



Summary

Health education is the “Consciously constructed opportunities for learning involving some form of communication designed to improve health literacy, including improving knowledge, and developing life skills, which are conducive to individual and community health.” In other sense, health education is any combination of learning experiences designed to help individual and communities improve their health, by increasing their knowledge or influencing their attitude. The field of health education needs to establish a conceptual basis that provides a legitimate focus and direction for health education. Thus, Health education like general education is concerned with the change in knowledge, feelings and behavior of people.