STRENGTHENING HEALTH EDUCATION IN SCHOOLS AND COMMUNITY

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As stated by the World Health Organization, Health education is any combination of learning experiences designed to help individuals and communities improve and develop their health, by increasing their knowledge or influencing their attitudes and behaviors. Health education developed as a discipline and function within public health systems most especially in schools whether public or private institutions because this is where most of the people especially children spent most of their time. That is why, it is imperative for the health organizations to orient and share their ideas to strengthen the health education in schools.

Since everyone are keenly interested in the basic academic education which is the reading, writing, and arithmetic and also looking for some special science or advanced curriculum they are not nearly aware in finding out about the other learning that goes on in the classroom. That is why having comprehensive health education learning area is an important part of the curriculum made by DepEd. Starting in kindergarten and continuing through their collegiate level, Health Education is present. It provides an introduction to the human body and to factors that prevent illness and promote or damage health. The goal of this education is not only to increase child's health knowledge and to create positive attitudes toward his own well-being but also to promote healthy behavior.

Having a comprehensive curriculum about Health Education will not guarantee that a school has provided health awareness properly. Another way is to coordinate with the Health Organization specialists to orient not just the teachers and students but also the parents. That is
why it is important to include Health Programs in school plans to strengthen everyone’s awareness in Health Education. Health education programs in schools are most effective if parents are involved. Parents can complement and reinforce what children are learning in school during conversations and activities at home. Many parents feel ill-equipped to talk to their child about puberty, reproduction, sex, and sexually transmitted diseases. That is why including them in orientation is a big help to build up Health Education in schools.

Nowadays, we experience changes in this world that result to good and bad effects in our lives most especially to our health, it is really important for us to be fully-aware on health-related problems and how to get rid of it. But if we continue informing children in schools, motivating the community and guiding as a leader and parent on Health Education, it will lessen the apprehension of anyone.

Reference:
