

Editor's Desk



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Health education is a social science that draws from the biological, environmental, psychological, physical and medical sciences to promote health, wellbeing, and prevent disease, disability and premature death through education-driven voluntary behaviour change activities.

Health education is a profession of educating people about health and this encompasses environmental health, physical health, social health, emotional health, intellectual health, and spiritual health, as well as sexual and reproductive health.

The World Health Organization (WHO) defined Health Education as consisting of "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

Non-maleficence, beneficence, health maximisation, efficiency, respect for autonomy, justice, proportionality are the 7 principles of health promotion.

Movement, nutrition, sleep, stress management and social connection are five pillars of balanced health.

A good quality education is the foundation of health and well-being. To lead healthy and productive lives, people need knowledge to prevent sickness and disease. For children and adolescents need to be well nourished and healthy to learn. The attainment of higher levels of education among mothers improves children's nutrition and vaccination rates, while reducing preventable child deaths, maternal mortality and HIV as per Statistics from UNESCO's Global Education Monitoring Report.

Education is a catalyst for development and a health intervention in its own right. The 2015 Incheon Declaration confirms that education develops the skills, values and attitudes that enable citizens to lead healthy and fulfilled lives, make informed decisions, and respond to local and global challenges.

Health education focuses on prevention, increasing health equity, and decreasing negative health outcomes such as availability and accessibility of health services, benefiting people of all ages and all walks of life.

The ultimate goal of health education is to promote, maintain and improve individuals' and community health. Health education is aimed at reducing morbidity and mortality due to preventable health problems. Persuasion, proper follow up and informed decision-making are important types of health education approaches.



The Medical **Bulletin**

Health education builds people's knowledge, skills, and positive attitudes about health.

1. **A broad and positive health concept;**
2. **Participation and involvement;**
3. **Action and action competence;**
- (4) **A settings perspective and**
- (5) **Equity in health**, are principles of health education.

To develop the health attitudes.

- To eradicate the disease through health drive programmes.
- To provide a healthful environment for physical and mental growth.
- To improve the general conditions of living in the community.

To instruct the children and youth so as to conserve and improve their own health. are objectives of health education.

Clinic programs: Explaining about various illnesses by communicating orally, by giving hand bills in the regional language, describing what happens during a procedure and about radio, chemo therapy are some of the examples of health education to patients.

- Health care providers should spend sometime in health education to educate the public, school teachers, students, and paramedical workers. This would help in promoting screening, and awareness, about communicable and noncommunicable diseases. This would also help in promoting well-being, disease prevention, vaccination diagnosis, management of disease, rehabilitation, prevention of complications, disability, and premature deaths.
- Health education programs help empower individuals and communities to live healthier lives.

Let us all promote, involve in active health education.

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