

UNIVERSITY OF NAIROBI
SCHOOL OF PUBLIC HEALTH
MBCbB Level V 2019/2020: Health Education Course Outline

	Topic/Content	Lecturer
Session 1	Overview of Health & Health Education <ul style="list-style-type: none"> • General terminology • Social Determinants of Health • Health Education Goals, Approaches and Principles • Stages in the adoption of new ideas and practices 	Dr. Nyawade
Session 2	Models and Theories of Health Behavior <ul style="list-style-type: none"> • Key terminology • Types of theories/models • Examples: <ul style="list-style-type: none"> – Socio-ecological model, – Health Belief Model and – Trans-theoretical Model (Stages of Change Theory) 	
Session 3	The Health Education Process <ul style="list-style-type: none"> • Steps in the Health Education process <ul style="list-style-type: none"> – Assessing learning needs – Developing learning objectives – Planning and implementation – Evaluation – Documentation • Community Health Assessment 	
Session 4	Settings Health Education & Promotion <ul style="list-style-type: none"> • Review of settings Health Promotion • School Health <ul style="list-style-type: none"> – Review of settings Health Promotion – Importance of school health and the role of Health Education – Concept of Health Promoting Schools – Key health stakeholders in the school setting 	
Session 5	Communication <ul style="list-style-type: none"> • Types of communication • Barriers to effective communication • Effective communication strategies • Behavior change communication (BCC) process 	
Session 6	Revision	

Prepared by: Dr. Nyawade **Date:**

Approved by: Prof. Mwanthi **Date:**

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