

**REVIEW PAPER**

## Health promotion as multi-professional and multi-disciplinary work

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**ABSTRACT**

**Background:** A health promoter is the name given to all those experts who are intended to prevent disease and ill health and to increase well-being at the community level. That seems to be a very good and useful idea in general, but can it be achieved by individuals alone?

**Objective:** Review to what extent team work and the concept of team development are a pre-requisite for effective health promotion. That is the central objective of this article and the answer will be explored through an analysis of the international literature.

**Discussion:** The first part will set out to define the notions of both health promotion and health promotion specialists, in order to provide a framework for the multi-professional and multi-disciplinary nature of health promotion. The second part will try to establish the meaning of collaboration for health promotion, starting with definitions of the concepts: group, team and teamwork. The benefits of collaborative work in health promotion will be discussed alongside the common barriers that can arise during the process.

**Conclusions:** The article will conclude by proposing the characteristics of a successful team-working health promotion group.

**Keywords:** Health promotion, multi-professional, multi-disciplinary, team work.