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Importance of health education in current civilization

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Abstract

Health education is thought to be of utmost significance in human life expectancy. Everyone, regardless of age, category, or background, should be aware of the methods and techniques for promoting good health. Programs are developed by educational institutions to teach students how to promote optimum health and wellness. These programmes are created for all educational levels. The grade levels of the pupils, their needs and expectations, and the general educational system all influence the strategies. The students must be able to understand it for the teachers to impart to them the necessary knowledge. Once students have a solid understanding of the material, they will be able to apply it appropriately. Furthermore, both urban and rural sections of the country now have access to medical and healthcare services. People are using modern technologies. In this paper we have discussed about the vital points related to health education.

Keywords: Education, importance, improvement, health, health education, significance

Introduction

It is comprehensively understood that education is the instrument that makes provision of knowledge to the individuals, which is essential to differentiate between appropriate and inappropriate, inculcate the traits of morality, ethics, norms, values, principles, diligence and conscientiousness, achieve personal and professional goals, enrich ones living standards and emerge into good human beings and productive citizens of the country [1]. In the same way, health education imparts knowledge to the individuals, which is essential to be put into operation to maintain good health. It is comprehensively understood that all the individuals are focused towards achievement of personal and professional goals [2]. All individuals carry out different types of tasks and activities. Hence, in order to carry out ones tasks and activities in an appropriate manner, the individuals need to maintain good health, physically as well as psychologically [3]. When the individuals are healthy, they are able to put into operation, their tasks and activities in a satisfactory manner and generate the desired outcomes. In science, there is a lesson plan on health, which imparts information to the students in terms of health and well-being. In colleges and universities, students augment their understanding in terms of health education, when they take subjects related to it [4]. Furthermore, there are organization of seminars and workshops [5]. Therefore, health education is an important subject at all levels of education and this paper is aim to focus on importance of health education in an individual daily life.

Maintain Good Health Norms

Numerous things need to be taken into account in order to maintain excellent health. Diet and nutrition, physical activity, keeping one's surroundings clean both inside and outside of the home, cultivating a positive outlook, maintaining friendly and cordial terms and relationships both inside and outside of the home, obtaining medical attention and health care treatment in case of any health problems and illnesses, exercising control over the psychological issues of anger, depression, stress, and anxiety, and understanding one's job duties and responsibilities are some of these [6]. The people need to make sure that they use these principles throughout their life for their betterment.

Information about health as a community asset

Providing information about health as a community asset is one of the fundamental goals of health education. The major justification is that only when people are in good health will they be able to carry out their duties and obligations in an orderly manner, engage in a variety of activities, foster wellbeing, and improve their overall quality of life [7]. People's comprehension of all the elements required to promote good health will increase once they realise that health is a valuable resource for the community.

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People must abide by the regulations of health and cleanliness, which are essential to preventing illnesses and disorders^[8].

Protective measures against communicable diseases

Information regarding the defences against communicable diseases such as COVID-19, H1N1, monkey pox etc should be disseminated to members of all communities. Hospitals, health care facilities, and medical offices provide information to people in metropolitan communities. While in rural areas, policies and initiatives are being developed to advance people's health and wellbeing^[9]. In rural areas, the majority of people live in poverty in a backwards environment and are not highly educated. However, people are given knowledge about preventative measures through programmes and procedures. They are also given knowledge on preventative measures and strategies for communicable diseases through these programmes^[10].

Promote Mental and Emotional Health

Promoting mental and emotional health is vital for preventing communicable diseases, just as physical health is. Individuals must concentrate on promoting their mental and emotional health if they want to improve their overall quality of life and accomplish their personal and professional goals. People who are mentally and emotionally well are better able to focus on the completion of their jobs and activities and to uphold friendly terms and relationships with others. There are specific approaches and tactics that must be used in order to support mental and emotional health. These include developing a good outlook, engaging in physical activity, exercising control over psychological issues including anger, stress, anxiety, depression, and trauma, having a strong social network, and keeping busy with projects and activities that they find interesting. People can develop into moral and ethical beings and useful members of society when they are in a state of mental and emotional health^[11].

Aid children in learning and function of medical facilities and services

From an early age, parents and instructors provide information to the children about health education and the nature and function of healthcare institutions and services. Parents take their children to medical and health care facilities if they face any kind of health issues or illnesses. Sometimes, the kids experience anxiety. However, people are able to get over their fear when doctors are encouraging and speak to them in a kind way. In order to help their children, comprehend the nature and function of healthcare services and facilities, parents have a crucial role to play^[12].

Exercise and physical activity

The phrases "exercise" and "physical activity" are interchangeable. These are the bodily motions that the skeletal muscles create and which need energy expenditure. Kilocalories are the unit used to measure energy expenditure. People receive training in the notions of exercise and physical activity starting in the early childhood years. Students are taught about health education starting in the early childhood years. People are encouraged to engage in physical activity and exercise as part of health education. Exercise and other physical activities can help to efficiently promote one's health and well-being. When people grow up

and become adults, they understand the value and importance of physical activity. They understand that these will significantly aid in preserving body weight and advancing health and wellbeing^[13].

Medical Help and Health Care Action

People of all ages, backgrounds, and categories need to get medical assistance and health care treatment. All people occasionally have health issues and illnesses, for which they require medical care and treatment. Receiving aid from medical professionals and health care specialists has proven to be beneficial for people whose health issues and illnesses are severe. When people are older over 60, they must attend health care facilities frequently to receive medical examinations^[14].

Food and Nutrition

Food and nutrition are thought to be one of the essential factors that contribute to effective growth and development. The necessary nutrients, which are thought to be crucial in raising the energy levels, must be obtained by people of all ages, classifications, and backgrounds. An adequate diet supports healthy growth, good ageing, and increased disease resistance. On the other side, health issues and illnesses result from a diet that is deficient in critical nutrients. There is a lot of room for development in terms of new goods, health treatments, and the implementation of more accurate dietary recommendations, which will enhance health conditions through nutrition^[15]. The means through which people acquire the fuel required to carry out their job obligations are food and nutrition. Food gives the body nourishment, whereas nutrition is all that happens to the food when it is regularly ingested until it is employed for various bodily activities. Food contains seven major nutrients: water, dietary fibre, lipids, proteins, vitamins, and minerals^[16].

Conclusion

Health education is thought of as a technique for spreading information and comprehension about health promotion among people. It is essential for promoting health capital and affecting population health gains. In conclusion, It may be concluded that people will be able to make a substantial contribution to promoting good health and enriching their lives when they increase their understanding of measures and strategies to promote good health and well-being and put them into practise in a well-organized manner.

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