

Concepts and Principles of Health Education

Institution's Name:

Date:

Health Determinants

The nature of people's lives determine their health, and so, it is inappropriate to blame someone for having ill health. Various elements affect the health of individuals and communities and whether people are healthy or otherwise, is determined by the social, physical, economic, environment and behaviors (World Health Organization, 2014). There many other determinants of income and social status, education, gender e.t.c.

Health Field Concept

Health field makes an inclusion of all factors affecting health other than health care system and as such, a framework developed known as the area of health concept (Cottrell, Girvan & McKenzie, 2012). The above incorporates various elements of biology, surroundings, living conditions and healthcare organization.

Levels of Prevention

Primary prevention: - involves preventing the onset of certain diseases through risk reduction like for instance by altering behaviors or predisposing factors and reduces disease incidences by addressing disease risk factors or enhancing resistance (Association of Faculties of Medicine of Canada, 2014).

Secondary prevention: - involves detection procedures and treatment of pre-clinical pathological variations and incorporates screening in order to detect early stages of breast cancer leading to early interventions deemed cost effective.

Tertiary prevention: - seeks at softening the effects once a disease has developed and treated and also includes modification of risk factors like helping cardiac patients into losing weight and many others (Association of Faculties of Medicine of Canada, 2014).

Risk Factors

These are considered as those conditions or attributes that provides a likelihood of contracting a disease or injury, for instance, underweight, unprotected sex, alcohol consumption, contaminated water and high blood pressure (World Health Organization, 2014).

Health Risk Reduction

Many countries face health crisis owing to the increasing burden of chronic disease such that a number of deaths are caused by chronic illnesses (Centre for Disease Control and Prevention, 2013). In order to curb the increasing chronic diseases, people need to engage in healthy behaviors that primarily contribute to reducing the risk of illness and death as well (Cottrell et al., 2012).

Chain of Infection

There have to be some predisposing factors favoring the spread of infectious diseases from one to another and this process termed as the string of infection (Capital Health, 2014). The chain involves: (1) the causative agent which may be bacteria, virus or fungi,(2) the source or reservoir allowing microorganisms to live and even grow and multiply,(3) exit portal which a path for the organism to escape from the host, for instance, the trans placental route from mother to her unborn,(4) transmission mode that acts as the vehicle and carries them to other people and

places,(5) Entry portal which is the path for the microorganism to enter a new host,(6) susceptible host.

Communicable Disease Model

The model mostly represents three elements; infecting agent, host and the environment and the infecting agent need to be present to enable the spreading. The host represents any susceptible organism, for example plants, animals or even humans. Lastly, the environment accommodates all the other factors promoting or prohibiting disease transmission (Cottrell et al., 2012).



Review of Healthy People

Healthy people, when it come to the health issues, means that people have a health goal in place and devised health objectives and remains focused and avoiding risk factors and diseases as well. Some of the health goals include:

- ✓ To reduce infections caused by key pathogens commonly transmitted through food
- ✓ To reduce physical fights, especially among adolescents.

- ✓ To mitigate emissions especially poisonous ones.

Philosophical Approach to Health Education

The approach aims at covering the philosophical and ethical foundations of the practice of health education in schools, community. The philosophical approach helps provide methods to alleviate some of the health-related issues (Cottrell et al., 2012).

The healthy people objectives influence the design, implementation and evaluation of related health education interventions by adopting various philosophies. For instance, the behavioral change philosophy

Behavior Change philosophy conducts an analysis to identify the triggers for a negative health behavior and also identification of short and long-term goals to changing that behavior.

Behavioral Change Philosophy

Designs and implements health education interventions as per the measured objectives in order to promote voluntary changes in health-related actions. The philosophy starts with a preliminary analysis to identify causes of an adverse health behavior and coins short and long term goals to divert that behavior. Strategies are then developed immediately after establishing objectives to reach these goals.

Cognitive Based Philosophy

The primary goal involves the increasing of one's knowledge enabling one to make better or shrewd decisions about their health. The philosophy at times referred to as the cognitive

behavioral therapy or CBT and assists patients re-educate themselves which help in changing habitual ways of thinking and even reacting to events.

Decision-Making Philosophy

Decision viewed as the resolution to behave in a certain way and as such involving both a choice and a commitment to the choice. The decision-making philosophy emphasizes the development of critical thinking skills and lifelong learning via simulated problems, case study, and scenarios. Hence said to apply scenarios in an effort to developing power when it comes to analyzing possible solutions. The philosophy is relevant since skills acquired may assist individuals to address possible health-related decisions faced now and then.

Freeing/Functioning Philosophy

The theory mostly involves letting people make the best health decisions that they can even if it is not the best choice for the society based on their needs and interest. The philosophy is mostly keen on individual's manner of operation. Choosing this philosophy means concentration will be on self-development with the focus on self-image and self-worth. The main aim here is to not blame someone for practicing health behaviors out of their control but instead understand them and avail resources enabling them to make personal decisions.

Social Change Philosophy

Under the philosophy, emphasis is on the creation of social, economic, and political change benefiting health individuals and groups (Cottrell et al., 2012). The social change philosophy applies as a social justice approach to public health problem by workers and involves the application of policies or laws.

Eclectic Philosophy

Focuses on an adapting approach favorable for the setting and uses any philosophy and as expressed by health educators does not include inflexibility in its approach.

Application of the Philosophies

Each of the above philosophies aims at making people better citizens across all pillars be it social, political and economic. For instance, the social change philosophy that involves putting in place policies or rules may be employed to deal with a societal health problem like public smoking. A policy against public smoking (societal problem) may help in curbing the same and avoid infecting non-smokers. The decision-making philosophy, for instance, is quite pivotal when in eliminating some health risks or injuries, for example, one may make it a choice of wearing a seat belt to avoid injuries. Listening to loud music through the earphones is deemed to cause health problems or to damage the ear, with the help of freeing philosophy individuals may decide to avoid the same without being aid from the society.

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