

## MEANING OF HEALTH EDUCATION

Health Education: It can be defined as the process through which one acquires health knowledge which is necessary for maintaining a healthful living.

Health: According to the World Health Organization (W.H.O.), health is the state of complete physical, mental and social well-being of a person, not merely the absence of diseases and infirmity.



### Qualities of good health

1. Freedom from Diseases
2. Freedom from correctable physical defect
3. Normal system and body function
4. Health of mind and body
5. Desirable health practice, immunization, adequate diet, rest, sleep and recreation
6. Freedom from drugs
7. Medical and dental case.

## **AIMS AND OBJECTIVES OF HEALTH EDUCATION**

1. Promote mental and emotional health.
2. Lay down health standards.
3. Promote physical development.
4. Create awareness about health in the people.
5. Impart knowledge about prevention of diseases.
6. Develop in the children healthy attitude towards life.
7. Promote cooperation between home, school and community so as to secure health and find solution to the health related problems.
8. Develop good health habits.
9. Alert children regarding drawbacks of intoxicants and alcoholic drugs.

10. Educate children regarding health related principles.
11. Inspire the children to be responsible and cooperative.
12. Enable them to realize the drawbacks of large families.
13. Make the children understand the importance of healthy body and healthy mind.

### **Importance of Health Education**

1. It helps to acquire and practice desirable health habit leading to total health.
2. It gives awareness of communicable diseases, mode of transmission, prevention and care.
3. It provides knowledge of basic first aids and injury management.
4. It teaches safety precaution, accident prevents and acting during emergency.
5. It provides information about family life.
6. It provides information about sexually transmitted diseases.
7. It provides information on drug abuse and misuse etc.
8. It teaches home economics and personal cleanliness.

### **Scope or Areas of Health Education**

1. Safety and first aid
2. Drug education
3. Community health
4. Consumer health
5. Disease (communicable and Non communicable)
6. Environmental health
7. Sex education
8. Food and nutrition
9. Personal health
10. Family planning.