THE PRINCIPLES AND CONCEPTS BEHIND HEALTH EDUCATION
ABSTRACT

The very nature in which individuals live their lives naturally determines their overall health condition. For such reason, it is not appropriate to easily blame someone because of having a bad health. After all, there are different elements that can have an impact on the health of a particular individual, as well as different communities in general. The ultimate outcome as to whether people become healthy or not, is highly determined by different factors including physical, social, environment, economic, as well as behaviors (World Health Organization, 2012). At the same time, there are also several other determinants, including gender, education, as well as social status.

HEALTH ENVIRONMENT CONCEPT

The health field establishes an inclusion about all of the factors that affect the health, on top of the health care system. For that, there is a framework which has been developed for this regard, and it is known as the field of health concept (Cornell, Garvin & McArthur, 2014). The above inclusions incorporate different elements of surroundings, biology, healthcare organizations and living conditions.

PREVENTION LEVELS

There are different levels of prevention that can be considered at this point. First is the primary prevention. It involves the prevention of the onset of specific diseases via risk reduction. For instance, it works by altering behaviors, as well as predisposing factors, reducing incidences of diseases by means of addressing different disease risk factors, as well as the enhancement of resistance (Organization of Medicine Faculties, 2016).

Secondary prevention, on the other hand, involves procedures on detection, as well as treatment of pre-clinical variations in pathology, while incorporation the process of screening so as to possibly detect initial stages of issues such as breast cancer, thus leading to earlier interventions, which are often concluded as cost effective.

Another level is the tertiary prevention, which is the level which seeks at possibly softening the overall effects the moment a disease has been developed and treated. It also includes the alteration of specific risk factors, such as assisting cardiac patients into the act of losing some weight, as well as several others.
RISK FACTORS INVOLVED

Risk factors refer to attributes or conditions that offer a potential likelihood of possibly contracting an injury or disease, such as unprotected sex, being underweight, alcohol consumption, sex, high blood pressure, and contaminated water. A lot of countries these days face some health crisis, as a result of the increase in the burden caused by chronic diseases, reaching a point wherein a certain number of deaths come as a result of chronic illnesses (Disease Prevention and Control, 2015). So as to potentially curb the increase in the presence of chronic diseases, people definitely have to engage in certain healthy behaviors which contribute primarily in order to reduce the risk of death and illness. (Cornell et al, 2014).

CHAIN OF INFECTION

There should be some factors that are considered as pre-disposing when it comes to the spread of diseases that are infectious. The process if referred to as string of infection. The process involves the causative agent that can come in the form of bacteria, fungi or virus. It also involves the actual reservoir or source that allows microorganisms to thrive and multiply. At the same time, it also involves exit portal that serves as a path for organisms in order to escape coming from their host. For example, the trans placental route that happens from a mother to an unborn child, as well as the mode of transmission which serves as the actual vehicle which carries it to other people, as well as places. Also, it incorporates the entry portal that serves as the actual path for the different microorganism in order to enter the body of a new host. Of course, there is a need for a susceptible host.
HEALTH EDUCATION – PHILOSOPHICAL APPROACH

The approach applied works with the purpose of covering both ethical and philosophical foundations involved in the practice and implementation in communities and schools. The approach helps in providing different methods in order to potentially alleviate most issues that are health related.

Philosophy on Behavioral Change
This philosophy implements and designs interventions on health education according to the measured objectives so as to promote some voluntary changes among health-related actions. This philosophy begins with an initial analysis in order to identify the root causes of some adverse health behaviors, coining both short and long term goals in order to divert the behavior. Afterwards, strategies are immediately developed right after the establishment of objectives in order to further reach their goals.

Cognitive Based Philosophy
The main goal here is to incorporate the increasing of knowledge, thus allowing them to create shrewd or better decisions regarding their health. This philosophy is often times referred to as a cognitive based philosophy, working towards assisting patients in re-educating themselves, thus helping towards changing some habitual methods of thinking, as well as reacting to various events.

Philosophy Based on Decision Making
This refers to decisions that are often viewed as solution in order to behave in a particular way. As such, it often involves both a commitment and a choice. This philosophy further emphasizes on the possible development of critical thinking skills, as well as a lifelong learning through stimulated problems, scenarios as well as case study.

Social Change Philosophy
Under this philosophy, the focus is on the establishment of economic, social, as well as political change that benefits certain health groups and individuals. It also applies to the approach which involves social justice to public health issues by different workers, thus involving the application of laws or policies.
REFERENCES


