

PRINCIPLES AND CONCEPTS OF HEALTH EDUCATION



Health Determinants

It has been said that the lifestyle of a person determines their health. As such, it is not appropriate for anyone to pass the blame on others for having an ill health, nor it is right to blame oneself as well. Different elements impact the health of communities and individuals. Health is determined by different factors including physical, social, behaviors and environment (Carter, 2013). There are several other determining factors involved as well, including education, social status and gender.

Concept of Health Field

Health field includes all the factors that affect health aside from the health care system of a community. With this, a framework created commonly referred to as the area of health concept (McKenzie, McGilroy, 2014). These factors incorporates different elements of the surroundings, biology, healthcare organizations as well as overall living conditions.

Prevention Levels

Primary form of prevention – this typically involves the prevention of certain diseases at the onset. This is usually done through risk reduction, such as by altering behaviors, or perhaps by predisposing some factors by addressing some illness risk factors or improving resistance.

Secondary form of prevention – this usually involves procedures on detection and treatment of pre-clinical and pathological variations. It also incorporates screening for early detection of illnesses such as breast cancer which leads to cost effectiveness.

Tertiary form of prevention – this looks into possibly lessening the effects once a disease has already started to develop.



It also includes altering some risk factors such as assisting cardiac patients into weight loss, and several others.

Identifying Risk Factors

These refer to attributes or conditions that offers a tendency of contracting an injury or disease. For example, unprotected sex, underweight, contaminated water, alcohol consumption, and high blood pressure (WHO, 2015).

Reduction of Health Risk

Several countries are facing a crisis in relation to health concerns. This is often a result of the increase in the burden involving chronic disease, which often leads to a number of deaths in a year. In order to potentially curb the increase in exposure to chronic diseases, people are required to engage and change their behaviors in order to reduce the risk of death and illness.

Infection Chain

There needs to be predetermined predisposing factors which favor the spread of these infectious diseases from a person to another. This is usually referred to as string of infection. This is a chain which involves the causative agent (virus, bacteria, fungi), the reservoir or source which allow the microorganisms to thrive, and the exit portal, referring to a path for organisms to freely escape from their host. It also includes the mode of transmission which serves as the vehicle carrying the agent form one person to another and in different places. It also includes the portal of entry which serves as the road for the microorganisms to enter their new host. Lastly, it needs a host.

Philosophical Approach



The approach focuses in covering the ethical and philosophical foundations of the health education practice in the community and in schools. This philosophical approach also helps in providing methods which alleviates some health related issues. The philosophy behind behavior change involves conducting an assessment in order to identify potential triggers for a bad behavior while identifying both short and long term goals. The end goal is to change that specific behavior ultimately.

Decision-Making Approach

This refers to decisions which are viewed as the determination to act in a certain way. As such, this involves both a commitment and a choice. This philosophy in decision making emphasizes the overall development of skills in critical thinking, together with lifelong learning achieved through case study, simulated problems and different scenarios.

References

Carter, J. (2003). Prevention and control of infection. London: Sage Press.

McKenzie, H. & McGilroy, A. (2014). Foundations and Principles of Health Education and Promotion, 5th ed. Boston: ABC Publishing Company.

World Health Organization (2014). Risk Factors Determined. Retrieved from <http://www.who.gov/topics/riskfactors>

