

## Health Promotion and Disease Prevention: A Study of Community Health Agents

### Abstract

Health promotion and disease prevention have something in common, they emphasize on care, however, certain distinct actions are those which are specific but not clearly delimited. Considering therefore, the necessity to overcome this theoretical-practical deadlock in the health area, carry out a study aiming to describe, analyze and understand the conception of community agents concerning promotion and prevention. Five community agents that work in the Family Health Program at the Basic Unit of Health in the Federal District participated in the analysis. The collection of data consisted of semistructured individual interviews and a group activity. Results pointed out that, the vast majority of participants associate health promotion to information and orientations that transmit to the community the intention to change common unhealthy habits. Nevertheless, people expressed their difficulty in distinguishing health promotion and disease prevention. Conducting more investigations would better acquaint the community health agents' work and identify needs of preparation and professional training.

*Keywords:* health promotion; disease prevention; community health agent.