

HEALTH EDUCATION

Dr. Vinod Kumar

(Assistant Professor)

Faculty of Education

Udai Pratap Autonomous College,
Varanasi.



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DISCUSSION POINTS:

- **The concept of Health and importance of Health Education.**
- **Food and its nutrients, Balance diet.**
- **Mental health of Teacher and Taught.**
- **Proper posture of reading and writing.**
- **First Aid services: Fracture, Dislocation, Burn, Bleeding, Fainting and Drowning.**
- **Communicable disease: General idea and precautions about malaria, dengue, diarrhoea, Flu and Tuberculosis.**
- **HIV and aids.**
- **Good habits for better living.**



3 types of foods:

Growing food: Foods that contain a lot of protein are called body-building or growing foods.

Energy-giving foods: That contain a lot of fat or carbohydrates and a little protein.

Protective foods: Foods that contain the most important nutrients are vitamins or minerals.

There are more than 40 different kinds of nutrients in foods. Major 7 Nutrients of them and their sources are listed below:

Macro Nutrients:

Carbohydrates	65% of Energy	bread, wheat, potatoes of all kinds, maize, rice, cassava, pasta, macaroni, banana, sweets, sugar cane, sweet fruits, and honey
Proteins	10-35% of Calories, special need for child and pregnant women	meats, chicken, eggs, breastmilk, beans, ground nuts, lentils, fish, cheese and milk.
Fats	for young children	meat, chicken, milk, butters, creams, avocado, cheese, fish and ground nuts.
Dietary Fiber	Fibre makes the faeces soft and bulky; this can help prevent constipation	Foods rich in fibre are vegetables like cabbage, carrots, cassava; fruits like banana and avocado; peas and beans; whole-grain cereals like wheat flour and refined maize or sorghum
Water	For essential body processes For the production of urine, which carries waste from the body.	Almost every part of the body contains large amounts of water.

Micronutrients:

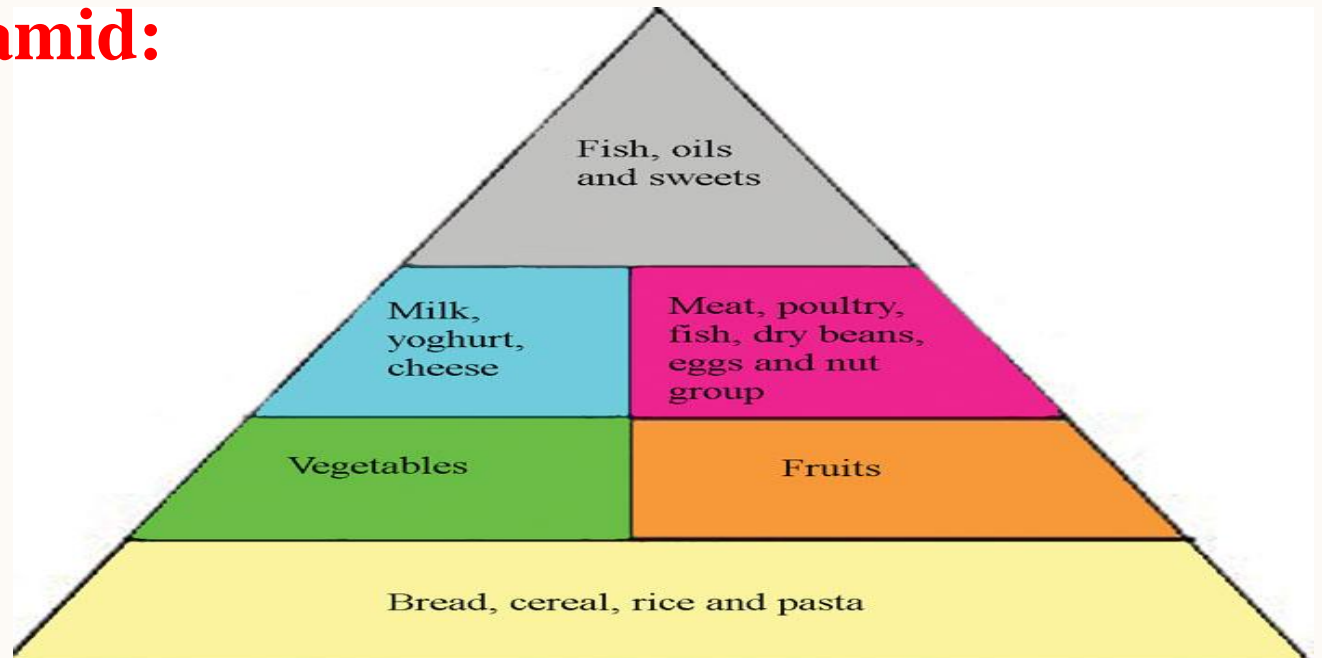
Vitamins	Function	Food sources
Vitamin A	Night vision Normal development of teeth and bones	Breastmilk, tomato, cabbage, pumpkins, Mangoes, papaya, carrots, Liver, kidney, egg yolk, milk, butter, cheese cream
Vitamin D	Calcification of the skeleton	UVs of sun, Eggs, butter, fish, Fortified oils, fats and cereals
Vitamin K	For blood clotting	Green leafy vegetables, Fruits, cereals, meat, dairy products
B complex	Metabolism of carbohydrates, proteins and fats	Milk, egg yolk, liver, kidney and heart, Whole grain cereals, meat, whole bread, fish, bananas
Vitamin C	Prevention of scurvy Aiding wound healing	Fresh fruits (oranges, banana, mango, grapefruits, lemons, potatoes) and vegetables (cabbage, carrots, pepper, tomatoes) Breastmilk.

Minerals	Function	Food sources
Calcium	Gives bones and teeth rigidity and strength	Milk, cheese and dairy products Foods fortified with calcium, e.g. flour, cereals. eggs, fish cabbage
Iron	Formation of haemoglobin	Meat and meat products Eggs, bread, green leafy vegetables, pulses, fruits
Iodine	For normal metabolism of cells	Iodised salt, sea vegetables, yogurt, cow's milk, eggs, and cheese Fish; plants grown in iodine-rich soil
Zinc	For children to grow and develop normally; for wound healing	Maize, fish, breastmilk, meat, beans
Fluorine	Helps to keep teeth strong	Water

Balance diet

- A balanced diet means choosing a wide variety of foods and drinks from all the food groups.
- eating certain things in small amounts, namely saturated fat, cholesterol, simple sugar, salt and alcohol.
- to take in all of the nutrients you need for health at the recommended levels and perhaps restrict those things that are not good for the body.
- to plan a balanced diet you have to think about two things: the mixture of foods and the amount of food a person eats

Food Pyramid:



“Stress gets passed on from teachers to their students”

Teachers Support for students' mental health

- Listen to children's concerns
- Check how, when and what children are doing
- Provide children with accurate information
- Seek suggestions from children on how to create a welcoming, safe and comfortable classroom
- Watch out for any warning signs of child behaviour that interferes with their ability to explore, play and learn
- Encourage play and sports to promote interaction between students
- Model good coping behaviors for students- be calm, honest, and caring
- Take care of yourself and know your limits
- Build a healthy environment together. Ask students for ideas of how to make the classroom a safe, welcoming, comfortable space for everyone.
- Be a role model.

WHERE ARE YOU ON THE MENTAL HEALTH CONTINUUM?

HEALTHY

- Normal mood fluctuations
- Calm & takes things in stride
- Good sense of humour
- Performing well
- In control mentally
- Normal sleep patterns
- Few sleep difficulties
- Physically well
- Good energy level
- Physically and socially active
- Not using substances to cope
- None or limited gambling

RESPONDING/ REACTING

- Irritable/impatient
- Nervous
- Sadness/overwhelmed
- Procrastination
- Forgetfulness
- Trouble sleeping
- Intrusive thoughts
- Nightmares
- Muscle tension/headaches
- Low energy
- Decreased activity/socializing
- Regular but controlled substance use/gambling

INJURED

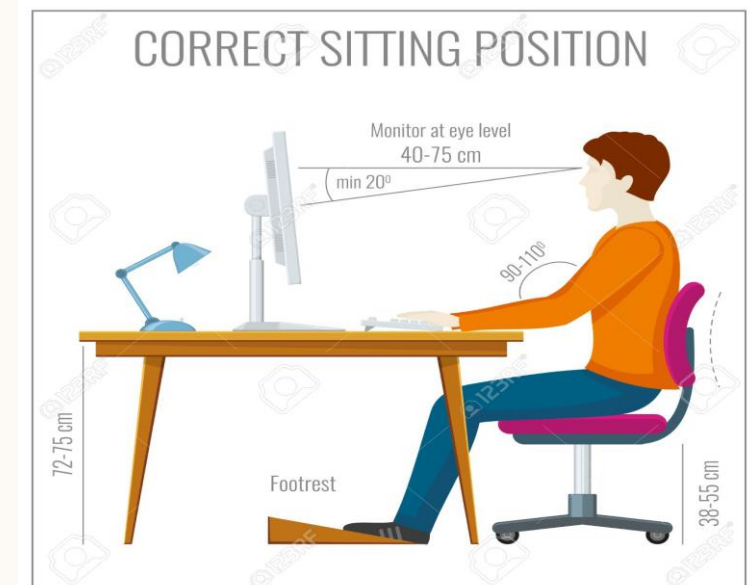
- Anger
- Anxiety
- Pervasively sad/hopeless
- Negative attitude
- Poor performance/workaholic
- Poor concentration/decisions
- Restless disturbed sleep
- Recurrent images/nightmares
- Increased aches and pains
- Increased fatigue
- Avoidance
- Withdrawal
- Increased substance use/
gambling is hard to control

ILL

- Angry outbursts/aggression
- Excessive anxiety/panic attacks
- Thoughts of suicide
- Can't perform duties, control behaviour or concentrate
- Can't fall asleep or stay asleep
- Sleeping too much or too little
- Physical illness
- Constant fatigue
- Not going out/answering phone
- Substance or gambling addiction
- Other addictions

Proper posture of reading and writing

- **Posture is the position of an individual's body while standing, sitting, walking, sleeping etc**
- Good reading posture means being aware of holding yourself in a way that puts the least strain on your back and neck while sitting for long periods of time.
- The back should be resting against the backrest of the chair, knees making a right angle, feet flat on the floor and legs uncrossed. Books should be placed or held at eye level to avoid neck strain.



Ways to Improve Child's Reading/Writing Posture

What we can do.....

- **Be aware of what good reading posture looks like**
- **Be aware of your own reading posture**
- **Use positive reinforcement**
- **Make sure you have the right furniture**
- **Use a therapy ball**
- **Shoulder blade squeeze**
- **Encourage regular stretches**
- **Don't forget the eyes**

First aid

- **The first and immediate assistance given to any person with either a minor or serious illness or injury.**
- **FA provided to preserve life, prevent the condition from worsening, to promote recovery until Proper medical services arrive.**
- **FA is generally performed by someone with basic medical training.**
- **Mental health first aid is an extension of the concept of first aid to cover mental health.**

World First Aid Day is celebrated every year on 8th September.

Aims of FA:

The primary goal of first aid is to prevent death or serious injury from worsening. The key aims of first aid listed below-

- ❖ **Preserve life**
- ❖ **Prevent further harm**
- ❖ **Promote recovery**

Skills for FA:

AMEGA, (Assess, Make safe, Emergency aid, Get help and Aftermath).

The aftermath tasks include recording and reporting, continued care of patients and the welfare of responders and the replacement of used first aid kit elements.

Method of FA

ABCDE method:

(Airway, Breathing, Circulation, Disability and Exposure)

प्राथमिक उपचारक के गुणः

विवेकशील

जानकार

व्यवहारकुशल

धैर्यवान

युक्तिपूर्ण

सहानुभूति

निपुण

स्वानुभूति

स्पष्टवक्ता

मिलनसार

अस्थिभंग का प्राथमिक सामान्य उपचार:

- अस्थिभंग (fracture) वाले स्थान को पट्टी तथा अन्य उपायों से अचल बनाए बिना रोगी को स्थानांतरित न करें।
- चोट के स्थान से यदि रक्तस्राव हो रहा हो तो प्रथमतः उसका उपचार करें।
- बड़ी चौकसी के साथ बिना बल लगाए, अंग को यथासाध्य अपने स्वाभाविक स्थान पर बैठा दें।
- चपतियों (splints), पट्टियों (bandages) और लटकाने वाली पट्टियों अर्थात् झोलों, के प्रयोग से भग्न अस्थि वाले भाग को यथासंभव स्वाभाविक स्थान पर बनाए रखने की चेष्टा करें।
- जब संशय हो कि हड्डी टूटी है या नहीं, तब भी उपचार उसी भाँति करें जैसा हड्डी टूटने पर होना चाहिए।

रक्तस्राव का प्राथमिक उपचार:

- घायल को हमेशा ऐसे स्थान पर स्थिर रखें जिससे रक्तस्राव का वेग कम रहे।
- अंगों के टूटने की अवस्था को छोड़कर अन्य सभी अवस्थाओं में जिस अंग से रक्तस्राव हो रहा हो उसे ऊँचा रखें।
- कपड़े हटाकर घाव पर हवा लगाने दें तथा रक्तस्राव के भाग को ऊँगली से दबाये रखें।
- बाहरी वस्तु, जैसे शीशा, कपड़े के टुकड़े, बाल आदि, को घाव में से निकाल दें।
- घाव के आसपास के स्थान पर जीवाणुनाशक तथा बीच में रक्तस्राव रोधी दवा लगाकर रुई रखकर बाँध दें।

Drowning First Aid:

- डूबे हुए व्यक्ति को कृत्रिम रीति से सर्वप्रथम श्वास कराएँ तथा गीले कपड़े उतारकर उसका शरीर सूखे वस्त्रों में लपेटें।
- उसके पेट तथा फेफड़ों से पानी निकालने की प्रक्रिया शुरू करना चाहिए।
- कृत्रिम श्वास देने के लिए उसे पेट के बल सूखी जमीन पर लिटाकर अपने शरीर के भार उसके पीठ पर दबाव डालें।
- रोगी की पीठ पर दबाव पड़ने से उसके पेट तथा फेफड़ों में भरा पानी बाहर निकल जाएगा।
- कृत्रिम श्वास देने की प्रक्रिया तब तक करते रहना चाहिए जब तक कि रोगी की श्वास प्रक्रिया स्वाभाविक रूप से चालू न हो जाए।

Dislocation first aid

- Don't try to move a dislocated joint
- Don't force it back into place.
- This can damage the joint and its surrounding muscles, ligaments, nerves or blood vessels.
- Put ice on the injured joint. This can help reduce swelling by controlling internal bleeding and the buildup of fluids in and around the injured joint

बर्न फ़र्स्ट ऐड:

- बर्न से मतलब सूरज, अन्य रेडिएशन या ओवरएक्सपोजर , आग की लपटों, रसायन या बिजली के संपर्क में आने से स्किन को पहुंचने वाली क्षति होता है।
- बर्न के कारण बाहरी स्किन डिस्ट्रॉय हो जाते हैं। बर्न माइनर या मेजर हो सकता है।
 - जले हुए स्थान से कपड़ों को हटा दें लेकिन कपड़े को खींचने की कोशिश न करें।
 - दर्द शांत होने तक जले पर ठंडा पानी डालते रहें।
 - एक पट्टी या एक साफ, मुलायम कपड़े या तौलिया को जले स्थान पर हल्के से रखें।
 - जले पर तुरंत कोई मरहम या दवा न लगाएं। अगर व्यक्ति ज्यादा नहीं जला है तो लोशन का प्रयोग किया जा सकता है।
 - एलोवेरा या फिर मॉश्चराइजर का प्रयोग जले हुए स्थान पर करें, लेकिन शरीर का ज्यादा हिस्सा जल गया है तो डॉक्टर के परामर्श का इंतजार करना सही रहेगा।
 - अगर जलने के बाद फफोले बन गए हों तो उन्हें फोड़ें नहीं।

Fainting First Aid:

- ❖ **Fainting is when someone becomes unresponsive, often causing them to fall to the ground.**
- ❖ **It happens because for a moment, there is not enough blood flowing to the brain.**
- ❖ **They may have a slow pulse and may be have pale, cold skin and sweating.**
- ❖ **If possible, elevate their legs slightly using a stool, cushions or pillows. Make sure they get plenty of fresh air and ask other people to stand back**
- ❖ **Reassure them and help them to sit up slowly over a few minutes, when they feel better.**
- ❖ **Wash Face Regularly with Cold Water.**

COMMUNICABLE DISEASE:

- ❖ that is spread from one person or Animal or from surface to another through a variety of ways that include: contact with blood and bodily fluids; breathing in an airborne virus; or by being bitten by an insect.
- ❖ that passes between people or animals. People sometimes refer to communicable diseases as “infectious” or “transmissible” diseases.
- ❖ 4 main pathogens cause infection are: Virus, Bacteria, Fungi and Protozoa.

How to prevent transmission:

- **washing their hands thoroughly and regularly**
- **disinfecting surfaces at home often, especially doorknobs and food areas**
- **disinfecting personal items such as phones**
- **cooking meats, eggs, and other foods thoroughly**
- **practicing good hygiene when preparing and handling food**
- **avoiding eating spoiled food**
- **avoiding touching wild animals**
- **receiving available vaccinations**
- **taking antimalarial medications when traveling where there is a malaria risk**
- **check for ticks and other parasites**

Malaria:

Malaria is an acute febrile illness caused by Plasmodium parasites, which are spread to people through the bites of infected female Anopheles mosquitoes. It is preventable and curable.

symptoms of malaria:

The first symptoms of malaria usually begin within 10–15 days after the bite from an infected mosquito. Fever, headache, Fatigue, Chest Pain and chills are typically experienced.

Precaution:

- Apply mosquito repellent with DEET (diethyltoluamide) to exposed skin.
- Drape mosquito netting over beds.
- Put screens on windows and doors.
- Treat clothing, mosquito nets, tents, sleeping bags and other fabrics with an insect repellent called permethrin.
- Wear long pants and long sleeves to cover your skin.

Diarrhea Causes and Symptoms:

- Diarrhea can be described as an abnormal increase in the frequency, volume or liquidity of your stools.
- The condition usually lasts a few hours to a couple of days. Diarrhea is typically associated with abdominal cramps.
- The most common causes of diarrhea include: Viruses, Bacteria and Parasites.
- Other causes include medications, such as antibiotics that disturb the natural balance of the bacteria in your intestines, artificial sweeteners and lactose, which is a sugar found in milk.

Symptoms:

Frequent loose, watery stools, Abdominal cramps, Abdominal pain, Fever, Bleeding

Lightheadedness or dizziness from dehydration

- ❖ **Mild symptoms of dengue can be confused with other illnesses that cause fever with Nausea, Vomiting, aches and pains (eye pain, typically behind the eyes, muscle, joint, or bone pain) and Rash.**
- ❖ **Symptoms of dengue typically last 2–7 days. Most people will recover after about a week.**

Precautions:

There is no specific medicine to treat dengue.

Rest as much as possible

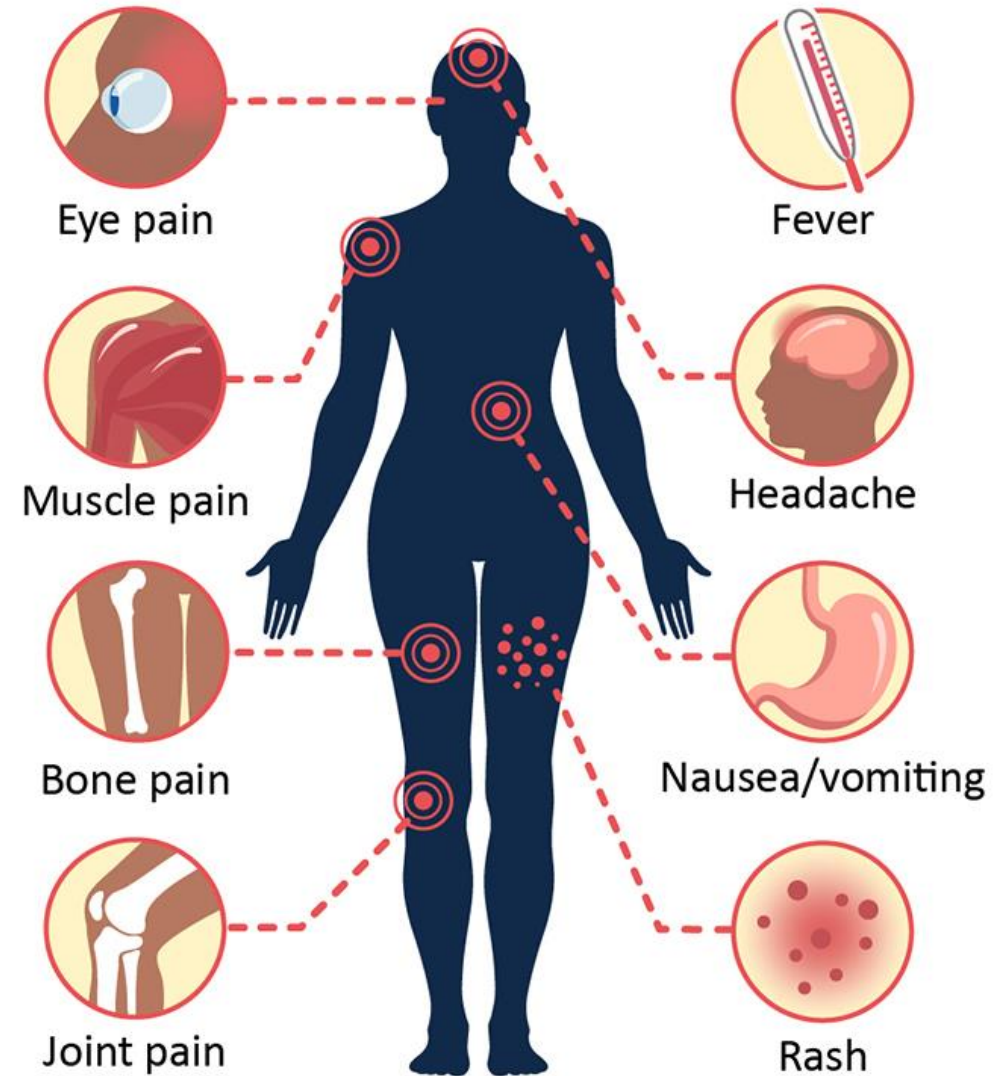
Take acetaminophen (also known as paracetamol outside of the United States) to control fever and relieve pain

Do not take aspirin or ibuprofen

Drink plenty of fluids to stay hydrated. Drink water or drinks with added electrolytes.

Dengue Symptoms

Fever with any of the following



Precautions to Diarrhea

- **access to safe drinking-water;**
- **use of improved sanitation;**
- **hand washing with soap;**
- **exclusive breastfeeding for the first six months of life;**
- **good personal and food hygiene;**
- **health education about how infections spread;**
and.
- **rotavirus vaccination.**

Precautions to Flu:

- **Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.**
- **Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.**
- **Avoid touching your eyes, nose or mouth.**
- **Washing your hands often will help protect you from germs**
- **Cover your mouth and nose with a tissue when coughing or sneezing**
- **Stay home when you are sick**
- **Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too**

Tuberculosis (TB):

- **Tuberculosis (TB) is an infectious disease that most often affects the lungs and is caused by a type of bacteria. It spreads through the air when infected people cough, sneeze or spit.**
- **Tuberculosis is preventable and curable**
- **Ending the TB epidemic by 2030 is among the health targets of the United Nations Sustainable Development Goals (SDGs)**

Symptoms of TB

Prolonged cough (sometimes with blood), chest pain, weakness, fatigue, weight loss, fever, night sweats etc.

Prevention:

- Seek medical attention if you have symptoms like prolonged cough, fever and unexplained weight loss as early treatment for TB can help stop the spread of disease and improve your chances of recovery.
- Get tested for TB infection if you are at increased risk, such as if you have HIV or are in contact with people who have TB in your household or your workplace.
- If prescribed treatment to prevent TB, complete the full course.
- If you have TB, practice good hygiene when coughing, including avoiding contact with other people and wearing a mask, covering your mouth and nose when coughing or sneezing, and disposing of sputum and used tissues properly

Treatment:

➤ **Tuberculosis disease is treated with antibiotics. Treatment is recommended for both TB infection and disease.**

➤ **The most common antibiotics used are:**

Isoniazid, Rifampin, Pyrazinamide, Ethambutol and Streptomycin.

- ❖ **To be effective, these medications need to be taken daily for 4–6 months.**
- ❖ **It is dangerous to stop the medications early or without medical advice.**
- ❖ **This can allow TB that is still alive to become resistant to the drugs.**

HIV and AIDS

- ❖ Acquired Immunodeficiency Syndrome (**AIDS**) is a chronic,²⁹ potentially life-threatening condition.
- ❖ **AIDS** caused by the human immunodeficiency virus (**HIV**).
- ❖ By damaging your immune system, **HIV** interferes with your body's ability to fight infection and disease.
- ❖ **HIV** targets the body's white blood cells, weakening the immune system. This makes it easier to get sick with diseases like tuberculosis, infections and some cancers.
- ❖ **HIV** is spread from the body fluids of an infected person, including blood, breast milk, semen and vaginal fluids. It is not spread by kisses, hugs or sharing food. It can also spread from a mother to her baby.
- ❖ **HIV** can be treated and prevented with antiretroviral therapy (ART).
- ❖ Untreated HIV can progress to AIDS, often after many years.

Signs and symptoms:

- Fever, headache, rash, sore throat.
- The infection progressively weakens the immune system. This can cause other signs and symptoms Like: swollen lymph nodes, weight loss, fever, diarrhea, cough.
- Tuberculosis (TB), cryptococcal meningitis, severe bacterial infections, cancers such as lymphomas and Kaposi's sarcoma.
- HIV causes other infections to get worse, such as hepatitis C, hepatitis B and mpox.
- **the goals of ending AIDS, viral hepatitis B and C and sexually transmitted infections by 2030.**

**HIV
and
AIDS**

Good Habits

- ❖ **Be physically active every day**
- ❖ **Read Thoughtful Books**
- ❖ **Eat plenty of vegetables and some fruit every day**
- ❖ **Get enough sleep and eat breakfast**
- ❖ **Switch to low-fat (1% or less) milk, cheese, and yogurt**
- ❖ **Do something healthy every day that makes you feel good**
- ❖ **Drink water instead of soda or juice**
- ❖ **Turn off the screens and live your life**
- ❖ **Snack on healthy foods**
- ❖ **Eat smaller amounts**
- ❖ **Eat less fast food**
- ❖ **Walk for 30 minutes every day**
- ❖ **Create Balance in your daily routine**



Thank You
For
your kind and active participation.