



Higher education has a positive impact on health education

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ABOUT THE STUDY

Health Education (HE) is a social technology that draws from the biological, environmental, psychological, and physical sciences to promote health and prevent disease, and premature death through education driven voluntary behavior change activities. Health Education (HE) is the development of individual, group, institutional, and systemic techniques to improve health knowledge, skills and behavior. The purpose of health education is to positively influence the health behavior of individuals as well as the living and working conditions that influence their health.

It is a profession of educating people about health areas within this profession encompasses environmental, physical, social, intellectual health, and spiritual health, as well as reproductive health education. Health Education (HE) builds student's skills, and positive attitudes about health. Health Education (HE) teaches about physical, mental, and social health. It motivates students to improve their health, prevent disease, and reduce risky behaviors.

It can be defined as the principle by which individuals and organizations of humans learn to behave in a conducive manner to the maintenance, and restoration of health. The World Health Organization (WHO) is defined Health Education (HE) as consisting of "consciously constructed opportunities for learning involving some form of communication designed to improve health literacy, which includes improving knowledge, and developing life skills which are conducive to individual and community health.

It is the method for implementing health promotion and disease prevention programs. Health education provides learning experiences on health topics. Health education techniques are tailored for their target population. Health education presents information to target populations on particular health topics, which includes the health benefits provides tools to build capacity and support behavior change in an appropriate setting. Examples of health education activities which includes Lectures, Workshops, Classes, Seminars, and Courses.

Characteristics of health education techniques which include Participation of the target population, Completion of a community needs assessment to identify community resources, priorities, and needs, planned learning activities that increase participants' skills. Implementation of programs with integrated, and materials that take place in a setting convenient for participants.

In companies, health educators perform and coordinate employee counseling as well as education services, and health screenings. They design, promote, and evaluate programs about weight control, hypertension, nutrition, physical health, stress management, develop educational materials, and write grants for money to support these projects. They help companies meet occupational health and safety regulations, work with the media, and identify community health resources for employees.

Two basic values in public health are co-operation and collaboration health care systems in most countries, they are based the principles of universal accessibility, focus upon

an illness care system. In schools health educators teach health as a subject and implement Co-ordinated School Health Programs, which includes health services, student, staff and promote healthy school environments and school community partnerships. At the school district level they develop education techniques and materials, co-ordinate, and evaluate programs, and write funding proposals.

The five basic principles of health education are a positive health concept, Participation and involvement, Action competence, a settings perspective, and Equity in health. Health Education (HE) is carried out at three main levels Individual, Group and General Approach's or Mass. Health Education (HE) brings self-awareness and builds student's knowledge skills, health education is also teaches about physical, mental, and social health. Health education is the continuous technique of bringing changes about health knowledge, and behavior from promotion of healthier life.