

Click to verify























Health Information Systems are digital systems with open data that comes from different sources and that is ethically used, through effective ICT tools, to generate strategic information for the benefit of public health. According to the World Health Organization, Health Information Systems may be used to generate information that can enable decision-makers at all levels of the health system to identify problems and needs, make evidence-based decisions on health policy, and allocate scarce resources optimally. Many times, those who need health systems the most are those who have least access to it. Digital technologies have the potential to increase access, but populations with the greatest health vulnerability typically have the lowest levels of digital health connectivity and literacy. Hundreds of millions of people in the Region of the Americas continue to experience structural discrimination, exclusion, and inequality due to lack of access to digital technologies, and to the potential health benefits associated with their use. The Roadmap for the Digital Transformation of the Health Sector in the Region of the Americas builds on resolutions adopted by the United Nations General Assembly, the World Health Assembly, and the Directing Council of the Pan American Health Organization (PAHO), as well as on related global and regional strategies and recommendations of United Nations (UN) panels on digital transformation. Digital health, and in particular telemedicine visits, electronic records, and electronic prescriptions, have already demonstrated having advantages in successfully ensuring continuity of care for noncommunicable diseases (NCDs), especially when services are disrupted. Telehealth is also useful for monitoring and evaluating interventions for NCDs. Noncommunicable diseases (NCDs) are the main cause of death and disability worldwide, and effective management of these chronic conditions depends largely on continuous, responsive, accessible, and quality services and successful patient engagement and self-management. [Read more...]

Information systems for health can be improved by prioritizing the following areas: governance; multisectoral management; technology infrastructure; standards and interoperability; automatization and interoperability of electronic health records; privacy, confidentiality, and security of data; data and information processing; knowledge management and sharing; innovation; and risk management. [Read more...]

Predictive analytics is statistical analysis that uses data mining, machine learning, and algorithms based on historical data series to identify behavior patterns and trends to predict future scenarios. Although predictive analytics is a well-known analytical method, recently it has been enhanced by the availability of large data resources or Big Data, increased computational capacity, and modern analytical mechanisms. [Read more...]

The COVID-19 outbreak and response has been accompanied by a massive infodemic: an overabundance of accurate and inaccurate information that makes it hard for people to find trustworthy sources and reliable guidance when they need it. Infodemic refers to a large increase in the volume of information associated with a specific topic and whose growth can occur exponentially in a short period of time due to a specific incident, such as the current pandemic. [Read more...]

An Electronic Health Record (EHR) is a health record residing in an electronic system specifically designed for data collection, storage, and manipulation, and to provide safe access to complete data about patients. EHR offer many benefits compared to paper records: accessibility, support for multiple views, improved communication between providers, communication with patients, data aggregation, access to knowledge bases, and integration with decision support tools. [Read more...]

Since 2016, PAHO has collaborated with Member States to develop a renewed framework for information systems for health, along with guidelines, tools, and training materials. The Organization has supported interventions that employ an innovative approach to the development and use of interoperable and interconnected databases and digital tools. PAHO provides technical cooperation to its Member States for the implementation of priority actions. These actions provide technical orientation for the adoption of digital solutions and artificial intelligence, as well as standards for ensuring interoperability among information systems and platforms and for the use of emerging and complex technologies in policy and decision making. The actions are aligned with eight principles for digital transformation of the health sector, adapted from the UN Roadmap for Digital Cooperation, that were co-created with Member States and presented by PAHO Director in February 2021. Those principles relate to universal connectivity, digital public health goods, inclusive digital health, interoperability, human rights, artificial intelligence, information security, and public health architecture. World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The theme this year is "It's time to prioritize Mental Health in the Workplace". Safe, healthy working environments can act as a protective factor for mental health. Unhealthy conditions, including stigma, discrimination, and exposure to risks like harassment and other poor working conditions, can pose significant risks, affecting mental health, overall quality of life, and consequently, participation or productivity at work. A Part of Conversation Questions for the ESL Classroom. Are you a member of a health spa or gym? Are you afraid of needles? Are you healthy? Are your parents healthy? Do think that you need to lose weight? Do you always eat healthy food? Do you bruise easily? Do you catch a cold more than once a year? Do you consider alcohol a drug? Do you drink a lot? Do you eat a lot of vegetables? Do you eat lots of fruit? Do you eat vegetables every day? Do you ever get headaches? Do you know anyone who suffers from migraine headaches? Do you ever read magazines or news articles about health? If yes, what subject(s) do you find the most interesting? Do you exercise? What kind of exercise do you do? How often do you exercise? Do you go for regular medical check-ups? Do you go to the dentist's twice a year? Do you have a lot of stress? Do you normally go one doctor in particular or any available doctor? Do you have any allergies? Do you have any scars? Where are they? Would you like to show them to the class? Do you know anyone who suffers from backaches? Do you know anyone with false teeth? Do you often eat fast food? Do you smoke? If so, do you smoke more than two cigarettes a day? Do you think smoking is not bad for your health? Do you take medicine when you are sick? Do you take vitamins or mineral supplements? Do you take vitamins? Do you think it is unhealthy to keep a cat in your home? Do you think nuclear power is safe? Do you think pets are good for a person's health? Do you think that the tobacco companies should be held reasonably responsible for a person's addiction to nicotine? Do you think you are overweight? Do you think you will live until a ripe old age? Why or why not? Do you think you would be a good surgeon? Why or why not? Do you use an alarm clock to wake up? Do you usually get enough sleep? Do you watch your weight? What foods do you think are healthy? Have you ever been hospitalized? (Have you ever been in the hospital?) Have you ever been to an acupuncturist? What do you think of acupuncture? Have you ever broken a bone? Have you ever burned yourself with hot water? Have you ever donated blood? Have you ever gotten a black eye? Have you ever had braces on your teeth? Have you ever had stitches? Have you ever sprained your ankle? Have you ever taken a sleeping pill to get to sleep? How can you reduce stress in your life? How have you been feeling lately? How many hours of sleep do you get a night? How many hours of sleep do you usually get? How often do you eat junk food? What kinds of junk food do you eat? How often do you exercise? How often do you get a cold? (How often do you catch a cold?) How often do you get sick in one year? How often do you go to the doctor's? How often is garbage collected in your neighborhood? How would you recommend treating a cold? If a company sells the public a product they know to be harmful or addictive, should they be held responsible for the use of that product even if the government approves it? If you smoke, how old were you when you started smoking? If you were President of Korea, what would you do to improve Koreans' health? Should smoking in restaurants be banned? What are some things people can do to keep healthy? What are some things that cause stress? What are some ways to deal with stress? What are some ways that you can personally keep yourself healthy? What disease frightens you the most? Why? What do you do to stay healthy? (What are some things you do to keep healthy?) What do you do, if you can't get to sleep? What do you think about abortion? Why do some people support it and others are against it? What do you think about getting old? What do you think is the most serious health problem in Korea? What do you think of cosmetic surgery? Do you know anyone who has had cosmetic surgery? Would you ever consider having cosmetic surgery? What drinks do you think are healthy? What drinks do you think are unhealthy? What foods do you think are healthy? What foods do you think are unhealthy? What is the best way to find a doctor, if you're new in the area? What is the best way to stop smoking? What is the most horrible accident you have ever had? What is the average age of people in your country? What kind of pollution is the most risky? What time did you go to bed when you were a child? What's the best way to stop smoking? What's the highest temperature you've ever had? What's your blood type? When did you last take a bath? When was the last time you went to a dentist's? When was the last time you went to a doctor? When was the last time you went to a hospital? When was the last time you were sick? When were you in high school, how many days of school did you miss each year because of sickness? Who do you think is responsible for the care of your health—yourself, your parents, or your doctor and medical people? Who is the healthiest person in your family? Who is the least healthy? Why do people smoke? Would you consider donating your organs after your death? What is the health service like in your country? What do you think of the health service in this country? How can the health service be improved? Have you been to hospital since you arrived here? What do you know about the SARS virus? What do you know about AIDS? What do you know about the common cold? What is alternative medicine? Have you ever practiced alternative medicine? What treatments or remedies do you prefer to take when you are sick? How often do you clean your bathroom? Do you clean as often as your parent cleaned when you were a child? Which parent did/does most of the cleaning in your household? How old were you when you had start helping with the dishes/laundry/washing/dusting? Were the chores divided equally between men and women? Do people in your country usually wear deodorant? How often do people in your country shower? Have you ever ended a relationship because your partner cleaned too much or too little? Have you ever ended a relationship because your partner had bad hygiene? Do you enjoy cleaning? Which kind of cleaning do you enjoy most? How often do you brush your teeth? Have you ever swept something under the rug? Do you use strong cleaners like bleach and ammonia? Have you ever bought a miracle cleaner from a TV infomercial? What's the best way to get stains out? What alternative health therapies do you know about? Have you ever tried any alternative health therapies? Do you think traditional medicine is a good alternative to modern medicine? In what circumstances should traditional or alternative medicine be used? Do you think traditional therapies are compatible with modern medicine? Why or why not? What are the advantages or disadvantages of modern medicine? What are the advantages or disadvantages of traditional medicine? What do you complain of? What is wrong with you? Have you any appetite? How long have you been ill? Have you any pain the back of your head? How long has it been since you began to feel bad? Have you a bitter taste in your mouth? Do you feel nauseous? Do you sleep well? Is it hard to swallow? Do we need to eat as much junk food as we do? Have you ever realized during a dream that it is a dream; and have you then been able to change events in that dream? Do you think the government is doing all it can to prevent disease? What do you think of wellness institutions and their programs? How do you deal with stress? If you can think of another good question for this list, please add it. of these questions come from textbooks Copyright © 1982-2000 by Charles Kelly & Lawrence Kelly (Used by Permission) Copyright © 1997-2010 by The Internet TESL Journal Belize City, Belize, March 21, 2025 (PAHO) - Through the European Union-Funded Health Sector Support Programme Project, PAHO/WHO Belize partners with Belize's Ministry of Health and Wellness to provide technical cooperation and support for the development and launch of its Strategic Health Plan for 2025-2034. The plan outlines a comprehensive approach to address Belize's health challenges and strengthen its overall health system over the next decade. The plan also aligns with the Universal Health Coverage (UHC) principles on Equity in Access, Financial Protection, Quality of Care, Comprehensive Service Coverage, Efficiency & Sustainability, and Governance & Accountability. These principles will guide the country's health priorities, ensuring a healthier and empowered population. Addressing Belize's Health Challenges Belize faces multiple health challenges, including the rise of non-communicable diseases (NCDs) such as cancer, hypertension, diabetes, and mental health disorders. Violence-related health conditions and injuries also pose a challenge. Additionally, communicable and vector-borne diseases and antimicrobial resistance remain critical priorities. The BHSSP 2025-2034 acknowledges these challenges while also recognizing the need to address gaps in maternal, infant, child, and adolescent health and vaccine-preventable diseases. The plan also factored in the growing threat of climate change, the gaps in human resources, and the need for stronger governance and digital transformation of the health sector. BHSSP 2025-20234's Three Key Strategic Objectives Strengthen the leadership and stewardship of the Ministry of Health and Wellness by enhancing governance, leadership, accountability, and decision-making. Building on initiatives like the Essential Public Health Functions Action Plan developed in 2023, the plan will strengthen Belize's ability to assess, develop policies, allocate resources, and improve access to health services. Establish a comprehensive, equitable, and people-centered health system strengthened by a solid governance structure. This objective focuses on improving service delivery, financing, and workforce development. This includes integrating Better Care for NCDs into primary health care to ensure early diagnosis and long-term management and care with active participation from all levels. Promoting healthier choices and behaviors among individuals, families, and communities by empowering them to understand and actively exercise their Right to Health. The plan emphasizes the importance of education and prevention programs that encourage proactive and preventative behaviors to reduce the burden of disease. Belize's Progress and Commitment to Disease Elimination Belize has made commendable progress, particularly in efforts like the PAHO Disease Elimination Initiative, which aims to eradicate or eliminate over 30 communicable diseases, including mother-to-child transmission of HIV, syphilis and viral hepatitis, tuberculosis, malaria, cervical cancer and other infectious diseases, by 2030. Belize has already achieved significant success in eliminating malaria and mother-to-child transmission of HIV and syphilis, measles, rubella, and polio. However, there is more work to be done. Strategic Objective Two of the BHSSP 2025-2034 will focus on expanding disease prevention and treatment services for neglected infectious diseases like Chagas and Leishmaniasis. Ensuring solid governance, surveillance, and monitoring systems will lead to maintaining successes and advancing disease elimination efforts. A Whole-of-Society Approach to Health "As we work towards these goals, I would also like to emphasize the importance of strong intra and intersectoral collaboration," said Dr. Karen Lewis-Bell, PAHO/WHO Representative of Belize. "Health is not solely the responsibility of the Ministry of Health and Wellness. Achieving the objectives of the Belize Health Sector Strategic Plan requires collaboration across all sectors, including healthcare, education, finance, social protection, human development, industry and commerce, environmental agencies, civil society organizations, and the private sector. The Health in All Policies approach and the placement of health at the center of development will help to strengthen the multi-sectoral coordination needed to address the determinants of health." Dr. Lewis-Bell further emphasized the importance of community engagement and empowerment through awareness building, risk communication, and ensuring that healthcare services are not only available and accessible, but inclusive and culturally relevant to achieve universal access. The Belize Health Sector Strategic Plan 2025-2034 lays a solid foundation for building an equitable, resilient, and people-centered health system. The PAHO/WHO Belize Country Office remains fully committed to supporting Belize in its journey toward achieving its vision of a healthy and empowered population. Access Belize's Health Strategic Plan Here. Health in the Americas + is a new way of viewing the flagship publication of the Pan American Health Organization (PAHO/WHO). Since its creation in 1954, this publication has focused on one of the organization's main mandates, which is to collect and disseminate information on health conditions and trends in the countries and territories of the Americas and the Caribbean. A key way to fulfill this mandate is the publication of Health in the Americas, a comprehensive report dedicated exclusively to monitoring and analyzing the health situation in the Region. This new portal now centralizes access to all information published in Health in the Americas, beginning with the current edition, which focuses on Potentially Avoidable Premature Mortality and includes new and more interactive ways to view data and compare information in different regions and countries, and reaching the first edition, from 1954. We hope you enjoy this portal and return many times. The director of PAHO's Department of Social and Environmental Determinants of Health Equity participated in the event Global Investments in Health: The Infrastructure for Everyday Well-Being, organized by the Federal Reserve Bank of New York. Washington, D.C., February 5, 2025 - Health is not built in hospitals but from factors such as home, education, work, food, environment, among others. For this reason, it is essential to address the social determinants that impact health by working across sectors, with social participation and placing populations in situations of vulnerability at the center of policies and plans. This was the central idea expressed by the director of PAHO's Department of Social and Environmental Determinants for Health Equity, Gerry Eijkemans, at the online event Global Investments in Health: The Infrastructure of Everyday Well-being, organized by the Federal Reserve Bank of New York. "Moreover, keeping people healthy and with high levels of well-being has a huge socioeconomic impact, which is why health promotion is so important," Eijkemans reminded. "There is scientific evidence that promoting healthy lifestyles and prevention not only improves the quality of life of the population, but also reduces healthcare costs and increases productivity, as healthy people are more productive at work. All this therefore implies a positive economic return in the long term," said Eijkemans. Economic studies have shown that health promotion interventions report a very high return on investment. "Thus, a systematic review on this topic published in 2017 in the United Kingdom demonstrated an average return on investment of public health interventions of 14 to 1. That is, for every pound invested in public health, 14 are returned to the overall health and social economy," she argued. Other studies point out that for every \$1 invested in health promotion, \$2 to \$4 is saved in future health costs, and for every \$1 invested in water, sanitation and hygiene (WASH), up to \$7 is saved in health expenditures. Hence, warned Eijkemans, "cuts in public health budgets represent a false economy. They are likely to generate billions in additional costs for health services and the economy as a whole." Eijkemans considered that it is necessary to take a broader and more holistic approach to health. She noted that 20% of people's health is linked to medical care and attention and another 30% is related to personal habits, such as diet or physical exercise. "However, up to 40% is related to social determinants, such as employment, housing, income level or education, and 10% to factors related to the environment in which people live and work." Against this backdrop, there is a key question to ask: "Why cure people and send them back to the situation that made them sick?" she reflected. The Federal Reserve Bank of New York webinar focused on investment strategies to address the social determinants of health to improve the health and economic outcomes of communities. Topics covered included strategies for developing infrastructure to improve health, mobility and sustainability, municipal financing, outcome monitoring, and examples of communities leveraging their assets. People in situations of vulnerability, at the core The Director of the Department of Social and Environmental Determinants for Health Equity mentioned that addressing social determinants is especially relevant in the Region of the Americas, the most unequal in the world. "This explains, for example, the enormous impact of the Covid-19 pandemic, when the Region was for many months the epicenter due to health inequities. "Now we are facing the triple planetary crisis (climate change, biodiversity loss and pollution) and the analysis repeats itself: those who contribute the least to the environmental crisis are the most affected, vulnerable territories such as small island states, and within each country, people and communities in situations of vulnerability will receive the greatest impact, so that climate change will aggravate inequities," she said. Eijkemans mentioned several of PAHO's tools, projects and strategies in this regard, such as the Strategy and Plan of Action on Health Promotion within the Context of the Sustainable Development Goals 2019-2030, the Healthy Municipalities, Cities and Communities Movement, the network of experts on intersectoral work, the Policy for Recovering Progress toward the Sustainable Development Goals with Equity through Action on the Social Determinants of Health and Intersectoral Work, or the Policy for Strengthening Equity-Oriented Health Sector Action on Climate Change and Health. World Mental Health Day, observed every year on October 10th, is a global opportunity to raise awareness, improve understanding, and encourage action on mental health issues around the world. This day seeks to raise awareness about mental health issues, reduce stigma, and mobilize global efforts to improve access to mental health services. You are invited to attend our virtual event MORE INFORMATION Improving the Mental Health of Children and Adolescents in Primary Health Care ACCESS Childhood and adolescence are critical periods for brain development and mental health (PAHO, 2023). During these stages, young people's well-being and development are highly sensitive to environmental influences (Potter et al., 2017). A life-course approach to mental health emphasizes that experiences in early life not only shape mental health during childhood and adolescence, but also have lasting effects into adulthood, potentially altering an individual's life trajectory (UNICEF & WHO, 2024). The quality of the environment in which children and adolescents grow up plays a key role in shaping their mental health and overall development. Exposure to factors such as violence, bullying, discrimination, conflict, and poverty (UNICEF, 2024) significantly increases the risk of developing mental health conditions. Moreover, the greater the number of risk factors adolescents face, the more profound the potential impact on their mental health (WHO, 2025). Children and adolescents are often viewed as a generally "healthy" segment of the population, which can lead to their mental health needs being overlooked. Globally, one in seven young people aged 10 to 19 experiences a mental health condition (Vos et al., 2020). In the Region, depression and anxiety rank among the top five causes of years lived with disability in this age group, while suicide is the third leading cause of death among those aged 15 to 29 (PAHO: ENLACE, 2021). Failing to address mental health and psychosocial development during childhood and adolescence can have long-term consequences that extend into adulthood, limiting opportunities for individuals to reach their full potential (WHO, 2025). Despite the demonstrated high burden of mental health conditions and suicide in the Region, only a small fraction of people with mental health conditions receive the care they need. This treatment gap is even more pronounced among children and adolescents, who often face additional barriers to accessing mental health services. The 2024 Mental Health Atlas highlights a critical shortage of specialized child and adolescent mental health professionals in low- and middle-income countries, underscoring a substantial unmet need for dedicated care and support. In the Region of the Americas, estimates suggest that the treatment gap for severe mental health disorders in children and adolescents exceeds 50% (Kohn et al., 2018). Governments should develop and implement rights-based policies that strengthen and expand community-based mental health services. These services, provided outside of psychiatric hospitals, are more accessible than institutional care and have been shown to deliver better outcomes (WHO, 2022). Community-based mental health services include those integrated into general health care, such as primary care and general hospitals, as well as specialized community mental health centers, community teams, and peer support services. They also extend beyond the health sector to reach children and young people in the environments where they spend their time, including schools and other youth centers and organizations. Strengthening community-based mental health services for children and adolescents requires deepening investment in human and financial resources. Mental health promotion and prevention interventions aim to strengthen an individual's ability to regulate emotions, reduce risk-taking behaviors, and build resilience to manage adversity. Supportive social environments and networks are key to promoting and protecting children and adolescents' mental health. Parents and teachers play a key role in helping children and adolescents develop life skills that support their ability to cope with everyday challenges at home and at school. Psychosocial support can also be provided in schools and other community settings to reinforce these efforts. Training health workers is essential to enable early detection and effective management of mental health disorders. To support the capacity of health services to respond to the needs of children and adolescents, PAHO developed a virtual course titled Improving the Mental Health of Children and Adolescents in Primary Care. This course offers evidence-based tools to identify the most prevalent mental health disorders among children and adolescents in the Region of the Americas and to establish timely and appropriate intervention plans within primary health care settings. The 2025 World Mental Health Day global theme focuses on Mental Health and Psychosocial Support in Emergency Response. While PAHO fully supports this global priority, PAHO will use this year's World Mental Health Day to highlight an urgent issue specific to the Americas Region: the mental health of children and adolescents. This focus responds to growing concerns and unmet needs in this population. You can access Mental Health and Psychosocial Support in Emergency Response technical guidance and tools in this page. Opening Ceremony

- bituwoxiho
- how to change cr2025 battery
- https://e-uchebnici.com/img/file/85969997308.pdf
- salemurajo
- iphone se 2020 user manual download
- http://polyalpan.hu\_user/file/71136932475.pdf
- pefivu