

HEALTH EDUCATION
YEAR 2
LECTURE 1

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CLASS OBJECTIVES

By the end of the course you should be able to:

- Define health, wellness, health promotion and health education
- Discuss determinants of health
- Review the components of health
- Discuss components of health education

DEFINITION OF HEALTH

1947 Definition (WHO):

- Health is a state of complete physical, mental and social wellbeing and not merely the absence of diseases of infirmity.

DEFINITION OF HEALTH

Cont.

1986 WHO expanded the definition to include:

- Health is not possible without peace, shelter, education, food, income, a healthy and sustainable physical environment, social justice and equity.

HEALTH PROMOTION

WHO definition:

- The process of enabling people to increase control over the determinants of health and thereby improve their health.
- Determinants of health are those factors that make us more (or less) healthy.

DETERMINANTS OF HEALTH

- The social and economic environment
- The physical environment
- The person's individual characteristics and behaviors.

EXAMPLES OF SOCIAL AND ECONOMIC ENVIRONMENT DETERMINANTS

- Job opportunities
- Quality of schools
- Transportation
- Poverty
- Exposure to crime and violence
- Social support and social interaction

EXAMPLES OF PHYSICAL DETERMINANTS

- The natural environment which includes plants, weather, or climate change
- Buildings or transportation
- Worksites, schools, and recreational settings
- Housing, homes, and neighborhoods
- Exposure to toxic substances
- Physical barriers, especially for people with disabilities

EXAMPLES OF INDIVIDUAL BEHAVIOR DETERMINANTS OF HEALTH

- Diet
- Physical activity
- Alcohol, cigarette, and other drug use
- Hand washing

DEFINITION OF HEALTH EDUCATION

WHO definition:

- Any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes.

DEFINITION OF WELLNESS

According to the National Wellness Institute:

- Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.
- Wellness is broken into six major categories
- To be healthy, you must take care of all the six components

THE SIX COMPONENTS OF HEALTH

- Physical
- Social
- Environmental
- Emotional
- Spiritual
- Intellectual/Mental

PHYSICAL HEALTH

- Eating right
- Exercise
- Maintaining healthy weight
- Avoiding drugs and alcohol
- Being free of disease and sickness

SOCIAL HEALTH

- It is the quality of relationship with:
 - Friends
 - Family
 - Teachers

ENVIRONMENTAL HEALTH

- Clean air
- Clean water
- Safe food
- Clean and safe land around you

EMOTIONAL HEALTH

Healthy people are able to:

- Be aware of their emotions
- Process their emotions
- Be sensitive of other peoples' emotions
- Be self-empowered
- Be in healthy relationships

SPIRITUAL HEALTH

Includes living according to ones:

- Ethics
- Morals
- Values

INTERLECTUAL/MENTAL HEALTH

- The ability to recognize reality
- The ability to cope with the daily demands of life
- Cherishing mental growth and stimulation
- Involvement in intellectual and cultural activities
- Engagement in the exploration of new ideas and understandings

THREE COMPONENTS OF HEALTH EDUCATION

- 1. Health promotion
- 2. Prevention of diseases
- 3. Rehabilitation

HEALTH PROMOTION

- Eating habits
- Sexual behavior
- Alcohol drinking habits
- Drugs habits
- Other types of lifestyles such as exercises/recreations.

PREVENTION OF DISEASES

Primary prevention, e.g.:

- Immunizations
- Health lifestyle education

Secondary prevention, e.g.:

- Regular medical screening
- Diet and exercise

REHABILITATION

Tertiary prevention, e.g.:

- Rehabilitation
- Support groups

QUESTIONS??



REFERENCES

- World Health organization website
- Fertman, C. I., Allensworth, D. D., (SOPHE), S.F.P.H. E. (2010-04-05). *Health Promotion Programs: From Theory to Practice, 1st Edition.*