



## A Precise note on Health Education Specialist

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### Abstract

Health education may be a profession of teaching people about health. Areas within this profession encompass environmental health, physical health, social health, emotional health, intellectual health, and spiritual health, also as sexual and reproductive health education.

Health education are often defined because the principle by which individuals and groups of individuals learn to behave during a manner conducive to the promotion, maintenance, or restoration of health. However, as there are multiple definitions of health, there also are multiple definitions of health education. In America, the Joint Committee on Health Education and Promotion Terminology of 2001 defined Health Education as “any combination of planned learning experiences supported sound theories that provide individuals, groups, and communities the chance to accumulate information and therefore the skills needed to form quality health decisions.”

The World Health Organization defined Health Education as “comprising of consciously constructed opportunities for learning involving some sort of communication designed to enhance health literacy, including improving knowledge, and developing life skills which are conducive to individual and community health.”

### Role of the Health Education Specialist

#### Health education mind map

From the late nineteenth to the mid-twentieth century, the aim of public health was controlling the harm from infectious diseases, which were largely in check by the 1950s. By the mid-1970s it had been clear that reducing illness, death, and rising health care costs could best be achieved through attention on health promotion and

disease prevention. At the guts of the new approach was the role of a health educator.

A health educator is “a professionally prepared individual who serves during a sort of roles and is specifically trained to use appropriate educational strategies and methods to facilitate the event of policies, procedures, interventions, and systems conducive to the health of people , groups, and communities” (Joint Committee on Terminology, 2001, p. 100). In January 1978 the Role Delineation Project was put into place, so as to define the essential roles and responsibilities for the health educator. The result was a Framework for the event of Competency-Based Curricula for Entry Level Health Educators (NCHEC, 1985). A second result was a Revised Version of A Competency-Based Framework for the Professional Development of Certified Health Education Specialists (NCHEC, 1996). These documents outlined the seven areas of responsibilities which are shown below. The Health Education Specialist Practice Analysis (HESPA II 2020) produced “a new hierarchical model with 8 Areas of Responsibility, 35 Competencies, and 193 Sub-competencies”.

In the us some forty states require the teaching of health education. A comprehensive health education curriculum consists of planned learning experiences which will help students achieve desirable attitudes and practices associated with critical health issues. a number of these are: emotional health and a positive self-image; appreciation, respect for, and care of the physical body and its vital organs; physical fitness; health problems with alcohol, tobacco, drug use, and substance use disorders; health misconceptions and myths; effects of exercise on the body systems and on general well being; nutrition and weight control; sexual relationships and sexuality, the scientific, social, and economic aspects of community and ecological health; communicable and degenerative diseases including sexually transmitted diseases; disaster preparedness; safety and driver education; factors within the environment and the way those factors affect a person's or population's environmental health (ex: air quality, water quality, food sanitation); life skills; choosing professional medical and health services; and choices of health careers.

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