EDUCATING THE FILIPINO YOUTH ABOUT SMOKING THROUGH HEALTH EDUCATION

by

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Indeed, health has always been one of the major concerns in most countries, especially those that are conducting different researches and studies to improve the quality of life, also to uplift its economic status that is profitable to the entire community.

Being healthy is clearly one of the most important objectives of human beings in able to work for themselves and survive for living. However, people are really active into different habits that can harm them and one best example of those is smoking - the inhalation of the smoke of burning tobacco encased in cigarettes, pipes, and cigars.

According to a report by the Global Youth Tobacco Survey (GYTS) 2005-2014 report of the World Health Organization (WHO), more than one in every eight Filipino aged 13–15 years old have been found to be puffing tobacco products, and this makes the Philippines rank 15th among the highest out of the 22 countries subjected to the GYTS.

As a solution to this, youths specifically students of today are given the awareness about the consequences of smoking in health education. As defined by WHO, health education is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes.

In fact, there are different things to be done by youth to divert their attention from smoking - enjoy the beauty of our mother nature, do recreational or physical activities with their families to sustain a good body condition and to keep their bond stronger, read motivational and inspirational books, join group of young men and women whose will is to serve God, etc. Actually, they have different options, and it is just up to them if they
will grab the opportunities because these activities will not only give them satisfaction, but will make their lives a meaningful one.

Through educating the youth about the concepts and significance of health, they will notice the harm of getting used to this bad habit. They will undergo into deep realization on how smoking can ruin their future in getting their respective jobs, as well as in achieving their goals and plans in life. Obviously, education is really the best way to mold the wholeness of an individual as it provides the knowledge that needed to be learned.

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