

Essay on Health Education :

Long Essay on Health Education

The process of education promotes the acquaintance over how to keep up personal health. We all are well-known for the quote "Health is wealth", This means health is the most superior and significant of all the aspects. Thus, a fine and healthy way of life is essential to all the inhabitants.

Health Education has a vital role in the current situation. It not only encompasses the knowledge over health but all the features of well-being are taught. Health Education deals with the areas like ecological health, mental health, physical health, emotional health, spiritual health, sexual health, and also reproductive health.

Health Education desire to edify people about the hale and hearty living and widen skills in the community, which will facilitate them in sustaining good quality health.

Every day, we come across many people losing their life due to some health issue. This is due to the lack of knowledge over health education or a healthy way of life. For this reason, proper education and knowledge over the cleanliness of health and oneself are essential. Also, people should be health literate for their good health. Health Education provides acquaintance over the factors of good health. Moreover, the unhealthy and the bad habits that harm a person and cause health issues are brought into public consciousness.

Importance of Health Education

Health Education plays an imperative role in enhancing the overall health condition of people irrespective of their caste and creed. It will be a pillar to maintain and improve the health of the entire country. If a person has superior health his contribution to his family and the nation will be superior. As the reason, health education is proportional to the economy of an individual and the progress of the nation. Privileged the life, bated breath the enhanced will be the customer of living.

Professionals related to the health education field will enhance the knowledge of other people regarding health. They are the health educators. They are skilled and trained to enhance the feature of health education. Special training is given to them regarding maintaining high-quality health and cleanliness for enlightening the people about the healthy way of living. Health Education is imperative as it advances the wellbeing condition of the people. They are taught how to maintain and sustain a healthy way of living. How to take prevention for various diseases is enhanced by the educators to the people. This healthy education, make a way for better and healthy living for all the people. It not only educates the single person but the whole community is also empowered by this means of education.

Health Education is the foremost in the progressing nations. This education not only gives knowledge over the healthy living but it also silhouettes a person on his better-quality way of living. Healthy Education focuses on all aspects of life from social, mental health to sex and reproduction, which also is a step ladder to the future generations.

Measures To Enhance Health Education

Health Education is an essential feature to the living inhabitants. But it is given the least importance. The poor condition of the prevalent health is evidence to it. Health Education should be improved all over the country, primarily in developing countries.

The progressing countries pose many rural areas and many illiterate people. The process of education is not accessible by many, also the same scenario will be with health education. The adequate measure must be implemented in the developing countries so that people have the access to accomplish the education.

Social Activities and programs regarding health education must be arranged in the rural areas, markets, fairs, and people with huge gatherings. This education can be demonstrated either in stage shows, songs, and folk shows so that illiterate people can acquire knowledge.

Health Educators must be made available at hospitals, as a result, people visiting for treatment or checkups are given proper information regarding the issues faced based on the way of living.

Schools and colleges must have an efficient feature concerning health education.

Students must impart them as it is the way of living.

People with good health and wellbeing will lead a better life and sustainability.

Quotes on Health Education :

"It is health that is real wealth and not pieces of gold and silver." - Mahatma Gandhi

"I believe that the greatest gift that you can give your family and the world is a healthy you." - Joyce Meyer

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not." - Mark Twain

"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear." - Buddha.

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