

May 15th | International Day of Families

5 reasons why good family habits can promote health

THE WAY WE RELATE TO OTHERS, ESPECIALLY TO OUR FAMILY MEMBERS, HAS A FUNDAMENTAL ROLE IN OUR BEHAVIOR.

Therefore, when regarding our health, we could say that family has a great influence on disease prevention. Get informed!



1 Opting for a healthy lifestyle can positively affect the entire family, since family members CAN INFLUENCE EACH OTHER AT HOME TO DO THE SAME.

2



In situations where someone in the family group becomes ill, THE ORIENTATION ON AUGMENTING ADHERENCE THROUGH TREATMENT SUPPORTERS IS DUE TO IT BEING A PROMISING STRATEGY FOR THE PATIENT'S RECOVERY.

3

Creating the habit of self and family care can CONTRIBUTE TO SOCIAL DEVELOPMENT AND THE STRENGTHENING OF THE COMMUNITY, since healthy people become more productive.

4



The acquirement of knowledge on prevention and health promotion can also be passed on from family member to family member, and to other members of society, THUS EXPANDING CARE AND KNOWLEDGE.

5



Social health also benefits from families, since it encourages HARMONIOUS COEXISTENCE, RESPECT FOR OTHERS AND A SENSE OF COLLABORATION, all of which can be taught in the family environment.

ABOUT THE INTERNATIONAL FAMILY DAY



The date is celebrated since 1994 by the United Nations (UN) to highlight the importance of the family nucleus in the person's development. Over the years, the UN has also drawn attention to the need to respect the different types of existing family structures.

