



METADATA

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Abstract

Health Education (HE) plays an important role in protecting, improving and/or maintaining good health by developing competences, skills, values, attitudes and knowledge that enable people to live not only a healthy but also a productive life. However, in order to achieve its objectives, Health Education teachers and, more generally, those involved in the implementation of Health Education need to understand the fundamental principles and stakes of this specific knowledge field. This textbook contributes to this need by introducing fundamental concepts of Health Education. More specifically, the present publication discusses concepts such as health, well-being, health literacy, health promotion school etc. and their interconnections. It introduces the subject matter of Health Education and also explains what

a program and a project are, and how a Health Education program can be effective. In addition, it analyses a basic tool, known as the "logic model", which can be used to design, implement and evaluate Health Education programs or projects. In terms of Health Education topics, it delves into three of the many included in Health Education and more specifically in: a) Social Health, b) Emotional Health, and c) Nutrition. The first two topics are mainly linked to the core themes of Health Education, while the third one is linked to Nutrition and diet education. In conclusion, this book is an important textbook for both undergraduate and postgraduate students in Health Education as well as for health and/or education professionals and researchers, who are already or would like to become, active in this field.

