



Tishk
International University

Faculty of Nursing

Nursing Department

Health Promotion

4th Year

Dr. Sangar M. AHMED

E. mail: sangar.ahmed@tiu.edu.iq

@Dr.Sangarjaff

Health Education

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Topic . No.3

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After completion the lecture the students enable to:

- Explain the concept of health.
- Define health education.
- Describe objectives of health education.
- Principles of health education.
- Educational methods



World Health
Organization

Health, according to the World Health Organization, is **"a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity."**

(WHO, 1978).

Physical health ; refers to anatomical integrity and physiological functioning of the body.

To say a person is physically healthy:

1. All the body parts should be there.
2. All of them are in their natural place and position.
3. None of them has any pathology.
4. All of them are doing their physiological functions properly.
5. And they work with each other harmoniously.

Mental health ; ability to learn and think clearly.

A person with good mental health is **able to handle day-to-day events and obstacles, work towards important goals, and function effectively in society.**

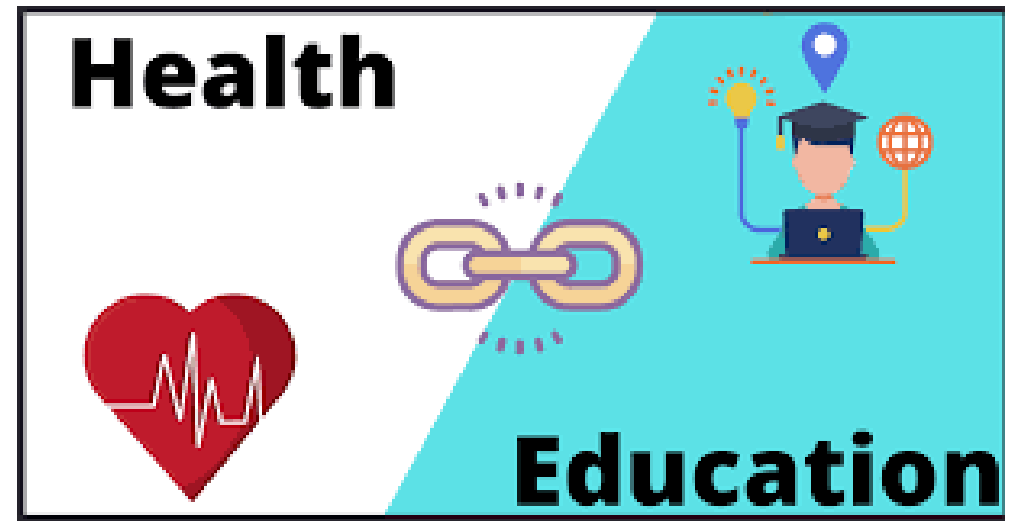


Social health ability to make and maintain acceptable interactions with other people.



Health education is a profession of educating people about health. Areas within this profession encompass environmental health, physical health, social health, emotional health, intellectual health, and spiritual health, as well as sexual and reproductive health education

Health education can be defined as the principle by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance, or restoration of health.





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

Approach In Health Education

1. Regulatory Approach(Managed Prevention)
2. Service Approach
3. Educational Approach
4. Primary health care Approach

Aims of Health Education

1. Motivating people to adopt health-promoting behaviors by providing appropriate knowledge and helping to develop positive attitude.
2. Helping people to make decisions about their health and acquire the necessary confidence and skills to put their decisions into practice.

Principles of Health Education

1. All health education should be need based.
2. Health education aims at change of behavior.
3. It is necessary to have a free flow of communication
4. Health Education is based on scientific findings and current knowledge.
5. The health educators have to make themselves acceptable
6. The health educator should use terms that can be immediately understood.

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Basically health education helps people to make wise **choices** about their **health** and the **quality** of life of their community.

To do this, **accurate information** must be presented in an **understandable way** using **different methods**.

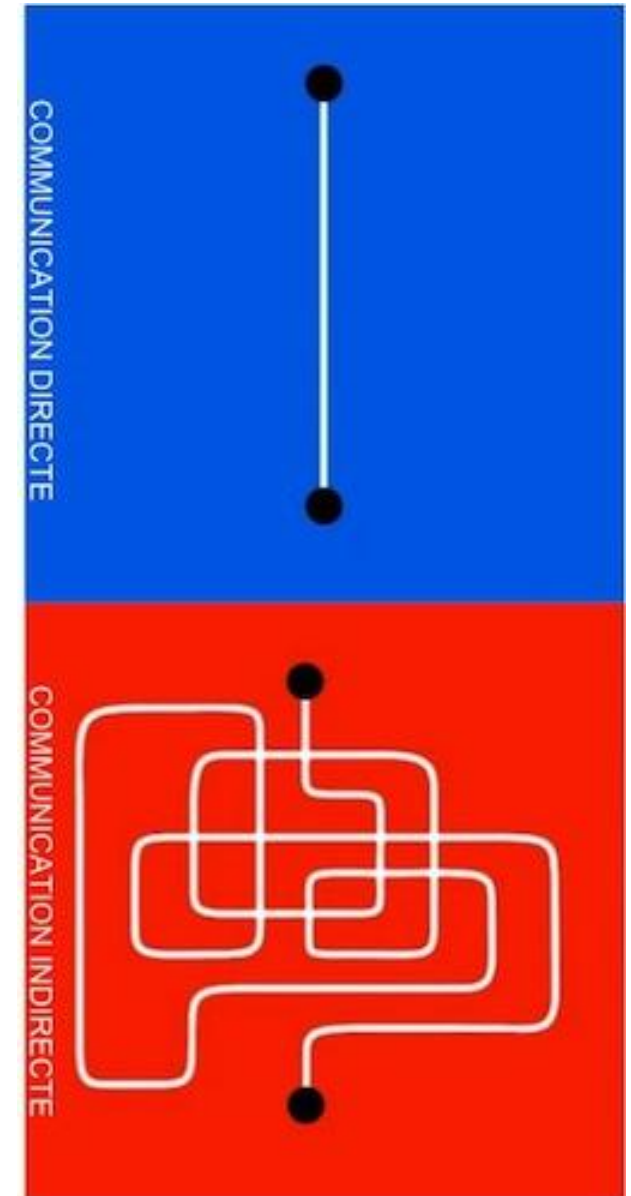
Ways to put across health messages:

1. Direct :

Interpersonal (Individual and groups).

2. Indirect

Mass media and visual aids.



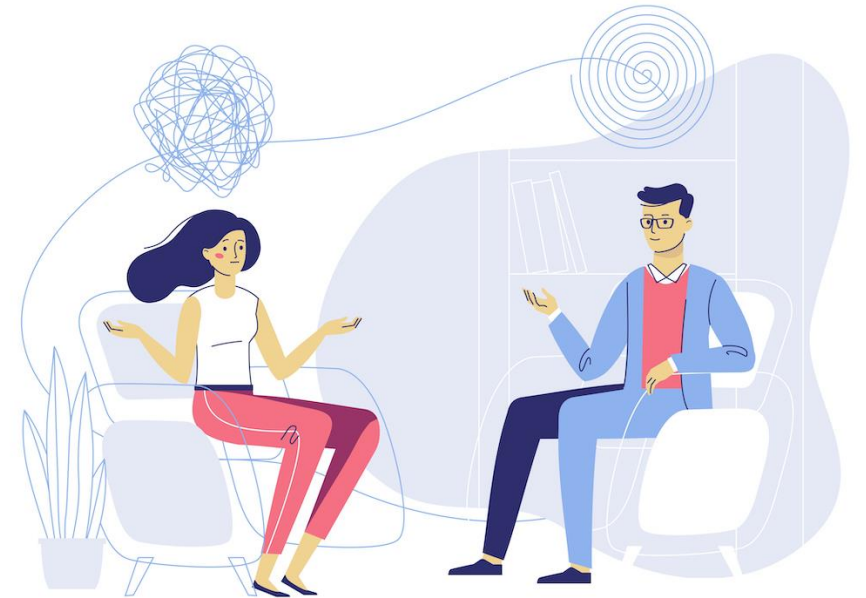
Educational methods

- 1. Individual educational methods – Counseling**
- 2. Group Educational Methods**



1. Individual educational methods – Counseling

Counseling is a person-to-person communication in which one person is helped by another to increase his understanding, ability and confidence to find solutions to his own problems.



Purposes of counseling

- To help individuals increase knowledge of self
- To encourage individuals or families to think about their problems and understand the causes.
- Help people commit themselves to take action on their own will to solve the problems.
- Help individuals to choose, but not forcing them to do so.

Principles in counseling

1. Counseling requires establishing good relationship between the counselor and the client
2. Counselors should assist people identify their own problems.
3. Counselors develop empathy
4. Counselors should never try to persuade people to accept their advice

2. Group Educational Methods

A group could be defined as a gathering of two or more people who have a common interest.

Example of groups often found in a community:

1. Family
2. Health committee
3. People working at the same factory, business, or agency
4. A class of school children
5. A farmers' cooperative

2. Group Educational Methods

There are two main types of group:

1. Formal groups

Groups that are well organized with some rules and regulations

E.g. Women's Associations

2. Informal groups

Groups that are not well organized

E.g. People attending market on a particular day

Common Methods Used for Group Education

1. Group discussions
2. Meetings
3. Clubs
4. Demonstrations
5. Songs
6. Stories
7. Proverbs
8. Drama



PROJECT-BASED LEARNING



TEACHER-CENTERED



MONTESSORI



INQUIRY-BASED LEARNING



FLIPPED CLASSROOM



COOPERATIVE LEARNING



STUDENT-CENTERED
CONSTRUCTIVIST APPROACH



PERSONALIZED EDUCATION

