





the 1990s, the number of people in the world who are under 15 years of age has increased from 1.1 billion to 1.5 billion, and the number of people aged 65 and over has increased from 0.2 billion to 0.5 billion (United Nations, 1999).

There is a growing awareness of the need to address the needs of the young and the old. The United Nations has set out a series of goals for the 21st century, including the goal of 'improving the quality of life for all' (United Nations, 1999). This goal is reflected in the World Health Organization's (WHO) 'Health for All' strategy, which aims to 'achieve the highest attainable state of health and well-being for all people' (WHO, 1999).

The WHO's 'Health for All' strategy is based on the principle of 'primary health care' (PHC), which is defined as 'the essential health care based on self-care and the active participation of the community' (WHO, 1999). PHC is a key component of the WHO's 'Health for All' strategy, and it is essential for achieving the goal of 'improving the quality of life for all'.

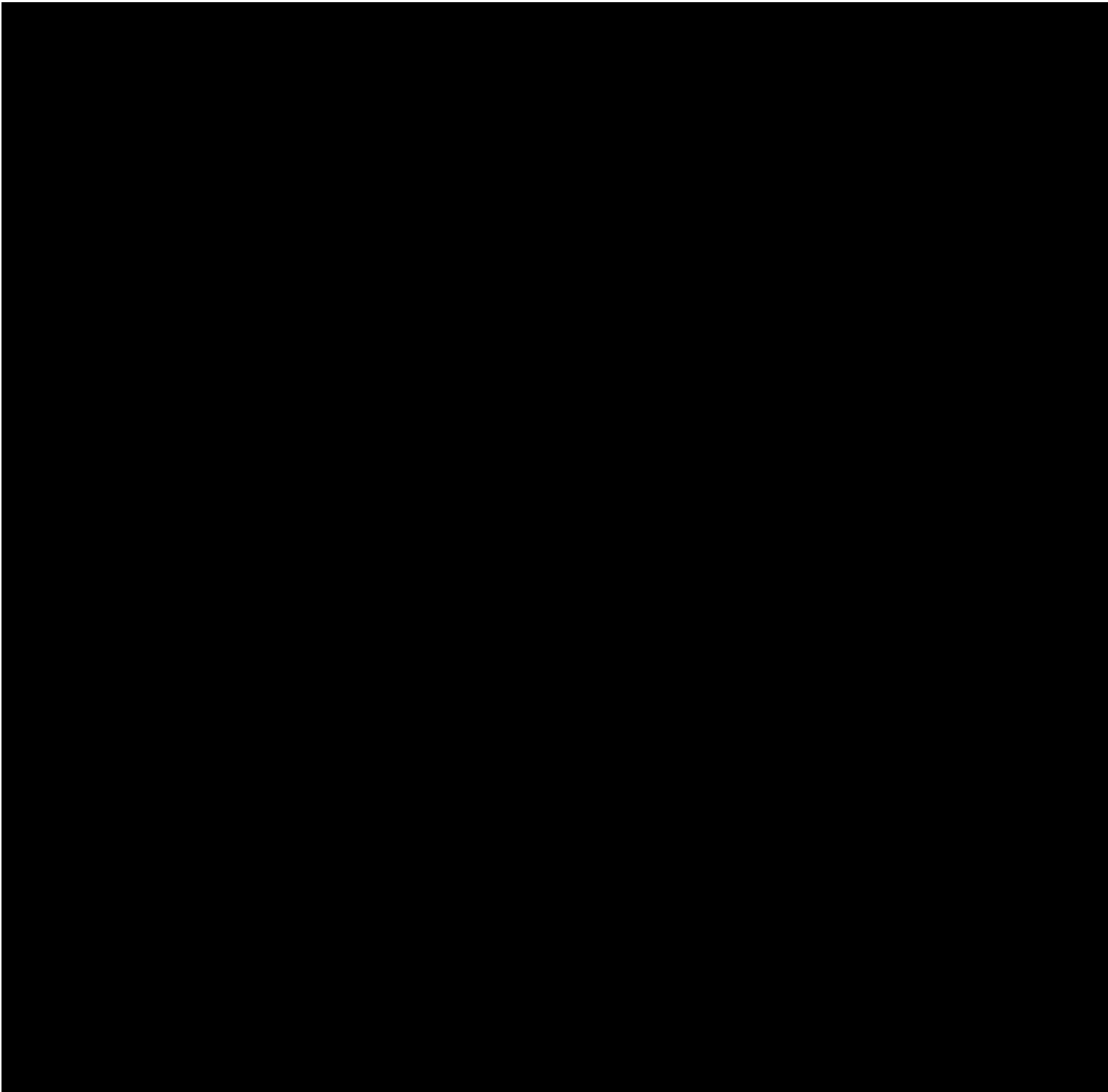
PHC is a holistic approach to health care that takes into account the physical, mental, and social aspects of health. It is based on the principle of 'self-care', which is the ability of individuals to take responsibility for their own health and well-being. PHC is also based on the principle of 'active participation', which is the involvement of the community in the planning and delivery of health care.

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