

Advancing Concepts of Health Education

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Received date: August 02, 2021; Accepted date: August 17, 2021; Published date: August 24, 2021

Citation: Patton N (2021) Advancing Concepts of Health Education. J Health Commun Vol.6 No.S4:e001.

Description

Health education is the process of teaching people how to behave in a conducive manner in order to promote and maintain a healthy lifestyle. There are multiple types of health education, such as physical education, nutrition, and health promotion.

Health education draws from various disciplines such as biological sciences, environmental sciences, psychological sciences, physical sciences, and medical sciences. It aims to improve the knowledge and attitudes of individuals and communities about their health. Health education is a strategy utilized for implementing disease prevention and health promotion programs. It provides individuals with information and tools to improve their health. Education is a powerful tool for social development and health intervention. It can improve the quality of life for all citizens.

A school is a place where people can live, work, and learn in a healthy manner. It is a place where all the efforts are made to make the school a healthy place. This program aims to provide a healthy environment for students and school personnel, promote healthy eating habits and exercise, and support staff members in developing a healthy work environment. It also aims to improve the mental health of individuals and promote social support and intervention programs for all.

Through the effective delivery of health education, schools can help minimize the risks of adolescent health. This content and skills are taught in various courses and programs. A coordinated school health program is a multi-sectoral enterprise that works together to improve the health of students. This program coordinates various programs and services that are provided to help prevent disease and promote academic

success. A good education is the foundation of good health. It can help people lead productive lives and prevent sickness and disease.

Health education is a vital part of a person's overall health status. It can improve their quality of life and reduce their risk of experiencing various health issues. Others specialize in health education. Some people work with individuals who consider their primary responsibility to be in the field of health education. Not having the necessary expertise and knowledge to effectively perform their duties as health professionals is a limiting factor for them and their clients.

Health education is a specialty that requires extensive study. There are over 250 universities and colleges in the US that offer undergraduate and graduate degrees in health education. CHES is a set of competencies that describe the various aspects of a health education program or institution. These include program planning, evaluation, outreach, and service coordination. Health educators promote and implement coordinated school health programs. They teach health as a subject and develop educational materials and programs.

Working on a college/university campus, health educators are part of a team working to create an environment in which students feel empowered to make healthy choices and create a caring community. They identify needs; advocate and do community organizing; teach whole courses or individual classes; develop mass media campaigns; and train peer educators, counselors, and/or advocates. They address issues related to disease prevention; consumer, environmental, emotional, sexual health; first aid, safety and disaster preparedness; substance abuse prevention; human growth and development; and nutrition and eating issues. They may manage grants and conduct research.