

Health education

Definition → process affects changes in the health practices of ppl and in knowledge and attitude related to such changes

- Helps ppl achieving health by their **own actions and efforts**
- Combination of learning experiences despite facilitates voluntary adaptation of behaviour
 - Voluntary → educators shouldn't force ppl to do what they don't want
 - Designed → planned and integral rather than incident
- By health education, ppl are able to.:
 - Promote health
 - Maintain health
 - Restore health
- Main aims :(imp)
 - **Health promotion and disease prevention**
 - **Early diagnosis and management**
 - Utilization of available health services
- Intent of health education is → to inform , influence and motivate individuals to take action toward health
- Health communication(can do):
 - ↑ awareness of health issues
 - Illustrate skills
 - Demonstrate a demand for health services
 - Remind of / reinforce know, attitude or behaviour
- **What it can't do**
 - Compensate for lack of health care
 - Produce behaviour change without supportive program components
 - Be equally effective in addressing all issues or relaying all messages
- Components of health education:
 - Human biology
 - Nutrition
 - Hygiene (personal + environmental(domestic and community))
 - Family health (Promotion/ prevention/early diagnosis)
 - Disease prevention and control
 - Mental health
 - Prevention of accidents
 - Uses if health services(availability of health services once needed)
- Approach to health education
 - Regulatory approach → managed prevention
 - Service approach

- Health education approach
- PHC approach
- **3 broad components of HE :**
 - Levels Of HE
 - Methods of HE
 - Activities undertaken in individual methods
- Models of HE :
 - Medical model
 - Motivational model
 - Social intervention model
- Individual approach → sender and receiver
- Group approach → lectures / role play / group discussion / workshop ..
- Mass approach → TV , Radio , newspaper
- Requirements for educators:
 - Personality
 - Efficiency trained
 - Must show good examples
- Adoption of new ideas or practice (AIETA)
- Stages of HE :
 - Sensitization
 - Publicity
 - Education
 - Attitude change :
 - Motivation and action
 - Community transformation(social change)