

# GRADE 7 SIMPLIFIED HEALTH EDUCATION

## LESSON NOTES TERM 1

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### Introduction to health education

*Health* - a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity.

**Health education** is a profession on educating people about health. An area with this profession includes:

- Environmental health
- Physical health
- Social health
- Emotional health
- Intellectual health
- Spiritual health
- Sexual and reproductive health education

Health education can be defined as the principle by which individual and groups of People learn to behave in a manner conducive to the promotion, maintenance or restoration of health.

However, as there are multiple definitions of health, there are also multiple definitions of health education

### Important of health education

The importance of health education impact many areas wellness in community including:

- Chronic disease awareness and prevention
- Injury and violence prevention
- Maternal and infant health
- Mental and behavioral health
- Nutrition , exercise and obesity prevention
- Tobacco use and substance abuse

# Edoptions Health Notes Answers

**Michael Hoelscher**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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