



BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI-620 024,
Tamilnadu, India

Programme : Bachelor of Physical Education

**Course Title: HEALTH EDUCATION AND
ENVIRONMENTAL STUDIES**

Course Code : 21BPE13

Unit -I

Introduction of Health Education

Dr.R.BALAJI

Guest Lecturer

Department of Physical Education and Yoga

DEFINITION

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

WHO

❖ Health is a dynamic and holistic concept, influenced by factors like lifestyle, genetics, environment, and access to healthcare. It's a positive concept, emphasizing wellness and vitality, rather than just the absence of illness. .-**WHO**

CONCEPT OF HEALTH

- Physical health.
- Mental health.
- Social health.
- Spiritual health.
- Environmental health.
- Occupational health.
- Intellectual health.
- Emotional health.

Health Dimension

The concept of health encompasses various aspects of an individual's well-being, including:

- **Physical health:** The proper functioning of the body, its systems, and organs.
- **Mental health:** Emotional, psychological, and social well-being.
- **Social health:** Relationships, interactions, and connections with others.
- **Spiritual health:** Beliefs, values, and purpose that guide an individual's life.

Contd..

- **Environmental health:** The impact of external factors like air, water, and living conditions.
- **Occupational health:** Safety and well-being in the workplace.
- **Intellectual health:** Cognitive function, learning, and personal growth.
- **Emotional health:** Self-awareness, self-regulation, and resilience.

Health is a dynamic and holistic concept, influenced by factors like lifestyle, genetics, and access to healthcare. It's not just the absence of disease, but a state of overall wellness and vitality.

SPECTRUM OF HEALTH

- The spectrum of health refers to the range of health states, from optimal wellness to illness or disease. It's a continuum that acknowledges health is not simply the absence of disease, but rather a dynamic and ever-changing state. Here's a representation of the spectrum.



Contd..

- **Optimal Wellness:** Peak physical, mental, and social functioning.
- **Wellness:** Healthy habits, self-care, and proactive health management.
- **Health:** Absence of disease, but not necessarily optimal wellness.
- **Risk:** Presence of risk factors or precursors to disease (e.g., hypertension, obesity).
- **Illness:** Early stages of disease or mild conditions (e.g., common cold, minor injuries).

Contd..

- **Disease:** Chronic or critical conditions (e.g., diabetes, heart disease).
- **Debilitation:** Significant impairment or disability (e.g., severe injury, chronic illness).
- **Terminal:** End-of-life or life-threatening conditions.
- This spectrum recognizes that health is a journey, and individuals can move back and forth along the continuum based on various factors, such as lifestyle choices, environmental influences, and access to healthcare.

DETERMINANTS OF HEALTH

- **Genetics:** Inherited traits and genetic predispositions.
- **Environment:** External factors like air and water quality, housing, and access to healthcare.
- **Lifestyle:** Personal choices like diet, physical activity, smoking, and substance use.
- **Social and Economic Factors:** Education, employment, income, social support, and access to resources.
- **Healthcare Systems:** Quality of and access to medical care, public health initiatives, and health policies.
- These determinants interact with each other and with an individual's unique characteristics to shape their overall health and well-being.

HEALTH INSTRUCTION

➤ Physical Health:

- ✓ Hydrate: Drink plenty of water (at least 8 cups/day).
- ✓ Nutrition: Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
- ✓ Exercise: Engage in moderate physical activity (at least 30 minutes/day).
- ✓ Sleep: Aim for 7-9 hours of sleep per night.
- ✓ Relaxation: Practice stress-reducing techniques like meditation or deep breathing.

Contd..

➤ **Mental Health:**

- ✓ Self-care: Prioritize activities that bring joy and relaxation.
- ✓ Connect: Build strong relationships with family and friends.
- ✓ Mindfulness: Focus on the present moment and let go of worries.
- ✓ Seek help: Reach out to professionals if struggling with mental health concerns.

➤ **Preventive Care:**

- ✓ Check-ups: Regular health check-ups can detect issues early.
- ✓ Vaccinations: Stay up-to-date on recommended vaccinations.
- ✓ Screenings: Participate in screenings for chronic diseases (e.g., diabetes, cancer).

HEALTH SUPERVISION

- Health supervision refers to the ongoing monitoring and guidance of an individual's health and wellness by a healthcare professional.
- 1. Regular check-ups and health screenings.
- 2. Monitoring of chronic conditions or health risks.
- 3. Providing education and support for healthy habits and lifestyle choices.
- 4. Identifying and addressing potential health issues early on.
- 5. Referring to specialists or other resources as needed.

Contd..

- Health supervision can be applied to various populations
 1. Children and adolescents
 2. Adults with chronic conditions
 3. Older adults
 4. Individuals with disabilities or special needs

GOALS OF HEALTH SUPERVISION

- 1.Preventing health problems.
- 2.Detecting health issues early.
- 3.Promoting healthy habits and lifestyle choices.
- 4.Improving quality of life.
- 5.Reducing healthcare costs.

AIM OF HEALTH EDUCATION

- The primary aim of Health Education is to empower individuals, families, and communities to take control of their health by making informed decisions and adopting healthy behaviors.
- ✓ Preventing illnesses and diseases
- ✓ Promoting optimal health and well-being
- ✓ Encouraging healthy lifestyles and habits
- ✓ Improving quality of life
- ✓ Reducing morbidity and mortality rates
- ✓ Enhancing overall physical, mental, and social health

By achieving this aim, Health Education contributes to the development of a healthier society, where individuals are equipped to make positive choices and take charge of their health.

OBJECTIVES OF HEALTH EDUCATION

- ✓ Raising awareness about healthy habits and practices.
- ✓ Promoting preventive measures against diseases.
- ✓ Encouraging early detection and treatment of health issues.
- ✓ Supporting individuals in managing chronic conditions.
- ✓ Fostering a supportive environment for healthy living.
- ✓ Developing skills and knowledge for healthy decision-making.
- ✓ Encouraging community involvement in health initiatives.

PRINCIPLES OF HEALTH EDUCATION

- **Accuracy:** Providing reliable and evidence-based information.
- **Relevance:** Tailoring messages to meet the needs and concerns of the target audience.
- **Simplicity:** Using clear and easy-to-understand language.
- **Interest:** Making health information engaging and relevant.
- **Participation:** Encouraging active involvement and feedback.
- **Cultural Sensitivity:** Respecting diverse values, beliefs, and practices.
- **Holistic Approach:** Addressing physical, mental, and social aspects of health.

Contd..

- Empowerment: Enabling individuals to take control of their health.
- Collaboration: Working with communities, organizations, and healthcare providers.
- Evaluation: Assessing the effectiveness of health education programs.
- Ethics: Respecting confidentiality, privacy, and individual rights.
- Comprehensive: Covering a wide range of health topics and issues.

PERSONAL HYGIENE

- Personal hygiene refers to the practices and habits that help maintain cleanliness and grooming of the body, promoting physical and mental well-being.
- Bathing or showering regularly.
- Brushing and flossing teeth twice a day.
- Washing hands frequently, especially after using the bathroom and before eating.
- Using deodorant or antiperspirant to control body odor.
- Wearing clean clothes and undergarments.
- Keeping hair clean and styled neatly.
- Trimming nails regularly.
- Practicing good foot hygiene.
- Using clean towels and washcloths.
- Avoiding touching eyes, nose, and mouth to prevent infection.

Contd..

- Prevent the spread of illnesses and infections.
- Boost self-confidence and self-esteem.
- Promote a sense of well-being and comfort.
- Show respect for oneself and others-
Support overall physical and mental health.