



Health Education: Broader Perspective

Dr. Vishwambhar Jadhav

Assistant Professor

Department of Physical Education

University of Mumbai

Abstract

The goal of this paper was to highlight the significance of health education in educational institutions, home and societal environment. It encompasses individual health, cleanliness, sex education and so on. It also includes physical, psychological health as well as environmental health. Health education concerns all professionals with an impact on the health of populations, especially social welfare, health care and education professionals. Health education is an integral part of health promotion. The importance of health education has also been recognized as one of the main factors that determine the long-term health policy, which indirectly may be reflected in the reduction of costs in the healthcare. In the recent years, emphasis has been progressively placed on preventive and educational aspects of the healthcare. Environmental health education aims to reduce the impact of risk factors for patients. The importance of adopting a positive education approach with concrete ways of controlling the living environment through health education cannot be over-emphasized. Health education is the main, and at the same time, integral part of complementary health promotion. The main assumption underlying the essence of health education is an assertion that the health of individuals and, consequently, of communities

Keywords: Physical Health, Psychological Health, Environmental Health

Introduction

Background: A blend of learning experiences planned to assist and benefit individuals and communities in improving their physical, psychological and environmental health by enhancing their knowledge or modifying their attitudes is known as health education (WHO).

Health Education: Health education needs to be provided in a pleasurable manner. Health education needs to be designed for individuals or the society at large to gain knowledge, skills, values and attitudes essential for promoting, maintaining, improving and restoring health. In order to provide an effective health education, it is necessary to understand the historical and philosophical foundation as well as the functions of health education in society.

Health education is concerned with educating people about health. It incorporates areas such as environmental health, physical health, social health, emotional health, intellectual health and spiritual health. It can be defined as the principle by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance, or restoration of health. Thus, there are multiple definitions of health education encompassing multiple dimensions. The Joint Committee on Health Education and Advancement Terminology of 2001 defined Health Education as "any combination of planned learning experiences based on sound theories that provide individuals, groups, and communities the opportunity to get data and the skills needed to make quality health decisions." The World Health Organization defined Health Education as "comprise 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."

Psychological Health: Psychological health is our ability to think, feel and behave in a way that allows us to perform effectively in our work environments, our personal lives and in society at large. Proper psychological health involves a normal emotional, behavioral, and social maturity to a person. This means such a person is in a healthy state of mental well-being, one that they can use to function generally in society and during every day events. They have good emotional health, the kind affecting how we feel. They also have good behavioural health, concerning how we act. Finally, they have great social health, the kind that involves our interactions with others.

In other words psychological health was at one point not taken nearly as seriously as it is today. Today, doctors pay more attention to a person's emotions and behaviors as pointers of potential health issues than ever before.

Environmental Health : Environmental health comprises of those aspects of human health, containing quality of life, that are determined by physical, chemical, biological, social, and psychosocial factors in the environment. It also refers to the theory and practice of assessing, correcting, controlling, and preventing those factors in the environment that can actually affect unfavourably the health of present and future generations. To improve the home environment, individuals and households need increased capacity to protect themselves from disease and annoyance, typically through enhanced services, e.g. water, sanitation, waste removal and improved housing.

History of Health Education : The history of organized modern health education is just a few decades old. Nevertheless, the entire field of health education and promotion has been in presence for times in one form or another. Ancient Greeks had massive importance for health education and laid the foundation for it. They were the first people to, at least partially, gain that a person's health was influenced by a person's activities, environment and diet and played a role in diseases. This led to development of ideas related to public health policy, education and the development of skills related to promoting an individual's and a community's health by the Greek. In the US, in terms of a present-day perspective, health education in its modern form started to come into presence around the 1970s, with the creation of the President's Committee on Health Education created by President Richard Nixon. Thereafter, more important developments began to occur, including the creation of a National Center for Health Education in 1975, as well as the creation of the Department of Education and the modern version of the Department of Health and Human Services around 1980. Thus began the true modern era of health education in the U.S.

Philosophy & Function of Health Education : Health education draws knowledge from numerous sources such as including biology, psychology, medicine, ecology and so on. Health education endeavours to cultivate key knowledge and skill sets in individuals, institutions, and communities in order to improve everyone's health knowledge, skills, and attitudes. This

integrated knowledge is then utilized for promoting health, preventing disease and possibly even curing ailments of people. In other words, health education endeavours to positively influence the health behaviours of individuals and the society at large. It also serves to positively affect or educate a person about those features of their work environment and their natural surroundings which are likely to affect their health.

Health Education & School: School is considered to be a very essential arena for health education among children and adolescents. Within the field of health education in school, there are nowadays various methods, models and directions. A typology of different models for health education in schools is accounted for in this paper. The typology is built up partly from the strategy for change—top-down or bottom-up—which is characterized by health education, and partly from the contextual framework— narrow or wide—within which health education is carried on. In this way, four different main types of models can be perceived. (i) Traditional educational models which are categorized by a top-down strategy for change and a narrow contextual framework. These models are mainly practiced in the classroom and the pupils are for the most part passive receivers of information. (ii) Modern educational models which are characterized by a bottom-up strategy for change and a narrow related outline. In these models the pupils take an active part. These models are mainly practiced in the classroom. (iii) Planner models which are characterized by a top-down strategy for change and a wide contextual framework. In these models the entire school, and sometimes also the community outside, is included in health education. The models are often characterized by being health work for, rather than with and by, pupils, even if pupil participation is sometimes focused. (iv) Empowerment models which are characterized by a bottom-up strategy for change and a wide contextual framework. In these models participant- orientation is essential and the school environment and social conditions are considered to be important for health

Role of Health Education at Primary School Level :From the late nineteenth to the mid-twentieth century, the aim of public health was controlling the harm from infectious diseases, which were largely under control by the 1950s. By the mid 1970s it was clear that reducing illness, death, and rising health care costs could best be achieved through a focus on health promotion and disease prevention. At the heart of the new approach was the role of a health educator. A health educator is "a professionally prepared individual who serves in a variety of

roles and is specifically trained to use appropriate educational strategies and methods to facilitate the development of policies, procedures, interventions, and systems conducive to the health of individuals, groups, and communities" (Joint Committee on Terminology, 2001, p. 100). In January 1978 the Role Delineation Project was put into place, in order to define the basic roles and responsibilities for the health educator. The result was a Framework for the Development of Competency-Based Curricula for Entry Level Health Educators (NCHEC, 1985). A second result was a revised version of A Competency-Based Framework for the Professional Development of Certified Health Education Specialists (NCHEC, 1996). These documents outlined the seven areas of responsibilities which are shown below.

National Organizations for Public Health Education :American Public Health Association (APHA) APHA is the main voice for public health advocacy that is the oldest organization of public health since 1872. The American Public Health Association aims to “protect all Americans and their communities from preventable, serious health threats and strives to assure community-based health promotion and disease preventions.” Any individual can become a member and benefit in online access and monthly printed issues of The Nation's Health and the American Journal of Public Health.

Directors of Health Promotion and Education (DHPE) was founded in 1946 as one of the professional groups of the Health Education Profession in India. The main goal of the HEPE is to improve the health education standards in any public health agency and build networking opportunities among all public health professionals as a media to communicate ideas for implementing health programs, and to keep accurate information about the latest health news. The DHPE also focus to increase public awareness of health education and promotion by creating and expanding methods of existing health programs that will improve the quality of health. The Directors of Health Promotion and Education is linked to the Association of State and Territorial Health Officials (ASTHO) to "work on health promotion and disease prevention".

National Commission for Health Education Credentialing (NCHEC): The National Commission for Health Education Credentialing (NCHEC) is that the national accrediting organization for health educators, endorsing the certified and master certified health education specialist (CHES and MCHES, respectively) papers. Several government and personal sector

jobs need that the health professional people have a minimum of the CHES papers as a necessity qualification for work. NCHEC additionally administers the affirmation of approved continued education to take care of these credentials. Each CHES and MCHES are needed to require a minimum of seventy five (75) continued education contact hours (CECH) each five years to be recertified. The supply and administration of the CHES papers represents the most important strategy of NCHEC to satisfy its mission to "improve the follow of health education and to serve the general public and profession of health education by certifying health education specialists, promoting skilled development, and strengthening skilled preparation and follow." NCHEC's quarterly report is "The CHES Bulletin."

In the government, Central Health Education Bureau (CHEB) is that the apex establishment for health education in India. The Bureau was started in 1956.

The Bureau has seven technical divisions specifically, (1) Coaching, (2) media, (3)editorial, (4) health education services, (5) analysis and exploration, (6) field study &demonstration centre, and (7) College health education division. The Bureau conducts a 01 year postgraduate credentials in health education (DHE). Most of the states in India have state health education bureaus that are spotted after the Central.

Health Education Bureau. One amongst the strengths of the health education in India is an elaborate multi tier infrastructure of functionaries within the government and nongovernmental sector. A well trained hands in health education is found. Hiramani&Sharma found that the majority health educators were either graduates or post graduates with over two thirds ($\frac{2}{3}$)having been trained in health education. Another strength of the health education in India is its sturdy stress on data dissemination.

Health Education Career Opportunities: The terms Public Health Educator, Community Health Educator or Health Educator are all used interchangeable to describe an individual who plans implements and evaluates health education and promotion programs. These individuals play a crucial role in many organizations in various settings to improve our nation's health. Just as a Community health educator works work toward population health, a school Health educator

generally teaches in our Schools. A community health educator is typically focused on their immediate community striving to serve the public.

Health Care Settings: These include hospitals (for-profit and public), medical care clinics, home health agencies, HMOs and PPOs. Here, a health educator teaches employees how to be healthy. Patient education positions are far and few between because insurance companies do not cover the costs.

School Health Education: involves all strategies, activities, and services offered by, in, or in association with schools that are designed to promote students' physical, emotional, and social development. School health involves teaching students about health and health related behaviors. Curriculum and programs are based on the school's expectations and health.

Higher Education: typically two types of positions health educators hold including academic, or faculty or health educator in a student health service or wellness center. As a faculty member, the health educator typically has three major responsibilities: teaching, community and professional service, and scholarly research. As a health educator in a university health service or wellness center, the major responsibility is to plan, implement, and evaluate health promotion and education programs for program participants.

Health Education / Health Promotion: Health promotion is the process of enabling people to increase control over and to improve their health. It moves beyond a focus on individual behavior towards a wide range of social and environmental interventions. (Source: WHO) At colleges and universities, health promotion serves the core mission of higher education by supporting students and creating healthy learning environments.

Health Risks Of Obesity: Obesity is one of the most important avoidable diseases in developed countries, and is speedily emerging in the developing world. The incidence of obesity is rising in both industrialized nations and those undergoing alterations in diet and activity pattern as a result of adoption of the Western culture.

Health Risks of Obesity: Obesity has major undesirable medical consequences mostly due to its health risks and association with hypertension and non-insulin dependent diabetes. Obesity can

be classified using the Body Mass Index (BMI) defined as weight in kilogrammes divided by the square of the height in metres.

Social and Psychological Problems: There are several social and psychological problems of obesity. An obese person may be a source of embarrassment to him/herself and him/her male partner. S/he eats more to console him/herself, and gets more obese, and also becomes irritable and anti-social. It is difficult for the obese person to get clothes that will be his/her size. S/he also finds it difficult to take part in recreational activities and may get depressed and have a low self-esteem.

Conclusion: Health Education is a very extensive perspective. It has its own significance and aims and objectives which are very important in today's context. WHO has also taken a one step ahead in this regard. Health Education mainly dealt with in schools, colleges, corporate, families, society, NGO's etc. Every country and state is fighting with illnesses, calamities and disasters and have their own master plan towards health education. Prevention of obesity is thus cost effective, and should begin early by encouraging a lifestyle of healthy patterns of exercise and diet. For healthy life, exercises are very important. Health education awareness plays a vital role in society.

References:

Donatelle, R. (2009). Promoting Healthy Behavior Change. *Health: The basics*. (pp. 4). 8th edition. San Francisco, CA: Pearson Education, Inc.

Health Education and Health Promotion. *Planning, Implementing, & Evaluating Health Promotion Programs*. (pp. 3-4). 5th edition. San Francisco, CA: Pearson Education, Inc.

Health/sanitation-and-

hygiene/swachhta_abhiyaan_guidelines/introduction.www.ncbi.nlm.nih.gov/pmc/articles/PMC4111009/

Himes C.L. Obesity, Disease, and functional limitation in later life. *Demography*. 2000 Feb;37(1):73–82. [[PubMed](#)] [[Google Scholar](#)]

McKenzie, J., Neiger, B., Thackeray, R. (2009). Health education can also be seen as preventive medicine (Marcus 2012).

wikipedia.org/wiki/Health_education.