**مرحلة ثالثة Community د. نادية عفتان**

**Dental Health Education**

**Health education**

Health education is a social science that draws from the biological, environmental, psychological, physical and medical sciences to promote health and prevent disease, disability and premature death through education-driven voluntary behavior change activities.

Health education is defined as any educational activity which aims to achieve a health related goal

**WHO** definition: Health education is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitude

**Dental health education**.

Dental health education is the process of imparting information about the dental health which helps an individual to keep the oral cavity healthy as good oral hygiene helps a person to prevent oral disease such as periodontal diseases, bad breath and other dental problems.

**Goal of oral health education**

The goal of oral health education is to improve knowledge, which may lead to adoption of favorable oral health behaviors that contribute to better oral health. A basic oral health care program introduced by World Health Organization for less industrialized countries includes oral health education and emphasizes on the integration of health education with other oral health activities such as provision of preventive, restorative and emergency dental care.

**Objectives of health education :**

1. **Informing people**:

The primary objective is to inform people or provide them with the scientific knowledge about the prevention of disease and promotion of health. This creates an awareness of health needs and helps people to do away with the misconceptions and ignorance they may have about health and disease.

1. **Motivating people:**

People must be motivated to change their habits and ways of living as many current health problems are directly related with them for example drug addiction, cigarette smoking, pollution of water, sedentary lifestyles, etc.

1. **Guiding into action**:

The people should be encouraged to use judiciously and wisely the health services available to them. They may need help to adopt and maintain healthy lifestyles and practices which may be new to them.

**Setting for oral health education**

• Primary care

• Schools and colleges

• Hospitals and clinics

• Preschool education and care

• Local authority services

• Workplace

• Commercial organizations

• Community based initiatives

• Older people’s residential homes.

**Steps in health education planning**

1. Identify needs and priorities.

2. Set aims and objectives.

3. Decide the best way of achieving the aims.

4. Identify resources.

5. Plan evaluation methods.

6. Set an action plan.

7. Evaluation.

**Identify needs and priorities**

The public health problem should be identified to establish the objectives. The people requiring oral health education must be identified. Specific group should be selected, to ensure health education activity is tailored to their particular needs. In planning effective health education, both professionally defined needs and the target group’s concern (felt and expressed needs) have to be taken into consideration.

**Set aims and objectives**

Based on the assessed needs of the group an aim can be set, specifying the desired change that is planned. One aim in this oral health example could be to improve and maintain the periodontal health through more effective plaque control methods.

**Decide the best way of achieving the aims**

Once desired aims and objectives have been formulated , the best way of achieving them should be decided. By this stage, the content and method of education should be apparent.

**Identify resources**

The resources needed and available to implement the program should be identified. In health education, resources may include people’s expertise and existing skill, and material such as leaflets or oral hygiene aids.

**Plan evaluation methods**

A full evaluation of any health education program is a very important element. Evaluation is designed to assess whether the set aims and goals have been achieved. For this, appropriate evaluation measures should be selected.

**Set an action plan**

The planned action for the program should be initiated.

**Evaluation**

Evaluation information can be collected both during and at the end of the program to assess the impact of the program.