

INTRODUCTION TO HEALTH EDUCATION

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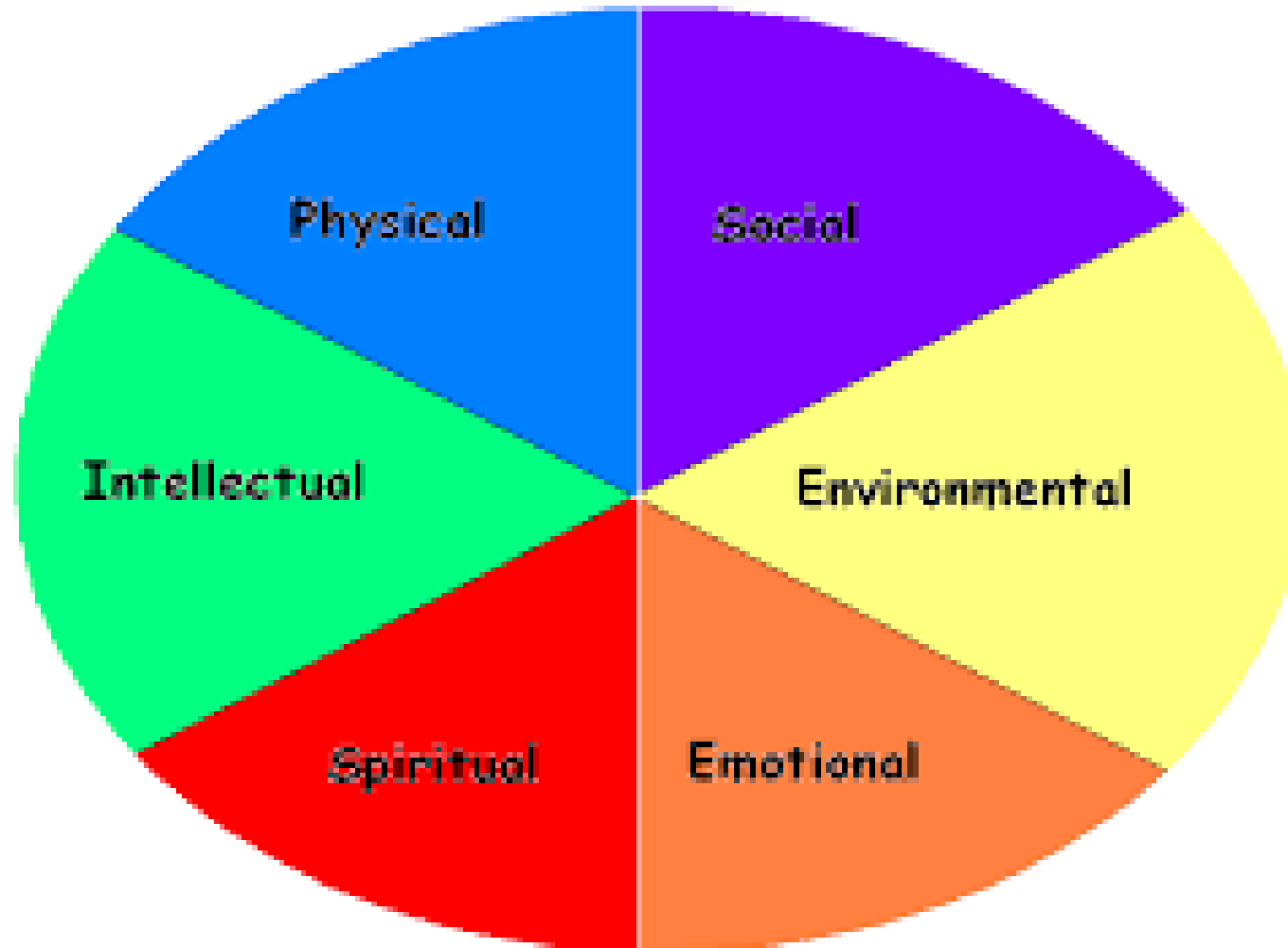


Definition of basic concepts

- Health is a complete state of physical, mental and social wellbeing, not merely the absence of disease or infirmity.
- Education: It is the process of teaching or learning in a school or college, or the knowledge that you get from this
- Being an educated person means you have access to optimal states of mind regardless of the situation you are in.
- You are able to perceive accurately, think clearly and act effectively to achieve self-selected goals and aspirations.

- An educated person is also respectful of others regardless of their power and status, responsible for the results of their actions, and resourceful at getting what they need, both, personally and for their family, organization, and /or society.

Six Components of Health



- **Physical** health includes our endurance, strength, flexibility, cardiovascular, digestive health and more. This is how prepared our body is each day to move .
- **Emotional** Wellness. The emotionally well person can identify, express, and manage the entire range of feelings and would consider seeking assistance when needed
- Spiritual health is maintaining harmonious relationships with other living things and having spiritual direction and purpose. This includes living according to one's ethics, morals, and values

- Social health is the quality of your relationships with friends, family, teachers, and others you are in contact with
- Environmental health is keeping your air and water clean, your food safe, and the land around you enjoyable and safe.
- Mental health is the ability to recognize reality and cope with the demands of daily life

DEFINITION OF HEALTH EDUCATION

- The World Health Organization defines health education as “any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes.”
- Because knowledge alone may not be powerful enough to motivate change, health education works to enhance knowledge, attitudes, and skills to positively influence health behaviors of individuals and communities.

- It refers to the process of educating individuals and communities about **health** and wellness to promote **healthy** behaviors and attitudes and prevent illness and injury.
- A field of discipline that discusses the fundamental practices of informing people to live and choose **healthy** pursuits and can be contextual to the schools, community, society, and the medical and allied medical professions

Concept of Health Education

- Health education is a process by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance or restoration of health. Communication in relation to health education involves different modes like lectures, group or panel discussions, poster or exhibit presentation etc.
- Health education: It is a process with intellectual, psychological; and social dimensions relating to activities which increase the abilities of people to make informed decisions affecting their personal, family, and community well being. This process, based on scientific principles, facilitates learning and behavioral change in both health personnel and consumers, including children and youth

- Health Education comprises consciously constructed opportunities for learning involving some form of communication designed to improve health literacy, including improving knowledge, and developing life skills which are conducive to individual and community health.
- Health education includes the communication of information concerning the underlying social, economic and environmental conditions impacting on health, as well as individual risk factors and risk behaviors, and use of the health care system. Thus, health education may involve the communication of information, and development of skills which demonstrates the political feasibility and organizational possibilities of various forms of action to address social, economic and environmental determinants of health

- In the past, health education was used as a term to encompass a wider range of actions including social mobilization and advocacy. These methods are now encompassed in the term **health promotion**. In communicable disease control, health education commonly includes an appraisal of what is known by a population about a disease, an assessment of habits and attitudes of the people as they relate to spread and frequency of the disease, and the presentation of specific means to remedy observed deficiencies

- Health education is also an effective tool that helps improve health in developing nations. It does not only teach prevention and basic health knowledge but also conditions ideas that re-shape everyday habits of people with unhealthy lifestyles in developing countries. This type of conditioning not only affects the immediate recipients of such education but also future generations will benefit from an improved and properly cultivated ideas about health that will eventually be ingrained with widely spread health education.

- Moreover, besides physical health prevention, health education can also provide more aid and help people deal healthier with situations of extreme stress, anxiety, depression or other emotional disturbances to lessen the impact of these sorts of mental and emotional constituents, which can consequently lead to detrimental physical effects.

Component of Health Education



- The health education curriculum includes a variety of topics such as personal health, family health, community health consumer health, environmental health, sexuality education, mental and emotional health, injury prevention and control of disease, and substance use and abuse.

- Healthcare education has key components that are essential for preparing individuals for their roles in the healthcare system. These components include educational philosophy, theory, principles, and practice, which are applied in a complex relationship with busy clinical services . Another important component is the incorporation of mental health principles in the curriculum, which helps children develop a sense of competence, reduce anxiety, and increase their ability to cope with stress in healthcare experiences . Additionally, healthcare education involves the integration of a multitude of subjects, didactic knowledge, and practical skills into a comprehensive package for understanding .

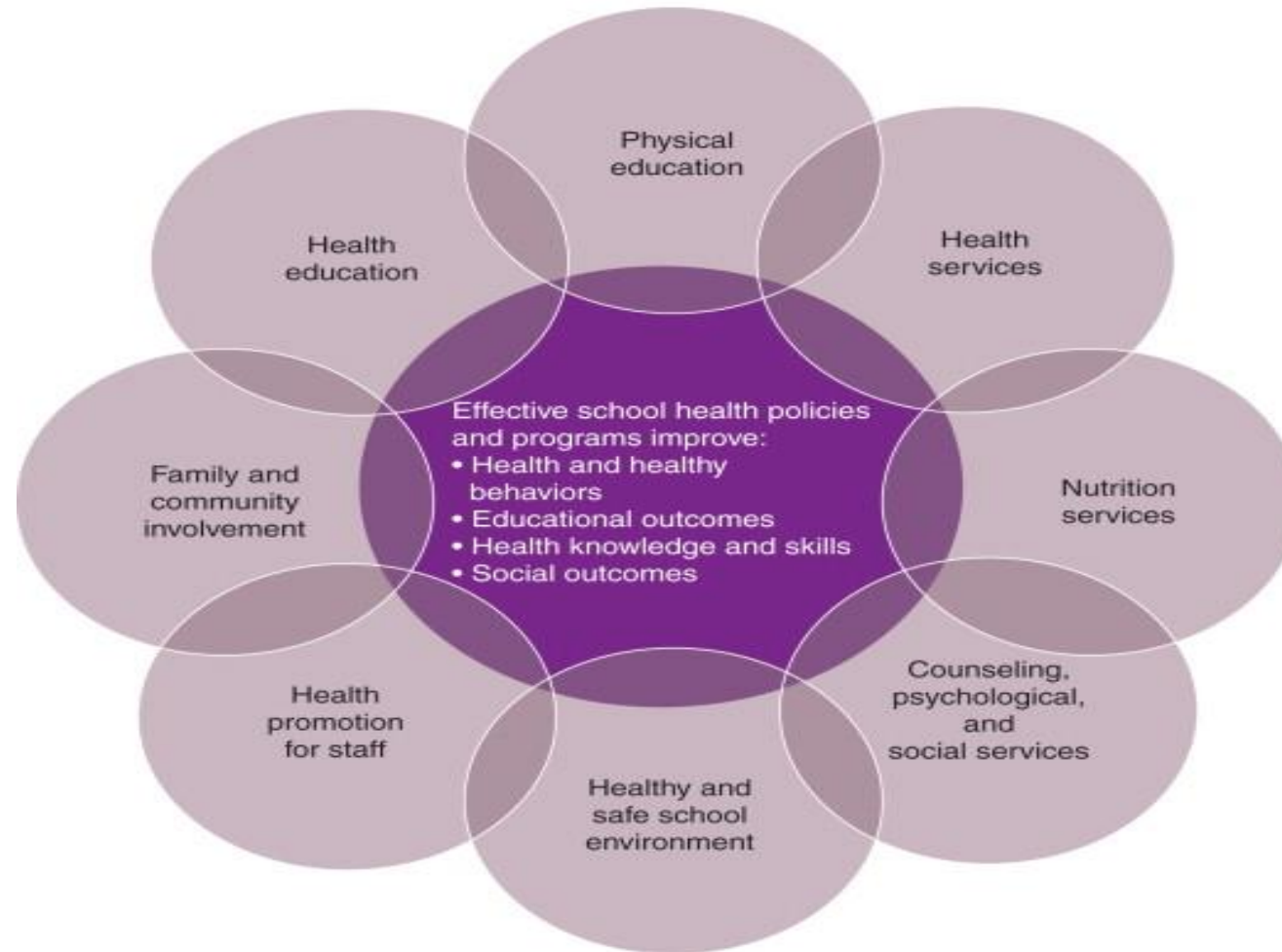
- It also requires interdisciplinary research to develop a theory and evidence base that strengthens the sustainability of change in response to disruptive factors such as the COVID-19 pandemic, population pressures, and climate change . Overall, healthcare education aims to produce a versatile, up-to-date, and resilient workforce that can adapt to evolving healthcare systems and improve health outcomes .

The Essential Components of Health Education

- Schools play a significant role in promoting health, safety, and well-being of students, as well as helping them establish healthy behaviors that will last a lifetime. Research also shows a link between student health outcomes and their academic success (Centers for Disease Control and Prevention [CDC], 2017). Health education provides students with the knowledge and skills necessary to practice healthy behaviors and teaches students how to recognize the influence of responsible decision-making on quality of life. By providing effective health education programming, schools can help students develop health literacy skills so they are able to access information, resources, and services in order to maintain and promote healthy lifestyles. SHAPE America has been one of several leading voices in providing guidance and resources for effective health education

- 1) Policy and environment
- 2) Curriculum
- 3) Appropriate instruction
- 4) Student assessment

Coordinated school health



- World Health Organization. (2011). *Health education*. Retrieved April 19, 2011, from http://www.who.int/topics/health_education/en/
- [Handbook of Research on Instructional Technologies in Health Education and Allied Disciplines](#)
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