

A Consideration of Health Education

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A Consideration of Health Education

- **New concepts:**

Bad habits are causes of chronic diseases.

Health is “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity” .

Change bad habits to improve healthy condition.

- **Traditional views:**

Health education mainly focuses on popularizing hygiene.

Living habit is confined within hygiene and diet.

Healthy problems merely concern with physical diseases.

It is the doctor’s responsibility to tackle healthy problems.

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A Consideration of Health Education

- Why is health education needed?
- What does health education offer?
- How to conduct health education?

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Why is Health Education Needed?

- **Health is “a state of complete physical, mental, and social well-being”.**

The absence of physical disease does not guarantee one’s health. Health means more whether one can live with a positive attitude when s/he suffers from illness for a long time or the whole life.

Everyone is entitled to planning his/her health programs, as health is the presentation of individual perception, the attitude towards life, and a process of achieving a higher level of understanding by improving individual ability.

Being unhealthy, or morbidity is on the opposite side of being healthy. Physical illness is only one kind of morbidity, some of which can be cured, but it does not mean that freeing from illness equals no morbidity. Health coexists with morbidity.

Life is a process of keeping balance between health and morbidity.

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Why is Health Education Needed?

- **Behavior can be improved through learning.**

Behavior can be learnt.

As the precondition of awareness and learning, guidance refers to offering a new perspective to individuals.

Repeated guidance may arouse individual attention to this perspective, and then generate awareness. Behaviors can also be promoted accordingly, which make it possible to change habits. This guidance is the main purpose of education.

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Why is Health Education Needed?

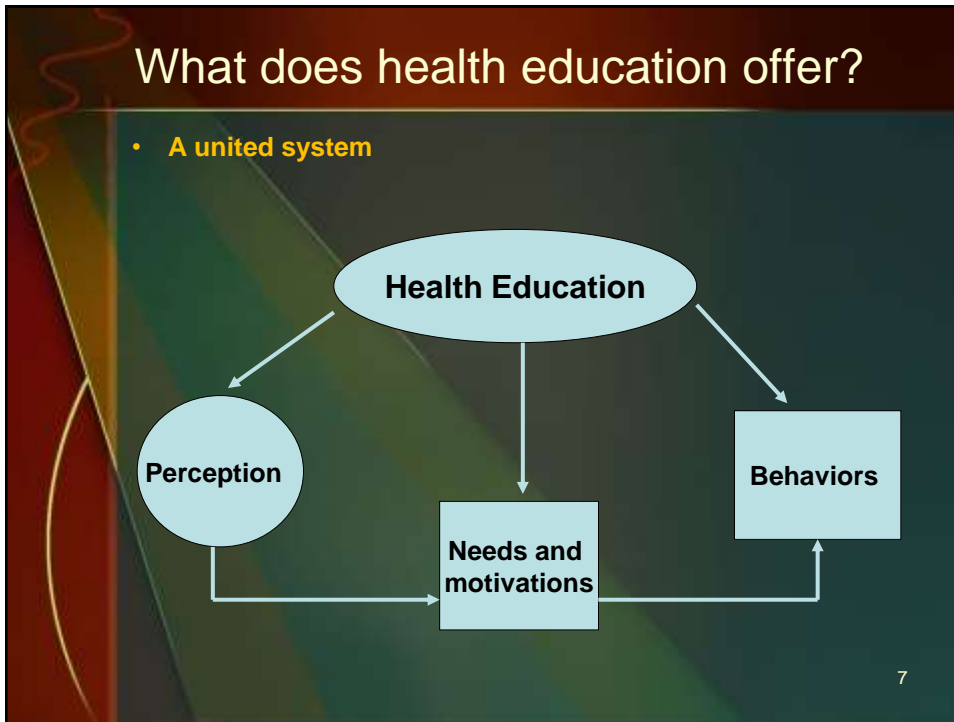
- **Confidence can be encouraged and developed.**

A new behavior needs to be strengthened time and again before it develops into a habit.

Confidence plays a positive and vital role in realizing fatigue, overcoming laziness and pursuing a healthy state for individuals.

Health education may help people who are confident enough to get rid of their bad habits.

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What does Health Education Offer?

- **Correct perception**

Take people transferring from rural to urban areas for example:

Traditional views	Modern views
Health is free from disease.	Health is “a state of complete physical, mental, and social well-being” .
Diseases are induced merely by bacteria or virus .	Diseases are also caused by pressure and behavioral habits in life.
Doctors are responsible for healthy problems.	Every one enjoys the right to keeping healthy, and is responsible for his/her own and public health condition.
Others: Good nutrition means having animal food; nutrition goes together with financial situation.	Good nutrition means a balanced diet, and it's independent from financial situation to some extent.

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What does Health Education Offer?

- **Analysis on behaviors**

Dietary habits of people transferring from rural to urban areas:

Behaviors after improving living standard	Behavior analysis
More intake of animal food	Influenced by traditional view: pursuing nutrition is luxurious; animal food is more nutritious than other food
More waste of food	An expression of ample life
Overeating	A sense of satisfaction of various foods; A rebound of being short of food in hard times
Insufficient intake of milk	Traditional dietary habits
Insufficient intake of vegetables and fruits	Farmers' traditional living habits

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What does Health Education Offer?

- **Guidance on needs**

Analysis on behavior makes it available to know individual needs; guidance on needs is the forming process of individual awareness and motivation of changing behaviors.

Take overeating for example:

Behavior	Individual needs	Guidance	Awareness	Motivation
Overeating	A sense of satisfaction of various foods;	Overeating is harmful to health; it damages image and has a negative effect on others.	Overeating is harmful to health, and a display of low moral quality.	Abandon unhealthy dietary habits, and enhance individual image.

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What does Health Education Offer?

Build up confidence after motivation has been identified. Constant encouragement and guidance are also needed to change bad habits.

Motivation	Promote motivation (confidence-building and encouragement)	Develop good habits
Be determined to change overeating habit.	Overeating does not guarantee nutrition; both over or deficient intake are harmful to health. Moderate diet keeps organs in good condition; it helps stay in good shape and build up individual confidence.	Be persistent before it comes into a good habit.

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How to Conduct Health Education?

- **Setting up a faculty team with diversified discipline backgrounds.**

It is quite difficult to quantify factors out of habits which have a negative impact on health. Therefore, a faculty team with diversified discipline background, such as hygiene, sociology, psychology, pedagogy and economics, is in great need.

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How to Conduct Health Education?

- **Identifying objectives and contents to meet different needs.**

Changing habits is a realization of individual dream, rather than obeying a rule. The objectives of education should be adjusted according to individual needs.

Divide people into groups according to their age, gender, work and living conditions, then pick up suitable objectives and identify contents of education based on their common needs.

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How to Conduct Health Education?

- **Working out approaches based on guidance and encouragement.**

Helping receivers realize the significance of good habits, and offering guidance to their bad ones. This strengthens their confidence in an accepted way.

Promotion of standard behaviors should be avoided as it adds difficulty in practicing and discouraging individual confidence.

What is more important than encouraging confidence is to spread the message of health. Once a receiver gets encouragement, s/he is willing to pass it to people around. That is another objective of health education.

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Conclusion

Everyone enjoys the right and freedom to pursue health. The overall objectives of education are to rectify stereotyped perceptions, offer guidance on healthy needs, encourage healthy behaviors and abandon bad habits.

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Enjoy Your Health!