



Health Education

Prof.

Ahmed El-Olemy

**Professor of Public Health and Community Medicine and
Consultant of Complementary and Alternative Medicine**

Definition:

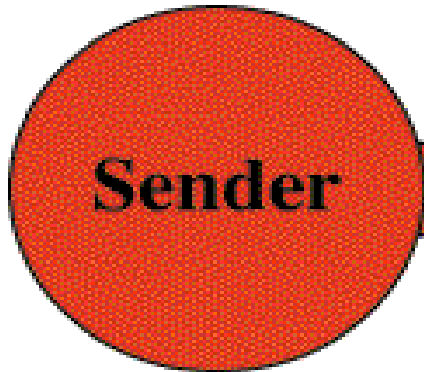
- HE is any combination of learning experiences designed to **predispose, enable and reinforce** voluntary adaptations of individual or collective behavior conducive to health.
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Definition:

- HE is a process that **informs, motives and helps** people to **adopt and maintain** healthy practices and lifestyle and **advocates** environmental changes as needed to facilitate this goal and **conducts** professional training to the same end.
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Objectives:

- 1. Informing people.**
 - 2. Motivating people.**
 - 3. Guiding into action.**
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Components of health education

- **Educator:** has especial purpose needed to achieve.
 - **Recipient:** either individual or group of individuals.
 - **Message:** the idea or information prepared in special method.
 - **Channel** used by the educator. It differs according to the message and its contents.
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Stages:

- 1. Stage of awareness.**
 - 2. Stage of interest.**
 - 3. Stage of evaluation.**
 - 4. Stage of trial.**
 - 5. Stage of adoption.**
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Stages of behavioral change

ما قبل المعرفة

Pre-contemplation

مرحلة المعرفة

Contemplation

التهيؤ

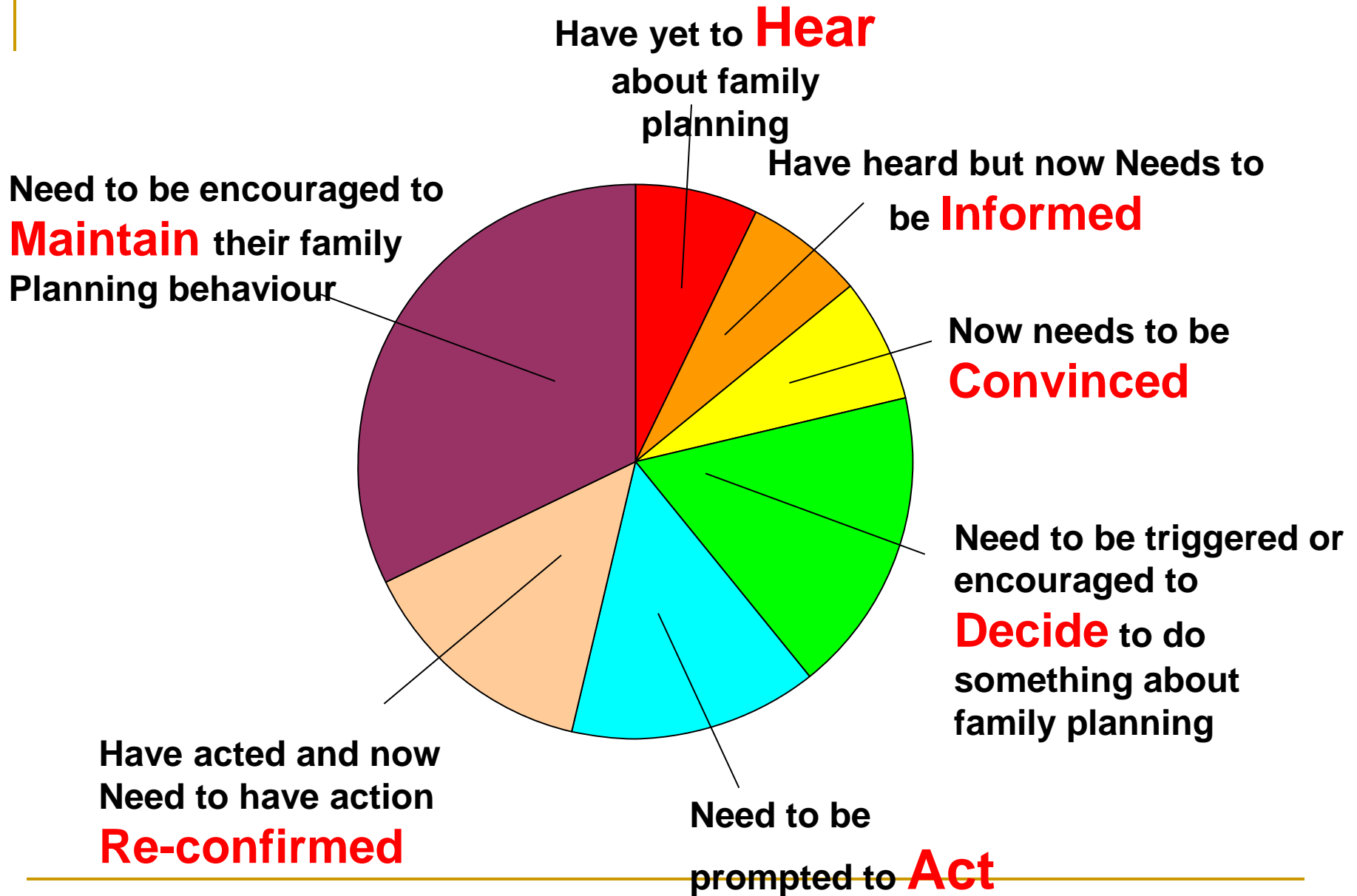
Preparation

الفعل والتنفيذ

Action

تأكيد استمرارية الفعل

Maintenance



Different patterns as applied to Family planning

Methods of health education:

1. **Methods of giving information.**
2. **Methods of conversation.**
3. **Methods of confidence.**
4. **Methods of learning and training.**

Methods of giving information :

- Radio.
- TV.
- Telephone.
- E-mail
- Lectures.
- Newspaper.
- Posters.
- Books.
- Booklets.
- Social media

Methods of **conversation**:

- **Individual meeting.**
 - **Counseling.**
 - **Role playing.**
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Methods of confidence :

- **Counseling.**
- **Discussion in group.**
- **Role playing.**

Methods of **learning** and **training**:

- **Models.**
- **Learning by doing.**

Methods of health education:

- **Direct methods:**
 - **Face to face method.**
 - **Community organization.**
- **Indirect method:**
 - **Mass media.**

...the, but on the other hand, it is a very important part of the communication process. The teacher's role is to provide a safe and supportive environment for the student to express their thoughts and feelings. This is often done through the use of open-ended questions and active listening. The teacher should also be aware of the student's body language and facial expressions, as these can provide valuable information about the student's state of mind. In addition, the teacher should be sensitive to the student's cultural background and individual needs. This is especially important when working with students from diverse backgrounds, as there may be differences in communication styles and expectations. Finally, the teacher should be a good role model, demonstrating effective communication skills and a positive attitude towards learning and growth.



Figure 14. Block to communication



Figure 144. *Facilitas communicationis*

Before planning a health education program we must do:

- **Social diagnosis.**
- **Epidemiological diagnosis.**
- **Behavioral diagnosis.**
- **Educational diagnosis.**
- **Administrative diagnosis.**

This is called **PRECEDE** model

Predisposing, Reinforcing and Enabling Constructs in Educational Diagnosis and Evaluation.

PROCEED model

**Policy, Regulatory and Organizational
Constructs in Educational and
Environmental Development.**

Factors affecting behavior change:

Leading factors

Knowledge.
Attitude.
Behavior.
Beliefs
Ethics
Habits
Self confidence

Motivating factors

Available resources
Accessibility to services.
Skilled health worker.
Policies, laws and
regulations

Supporting factors

Family, friends.
Neighbors.
Doctors.
Nurses.
Community leaders.

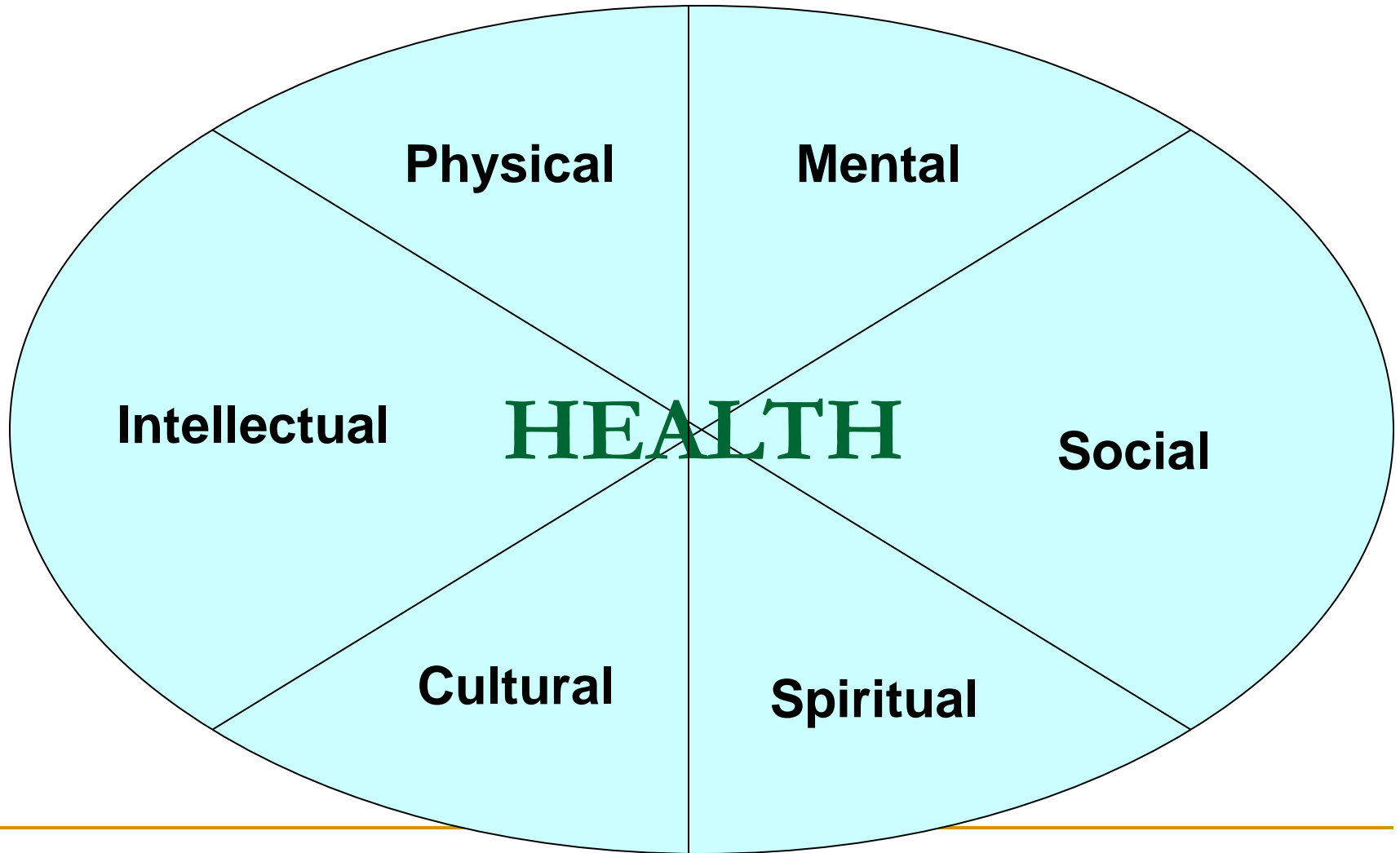
Principles of Health Education:

- **Interest.**
- **Participation.**
- **Education should start from the known and lead the people to the unknown.**
- **Comprehension.**
- **Reinforcement or repetition of information.**
- **Motivation.**
- **Learning by doing.**
- **Soil, seed and sower.**
- **Good human relationship.**
- **Leaders.**

Elements of health education:

- **Sound health habits.**
 - **Personal hygiene.**
 - **Healthful lifestyle.**
 - **Nutrition education.**
 - **Sex education.**
 - **Patient education.**
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WELL BEING



Scheduling of health education:

- **Topic.**
 - **Educator (s).**
 - **Recipient (s).**
 - **Time.**
 - **Site.**
 - **Frequency.**
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THANK YOU

Prof. El-Olemy