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### Editorial Note

The Journal of Community Medicine & Health Education publishes current discoveries, trends and developments in all the related fields of health education and community health. Health education specialists play such an important role in educating people about various aspects of health and treatment methods, especially in under developed and developing countries. Knowledge about evidence-based practice research in our community health journal informs specialists how to intervene and teach in ways that indicate best practice. This current issue of the journal, Volume 6 Issue 5, published five research articles, two review articles and two commentary articles.

Studying tribal societies and their extraordinary range of cultural behaviors provides an insight into the nature of "primitive man", which enables "modern man" to utilize their commonly held health care beliefs to effect change. Many plants and trees have been conserved by tribal people, due to their cultural beliefs and folklore that emphasizes divine treatment of certain plants. Jenukuruba tribal people of Karnataka are considered to be a highly vulnerable tribal group. Pujar et al. [1] evaluated the skinfold thickness, weight for age, height for age, BMI of Jenukuruba tribal people to assess their nutritional status. Their studies revealed that the tribal people are suffering from different grades of malnutrition. Authors suggested that necessary precautionary measures should be taken for the improvement of nutritional conditions of these high risk tribal people.

Many studies have shown that oral health literacy improves oral health as well as overall health. Kapoor et al. [2] developed an instrument to measure dental health literacy. A pilot study conducted by the authors determined efficacy of the instrument has proved that Determination of Functional Literacy in Dentistry (DFLD) can significantly assess the health literacy in the dental arena.

Adil et al. [3] in their survey determined the pattern of utilization of health services and health insurance among educated urban citizens of Pakistan. Their survey showed many of the citizens were not obtaining health policies, due to financial obstacles, and those persons who had policies struggled for 12 months before getting medical treatment. Authors suggested that developing countries should engage in reform to existing policies to improve health insurance coverage [3].

Insomnia describes a condition of difficulty in getting and maintaining quality sleep. Insomnia reduces the concentration, lowers the productivity of a person, and directly affects one's quality of life. Ahmad et al. [4] estimated the prevalence of insomnia in hospitalized elderly. Their study revealed the positive relationship between old age and insomnia. Authors found that lifestyle factors such as dietary habits, occupation, exercise, etc., also have a positive correlation with insomnia.

In the comparative study by Prakash et al. [5] reporting the nutritional status of private school and government school children, authors found that the current mid-day meal of 700 kcal in Indian government schools has been insufficient in meeting the caloric requirement of these school children.

In the review article, Sánchez et al. [6] reviewed the causes and statistics related to domestic violence against pregnant women. In their studies, authors have found that family dysfunction and alterations in behavior were the main causes of domestic violence. They found significant gaps between the treating institutions and the affected, which may be due to shame or psychological guilt, as well as the cost of care.

In the commentary article, Pang [7] described the implementation strategies of postpartum family planning (PPFP) through the maternal and child health (MCH) service in China. Pang suggested some critical strategies to improve the construction of PPFP such as: using the PPFP coverage rate as core indicator for evaluation of MCH services, inclusion of PPFP service in the national plan, and giving training on PPFP and MCH knowledge to improve the service quality and capacity of the health personnel.

While Crump et al. [8] discussed the importance of community participation of physicians in enhancing the community health and highlighted a program in Harlem, New York that linked resident physicians with organizations that focused on promoting social advocacy and social justice.

This promises to be an issue with widely diverse publications that illuminates international community health issues of concern. We hope that you will enjoy this issue.

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