

## The Ottawa Charter for Health Promotion

First International Conference on Health Promotion, Ottawa, 21 November 1986

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### Commitment to Health Promotion

The participants in this Conference pledge:

- to move into the arena of healthy public policy, and to advocate a clear political commitment to health and **equity** in all sectors;
- to counteract the pressures towards **harmful** products, resource depletion, **unhealthy** living conditions and environments, and bad nutrition; and to focus attention on public health **issues** such as pollution, occupational **hazards**, housing and settlements;
- to respond to the health **gap** within and between societies, and to **tackle** the inequities in health produced by the rules and practices of these societies;
- to acknowledge **people** as the main health resource; to support and enable them to keep themselves, their families and friends healthy through financial and other **means**, and to accept the community as the essential voice in matters of its health, living conditions and **well-being**;
- to reorient health services and their resources towards the promotion of health; and to **share** power with other sectors, other disciplines and, most importantly, with people themselves;
- to recognize health and its **maintenance** as a major social investment and challenge; and to **address** the overall ecological issue of our ways of living.

The Conference **urges** all concerned to join them in their commitment to a strong public health alliance.

