Health Promotion and Disease Prevention Through Pharmacy Interventions	2024	South Eastern European Journal of Public Health	/	
11	Hodgson C., Decker D., O'Connor T.M., et al (Hodgson et al., 2023)	A Qualitative Study on Parenting Practices to Sustain Adolescent Health Behaviors in American Indian Families	2023	International journal of environmental research and public health	/	
12	Balasuriya L., et al (Balasuriya et al., 2023)	Impacts of the COVID-19 Pandemic on Nationwide Chronic Disease Prevention and Health Promotion Activities	2023	American Journal of Preventive Medicine	/	
13	McNoe B.M.; Marsh L.; Venter N. et al (McNoe et al., 2023)	National Sporting Organisation policies: A health promotion opportunity?	2023	Health Promotion Journal of Australia	/	
14	Ratanachina J.; Sithisarankul P. (Ratanachina & Sithisarankul, 2024)	Workplace health promotion management of non-communicable disease prevention and implementation among organizational leaders and human resource executives in Thailand: A qualitative study	2024	Journal of Public Health and Development	/	
15	Melariri H.I.; Kalinda C.;	Patients' views on health promotion and disease prevention services provided by	2023	BMC Health Services Research	/	

No	Authors	Title	Year	Journal	Scopus	WoS
	Chimbari M.J. (Melariri et al., 2023)	healthcare workers in a South African tertiary hospital				
16	Deresá Dinagde D.; Feyisa G.T.; Afework H.T. et al (Deresá Dinagde et al., 2024)	Level of optimal antenatal care utilization and its associated factors among pregnant women in Arba Minch town, southern Ethiopia: new WHO-recommended ANC 8+ model	2024	Frontiers in Global Women's Health	/	
17	Ditosto J.D.; Roytman M.V.; Dolan B.M.et al.(Ditosto et al., 2023)	Improving Postpartum and Long-Term Health After an Adverse Pregnancy Outcome: Examining Interventions From a Health Equity Perspective	2023	Clinical Obstetrics and Gynecology	/	
18	Neufeld L.M.; Ho E.; Obeid R.et al (Neufeld et al., 2023)	Advancing nutrition science to meet evolving global health needs	2023	European Journal of Nutrition	/	
19	Soltero E.; Lopez C.; Mihail S.et al (Soltero et al., 2023)	An SMS Text Message–Based Type 2 Diabetes Prevention Program for Hispanic Adolescents With Obesity: Qualitative Co- Design Process	2023	JMIR Formative Research	/	
20	Soeder J.; Wagner A.; Neunhöffer A.T. et al (Soeder et al., 2024)	Exploring organizational aspects that promote health-related preventive behavior: using the example of work-related SARS-CoV-2 infection control measures in Germany, August 2020 to November 2021	2024	Frontiers in Public Health	/	
21	Araújo N.; Reis A.M.; Borges A.P.et	Managing Public Health Spending Growth: Public's Views	2023	Journal of Health Management	/	

No	Authors	Title	Year	Journal	Scopus	WoS
	al (Araújo et al., 2023)					
22	Lin C.-W.; Lin W.-H.; Hung W.-C. et al (Lin et al., 2023)	Examining Health Literacy in Taiwanese Smoking Cessation Populations: A Multidimensional Evaluation of Sociodemographic Factors and Domain-Specific Competencies	2023	Healthcare (Switzerland)	/	
23	Dahl M.; Søndergaard S.F.; Al-Allaq R.S. et al (Dahl et al., 2023)	Arabic-speaking male immigrants' perceptions of preventive initiatives: An interview study	2023	Health Expectations	/	
24	Ramírez A.S.; Houston K.; Bateman C. et al (Ramírez et al., 2023)	Communicating about the social determinants of health: development of a local brand	2023	Journal of Communication in Healthcare	/	
25	Ismail R.; Ismail N.H.; Mohd Tamil A. et al (Ismail et al., 2023)	Prevalence and factors associated with prediabetes and diabetes mellitus among adults: Baseline findings of PURE Malaysia cohort study	2023	Clinical Epidemiology and Global Health	/	
26	Blinova T.V.; Strakhova L.A.; Troshin V.V. et al (Blinova et al., 2023)	Glutathione as a prognostic factor of health risk in working population	2023	Health Risk Analysis	/	
27	Hsiao V.; Stoltzfus N.; Withers M. (Hsiao et al., 2023)	An assessment of workplace wellness policies and programs of universities in the Asia-Pacific	2023	Work	/	

No	Authors	Title	Year	Journal	Scopus	WoS
28	Marks L.; Smith B.J.; Mitchell J. et al (Marks et al., 2023)	The case for citizen science in public health policy and practice: a mixed methods study of policymaker and practitioner perspectives and experiences	2023	Health Research Policy and Systems	/	
29	Pitt Barnes S.; Lang J.E.(Pitt Barnes & Lang, 2023)	Supporting School Staff: Insights From Employee Health and Well-Being Programs	2023	Journal of School Health	/	
30	Wangler J.; Jansky M. (Wangler & Jansky, 2023)	Attitudes and experiences of registered diabetes specialists in using health apps for managing type 2 diabetes: results from a mixed-methods study in Germany 2021/2022	2023	Archives of Public Health	/	
31	Planta O.; Cami M.; Matskiv J. et al (Planta et al., 2023)	Effects of museum-based art activities on older community dwellers' physical activity: the A-health randomized controlled trial results	2023	European Geriatric Medicine	/	
32	Cekic S.; Karali Z.; Canitez Y. et al (Cekic et al., 2023)	The effects of health literacy on disease control in adolescents with asthma	2023	Journal of Asthma	/	
33	Rakhra D.; Gr̄nfeld M. (Rakhra & Gr̄nfeld, 2023)	Prevention of Disease and the Absent Body: A Phenomenological Approach to Periodontitis	2023	Journal of Medicine and Philosophy (United Kingdom)	/	
34	Nykiforuk C.I.J.; Thomson M.; Curtin K.D.; Colman I.; Wild T.C.; Hyshka E. (Nykiforuk et al., 2024)	Assessing support for mental health policies among policy influencers and the general public in Alberta and Manitoba, Canada	2024	International Journal of Mental Health Systems	/	

No	Authors	Title	Year	Journal	Scopus	WoS
35	Jiang, LL; Niu, H; Li, MH (Jiang et al., 2023)	Quality control of Platycodon grandiflorum (Jacq.) A. DC. based on value chains and food chain analysis	2023	SCIENTIFIC REPORTS		/
36	Imran, S; Munir, S; Aadil, RM (Imran et al., 2024)	Therapeutic implications of flaxseed peptides and bioactive components against various diseases	2024	JOURNAL OF FUNCTIONAL FOODS		/

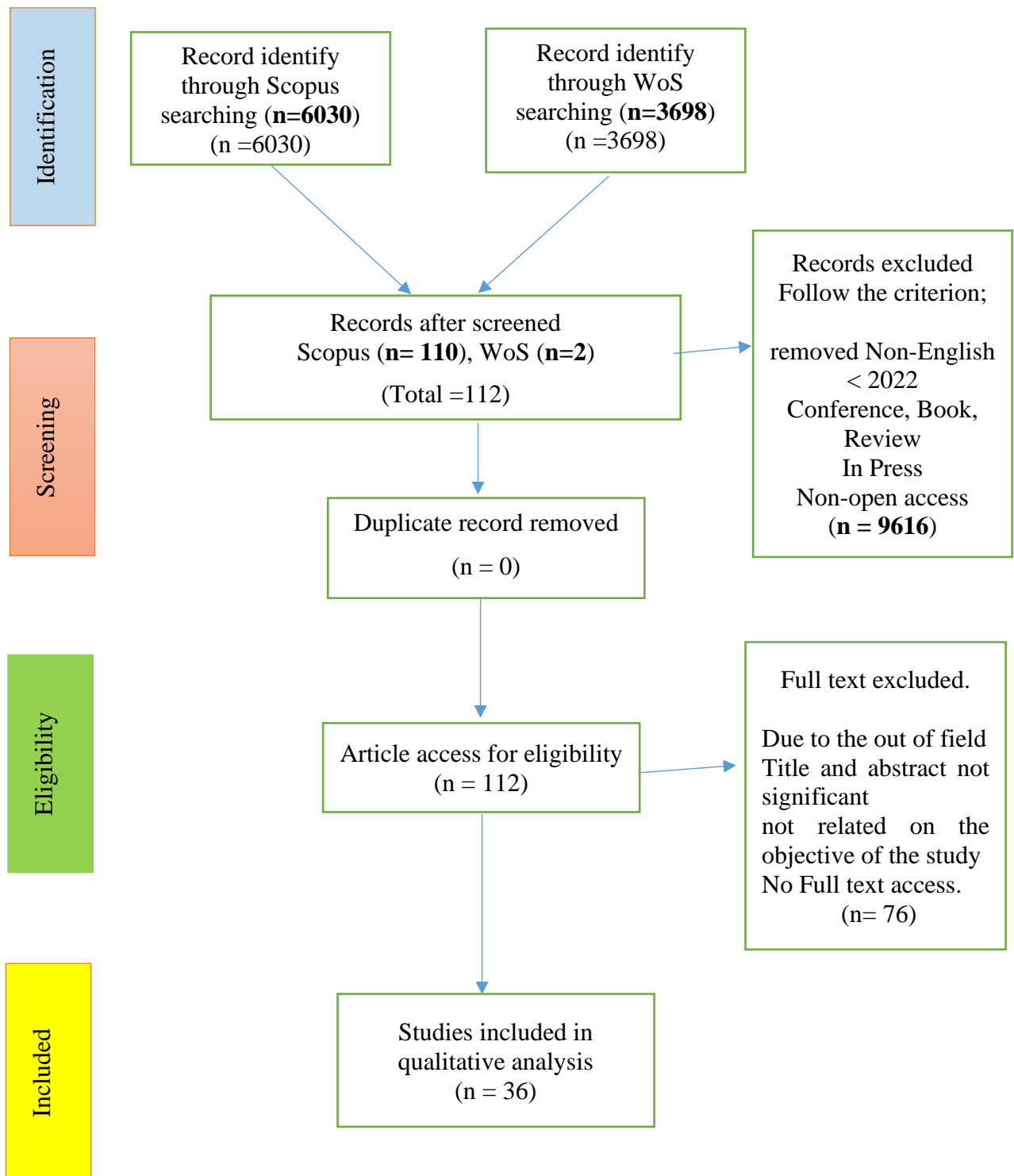
### Quality of Appraisal

Following the guidelines outlined by Kitchenham and Charters (Kitchenham, 2007), we first selected the primary studies for our systematic review. Primary studies are original research articles, papers, or documents directly included in the review after an initial selection process, serving as the primary sources of evidence that we analyze, assess for quality, and compare either quantitatively or qualitatively to address the research questions defined for the review. In this study, we utilized the quality assessment framework proposed by Anas Abouzahra et al. (Abouzahra et al., 2020), which comprises six quality assessment criteria for our systematic literature review (SLR) as below. Table 4 outlines a quality assessment (QA) process used to evaluate a study based on specific criteria. Three experts assess the study using the criteria listed, and each criterion is scored as "Yes" (Y), "Partly" (P), or "No" (N) whereby: "Yes" (Y), assigned a score of 1 if the criterion is fully met; "Partly" (P), with a score of 0.5 if the criterion is partially met but exhibits some gaps or shortcomings; and "No" (N), which receives a score of 0 if the criterion is not met at all. Here's a detailed explanation:

1. **Is the purpose of the study clearly stated?**
  - This criterion checks whether the study's objectives are clearly defined and articulated. A clear purpose helps set the direction and scope of the research.
2. **Is the interest and usefulness of the work clearly presented?**
  - This criterion evaluates whether the study's significance and potential contributions are well-explained. It measures the relevance and impact of the research.
3. **Is the study methodology clearly established?**
  - This assesses whether the research methodology is well-defined and appropriate for achieving the study's objectives. Clarity in methodology is crucial for the study's validity and reproducibility.
4. **Are the concepts of the approach clearly defined?**
  - This criterion looks at whether the theoretical framework and key concepts are clearly articulated. Clear definitions are essential for understanding the study's approach.
5. **Is the work compared and measured with other similar work?**
  - This evaluates whether the study has been benchmarked against existing research. Comparing with other studies helps position the work within the broader academic context and highlights its contributions.
6. **Are the limitations of the work clearly mentioned?**

Each expert independently assesses the study according to these criteria, and the scores are then totaled across all experts to determine the overall mark. For a study to be accepted for the next process, the total mark, derived from summing the scores from all three experts, must exceed 3.0. This threshold ensures that only studies meeting a certain quality standard proceed further.





**Figure 2. Flow Diagram Of The Proposed Searching Study**

### Result and Finding

Background of selected study: based on quality assessment, table 4 shown the result of assessment performance for selected primary studies. Here is the quality assessment table for the selected papers:

No	Author	Title	QA 1	QA 2	QA 3	QA4	QA 5	QA6	Total Mark s	Percentag e (%)
1	Krutnoi N., Wongkongdech A., Promasatayaprot V. (Krutnoi et al., 2024)	Factor analysis of the village health volunteers' core competencies in Thailand	1	1	1	1	1	1	6	100%
2	Khan T., Ramkissoon N., Vasaitis S., et al (Khan et al., 2024)	A Statewide Physician Champion Initiative to Prevent Diabetes: Lessons Learned from North Carolina	1	1	1	1	1	1	6	100%
3	Sumile E.F.R., Santos J.V.T.D., Hernandez M.A.A., et al (Sumile et al., 2024)	"Lusog-Linang": Utilizing Community-engaged Research towards Capacity Building in Health of an Underserved Community	1	1	1	1	0.5	1	5.5	91.67%
4	Moon J.H., Ryu H. (Moon & Ryu, 2024)	Salutogenesis intervention improves cardio-cerebrovascular health in at-risk office workers: A quasi-experimental study	1	1	1	1	0.5	1	5.5	91.67%
5	Navarra-Ventura G., et al (Navarra-Ventura et al., 2024)	Factors associated with high and low mental well-being in Spanish university students	1	1	1	1	0.5	1	5.5	91.67%
6	Zhao H.; Zhang R.; Chen Y. (Zhao et al., 2023)	The Influencing Role of Cultural Values on Attitudes of the Chinese Public Towards Traditional Chinese Medicine (TCM) for the Control of COVID-19	1	1	1	1	1	1	6	100%

No	Author	Title	QA 1	QA 2	QA 3	QA4	QA 5	QA6	Total Mark s	Percentag e (%)
7	Cabral D.N., Tsai M.-H., Gishe J., et al (Cabral et al., 2024)	Colorectal Cancer Risk Perceptions Among Black Men in Florida	1	1	1	1	0.5	1	5.5	91.67%
8	Horan H., et al (Horan et al., 2024)	Social Determinants Associated with Substance Use and Treatment Seeking in Females of Reproductive Age in the United States	1	1	1	1	0.5	0.5	5	83.33%
9	Ivanich J.D., et al (Ivanich et al., 2023)	The Indigenous Connectedness Framework for Understanding the Causes, Consequences, and Solutions to Substance Misuse in Indigenous Children's Development	1	1	1	1	0.5	0.5	5	83.33%
10	Dewangan T., Dhimar C.P.(Dewangan & Dhimar, 2024)	Health Promotion and Disease Prevention Through Pharmacy Interventions	1	1	1	1	0	0	4	66.67%
11	Hodgson C., Decker D., O'Connor T.M., et al (Hodgson et al., 2023)	A Qualitative Study on Parenting Practices to Sustain Adolescent Health Behaviors in American Indian Families	1	1	1	1	0	0.5	4.5	75.00
12	Balasuriya L., et al (Balasuriya et al., 2023)	Impacts of the COVID-19 Pandemic on Nationwide Chronic Disease Prevention and Health Promotion Activities	1	1	1	1	0.5	0.5	5	83.33%
13	McNoe B.M.; Marsh L.; Venter N. et al(McNoe et al., 2023)	National Sporting Organisation policies: A health promoion opportunity?	1	1	0.5	1	1	1	5.5	91.67%

No	Author	Title	QA 1	QA 2	QA 3	QA4	QA 5	QA6	Total Mark s	Percentag e (%)
14	Ratanachina J.; Sithisarankul P. (Ratanachina & Sithisarankul, 2024)	Workplace health promotion management of non-communicable disease prevention and implementation among organizational leaders and human resource executives in Thailand: A qualitative study	1	0.5	1	1	0.5	1	5	83.33%
15	Melariri H.I.; Kalinda C.; Chimbari M.J.(Melariri et al., 2023)	Patients' views on health promotion and disease prevention services provided by healthcare workers in a South African tertiary hospital	1	1	1	1	0.5	1	5.5	91.67%
16	Deresa Dinagde D.; Feyisa G.T.; Afework H.T. et al (Deresa Dinagde et al., 2024)	Level of optimal antenatal care utilization and its associated factors among pregnant women in Arba Minch town, southern Ethiopia: new WHO-recommended ANC 8+ model	1	1	1	1	0	0.5	4.5	75.00
17	Ditosto J.D.; Roytman M.V.; Dolan B.M.et al. (Ditosto et al., 2023)	Improving Postpartum and Long-Term Health After an Adverse Pregnancy Outcome: Examining Interventions From a Health Equity Perspective	1	1	1	1	0.5	0.5	5	83.33%
18	Neufeld L.M.; Ho E.; Obeid R.et al (Neufeld et al., 2023)	Advancing nutrition science to meet evolving global health needs	1	1	1	0.5	1	1	5.5	91.67%
19	Soltero E.; Lopez C.; Mihail S.et al (Soltero et al., 2023)	An SMS Text Message–Based Type 2 Diabetes Prevention Program for Hispanic Adolescents With Obesity: Qualitative Co-Design Process	1	1	1	1	0	0.5	4.5	75.00

No	Author	Title	QA 1	QA 2	QA 3	QA4	QA 5	QA6	Total Mark s	Percentag e (%)
20	Soeder J.; Wagner A.; Neunhöffer A.T. et al (Soeder et al., 2024)	Exploring organizational aspects that promote health-related preventive behavior: using the example of work-related SARS-CoV-2 infection control measures in Germany, August 2020 to November 2021	1	0.5	1	1	0.5	1	5	83.33%
21	Araújo N.; Reis A.M.; Borges A.P.et al (Araújo et al., 2023)	Managing Public Health Spending Growth: Public's Views	1	0.5	0.5	1	1	0.5	4.5	75.00
22	Lin C.-W.; Lin W.-H.; Hung W.-C. et al (Lin et al., 2023)	Examining Health Literacy in Taiwanese Smoking Cessation Populations: A Multidimensional Evaluation of Sociodemographic Factors and Domain-Specific Competencies	1	1	0.5	0.5	1	0.5	4.5	75.00
23	Dahl M.; Søndergaard S.F.; Al-Allaq R.S. et al (Dahl et al., 2023)	Arabic-speaking male immigrants' perceptions of preventive initiatives: An interview study	1	1	0.5	1	1	1	5.5	91.67%
24	Ramírez A.S.; Houston K.; Bateman C. et al (Ramírez et al., 2023)	Communicating about the social determinants of health: development of a local brand	1	1	1	1	0.5	0.5	5	83.33
25	Ismail R.; Ismail N.H.; Mohd Tamil A. et al (Ismail et al., 2023)	Prevalence and factors associated with prediabetes and diabetes mellitus among adults: Baseline findings of PURE Malaysia cohort study	1	1	0.5	1	0.5	1	5	83.33%

No	Author	Title	QA 1	QA 2	QA 3	QA4	QA 5	QA6	Total Mark s	Percentag e (%)
26	Blinova T.V.; Strakhova L.A.; Troshin V.V. et al (Blinova et al., 2023)	Glutathione as a prognostic factor of health risk in working population	1	1	1	0.5	0.5	0	4	66.67
27	Hsiao V.; Stoltzfus N.; Withers M. (Hsiao et al., 2023)	An assessment of workplace wellness policies and programs of universities in the Asia-Pacific	1	1	1	1	1	1	6	100%
28	Marks L.; Smith B.J.; Mitchell J. et al (Marks et al., 2023)	The case for citizen science in public health policy and practice: a mixed methods study of policymaker and practitioner perspectives and experiences	1	1	1	1	1	0.5	5.5	91.67%
29	Pitt Barnes S.; Lang J.E. (Pitt Barnes & Lang, 2023)	Supporting School Staff: Insights From Employee Health and Well-Being Programs	1	1	0.5	1	1	1	5.5	91.67%
30	Wangler J.; Jansky M. (Wangler & Jansky, 2023)	Attitudes and experiences of registered diabetes specialists in using health apps for managing type 2 diabetes: results from a mixed-methods study in Germany 2021/2022	1	1	0.5	0.5	1	0	4	66.67
31	Planta O.; Cami M.; Matskiv J. et al (Planta et al., 2023)	Effects of museum-based art activities on older community dwellers' physical activity: the A-health randomized controlled trial results	1	0.5	0.5	1	1	1	5	83.33%
32	Cekic S.; Karali Z.; Canitez Y. et al (Cekic et al., 2023)	The effects of health literacy on disease control in adolescents with asthma	0.5	1	1	1	0.5	0.5	4.5	75.00



No	Author	Title	QA 1	QA 2	QA 3	QA4	QA 5	QA6	Total Mark s	Percentag e (%)
33	Rakhra D.; Gr̄infelde M. (Rakhra & Gr̄infelde, 2023)	Prevention of Disease and the Absent Body: A Phenomenological Approach to Periodontitis	1	1	1	0.5	0.5	0	4	66.67
34	Nykiforuk C.I.J.; Thomson M.; Curtin K.D.; Colman I.; Wild T.C.; Hyshka E. (Nykiforuk et al., 2024)	Assessing support for mental health policies among policy influencers and the general public in Alberta and Manitoba, Canada	1	1	1	0.5	1	1	5.5	91.67%
35	Jiang, LL; Niu, H; (...); Li, MH (Jiang et al., 2023)	Quality control of Platycodon grandiflorum (Jacq.) A. DC. based on value chains and food chain analysis	1	1	1	1	0.5	0.5	5	83.33%
36	Imran, S; Munir, S; (...); Aadil, RM (Imran et al., 2024)	Therapeutic implications of flaxseed peptides and bioactive components against various diseases	1	1	1	0.5	0.5	0	4	66.67

**Table 4: Quality Assessment Table For The Selected Papers**

The analysis selection was carried out by three experts, one medical doctor in public health, two pharmacists; one from the health clinic and another one from the hospital, to determine the validity of the problems. The expert review phase ensures the clarity, importance, and suitability of each subtheme by establishing the domain validity. The authors also compared the findings to resolve any discrepancies in the theme creation process. Note that if any inconsistencies on the themes arose, the authors addresses them with one another. Finally, the developed themes were tweaked to ensure their consistency. The expert review phase helped ensure each sub-theme's clarity, importance, and adequacy by establishing domain validity. Adjustments based on the discretion of the author based on feedback and comments by experts have been made. The produced themes were eventually tweaked to ensure consistency.

## Discussion and Conclusion

Overall the comprehensive health promotion strategies as depicted in figure 3 below highlighted five main components i.e participatory approaches, health literacy, community engagement, cultural perspectives and technology integration as elaborated from the three themes discussed below.



## Theme 1: Health Promotion and Disease Prevention Strategies

Health promotion and disease prevention strategies involve community-driven and evidence-based approaches. Krutnoi et al. (2024) emphasized the competencies of village health volunteers (VHVs) in Thailand, underscoring the importance of systematic training for effective healthcare delivery. Similarly, Moon and Ryu (2024) demonstrated the impact of salutogenesis-based interventions in improving cardiovascular health outcomes through professional empowerment. Physician-led initiatives, as reported by Khan et al. (2024), also showed success in increasing referrals to diabetes prevention programs, highlighting the role of healthcare professionals in patient outreach. Patient perspectives play a pivotal role, with Melariri et al. (2023) identifying enhanced health empowerment when patients are treated by medical doctors rather than nurses, stressing the need for optimizing healthcare roles. Additionally, workplace wellness programs, as explored by Pitt Barnes and Lang (2023), demonstrated the efficacy of institutional health promotion in addressing staff well-being.

## Theme 2: Community and Population Health Interventions



Community engagement and cultural relevance are critical for effective health interventions. Studies such as Sumile et al. (2024) on "Lusog-Linang" in the Philippines revealed that community-driven approaches lead to sustainable health outcomes by addressing localized challenges like healthcare access and food insecurity. Ivanich et al. (2023) highlighted Indigenous community resilience in combating substance misuse, while Navarra-Ventura et al. (2024) identified mental health determinants among university students, linking lifestyle choices and social support to well-being. Hodgson et al. (2023) and Dahl et al. (2023) further underscored the value of culturally tailored interventions in shaping health behaviors in diverse populations. These studies collectively advocate for strategies that integrate social determinants, empower communities, and respect cultural contexts to address health disparities effectively.

## Theme 3: Technological and Innovative Approaches in Health

Technological advancements are transforming health promotion, particularly in chronic disease management. Wangler and Jansky (2023) emphasized the potential of health apps to empower patients and improve compliance, though privacy and usability concerns remain. Soltero et al. (2023) demonstrated the effectiveness of SMS-based interventions co-designed with Hispanic adolescents, ensuring cultural and contextual relevance in addressing obesity-related behaviors. These findings underscore the importance of engaging target populations in the design of health technologies to foster acceptance and effectiveness. Overall, integrating health literacy, community participation, and digital tools offers a holistic framework for enhancing public health outcomes and addressing chronic diseases.

## Conclusion

In conclusion, effective health promotion and disease prevention require the integration of cultural understanding, organizational support, and participatory approaches. The reviewed studies underscore the importance of trust, communication, and community engagement in shaping attitudes toward health interventions. Adapting strategies to align with cultural values and audience-specific needs is essential for achieving impactful health outcomes. A holistic approach that incorporates health literacy, community involvement, and technology is vital for empowering individuals, fostering participation, and leveraging innovative tools. This multifaceted strategy is critical to addressing chronic diseases and enhancing overall health and well-being in diverse populations, ensuring more inclusive and sustainable public health advancements.

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