THE ESSENTIALS OF HEALTH EDUCATION

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Health is wealth. This is an old saying proven true up to this day and age. Taking care of our health means more than just the hearsays but requires learning that uses the correct method called education.

World Health Organization defines health education as, “a combination of learning experiences designed to help individuals and communities to improve their health, by increasing their knowledge and influencing their attitudes. Its purpose is to positively influence the health behavior of individuals and communities as well as the living and working conditions that influence their health. It improves the health status of individuals, families, communities, states, and the nation.”

For our students, it enables them to develop the knowledge, values helping them to live life in full. Here are some of the advantages of health education for our students. It encourages them to:

• Understand the attitudes and values that impact on well-being such as respect, care and concern for others, and social justice.

• Support the well-being of others

• Contribute meaningfully and responsibly to the well-being of communities

• Manage their own well-being and make health-enhancing choices.
Making our students aware of health education creates an awareness of the human body, and learn about the factors that prevent illness and promote or damage health. This will increase their health knowledge and create a positive attitude on their own well-being and will promote a healthy behavior, thus, ensuring them of a healthy future.

References:

Health Education. www.who.int

Why study health education? www.seniorssecondary.tki.org.nz