

Health Education

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What is health education?

Process which affects changes in the health practices of people and in the knowledge and attitude related to such changes.

OR

Teaching process providing basic knowledge and practice of health, so as to be interpreted into proper health behavior.

Aims of Health education

1. Health promotion and disease prevention.

2. Early diagnosis and management.

3. Utilization of available health services.

Specific objectives of health education

- 1. To make health an asset valued by the community.**
- 2. To increase knowledge of the factors that affect health.**
- 3. To encourage behavior which promotes and maintains health.**
- 4. To enlist support for public health measures, and when necessary, to press for appropriate governmental action.**

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- 5. To encourage appropriate use of health services especially preventive services.**
 - 6. To inform the public about medical advances, their uses and their limitations**

Principles of Health education

- 1- Credibility**
- 2- Interest**
- 3- Participation**
- 4- Motivation**
- 5- Comprehension**
- 6- Reinforcement**
- 7- Learning by doing**

8- Known to unknown

9- Setting an example

10- Good human relations

11- Feedback

12- Leaders

Contents of health education

1. Personal hygiene
2. Proper health habits
3. Nutrition education
4. Personal preventive measures
5. Safety rules
6. Proper use of health services
7. Mental health
8. Sex education
9. Special education (occupation, mothers
.....etc)

Steps in Planning for Health Education

- Collecting information on specific problems of the community
- Identification of the problem
- Deciding on priorities
- Setting goals and measurable objective
- Assessment of resources
- Consideration of possible solutions
- Preparation of action plan
- Implementing the plan
- Monitoring and evaluating the degree of achievement of objective
- Reassessment of the process of planning and evaluation for effective health communication

Thank you

