

Child Health and Different Types of Illness: Preventions

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Abstract

Child health education plays an important role in life for emphasising the importance of excellent health throughout childhood and subsequent economic life for their growth and stability in outcomes of education, health and learning. Health education is basically educating the people about health conditions. This includes various types of health education which are popularly known are Spiritual health, social health, mental health, physical health, environmental health as well as sexual and reproductive health.

Introduction

Health education is a sort of education that aims to provide people or the general public with the knowledge, skills, values, and attitudes required to promote, maintain, enhance, and restore their own or another person's health. Personal health is divided into five categories: physical, emotional, social, spiritual, and intellectual. It is critical that none of these aspects be overlooked in order to be termed "well."

Health education is important for children in order to improve their health and maintain good health that helps in having proper health condition without any diseases and reduces risk. Educating children in health can prevent various diseases like diabetes, obesity and sexually transmitted diseases. This leads children a happy and good healthy life style. Health education refers to any combination of learning experiences aimed at encouraging voluntary actions that benefit health. Health promotion is a combination of educational and environmental supports for health-promoting behaviours and living conditions, including health education. It helps the Individuals and communities benefit from health education programmes by improving their physical, mental, emotional, and social health by extending their knowledge and changing their attitudes toward caring for their well-being.

Physical, social, and psychological elements which contributes to health, according to this concept. The combination of the physical, intellectual, emotional, spiritual, social, and environmental components known as the Six Dimensions of Health is then used to represent wellness.

Your child's health is the foundation of all growth and development. First and foremost, your child's health comprises more than simply physical growth. Cognitive learning and thinking growth, social and emotional development, and mental health are all important parts of your child's health. Improve access to safe drinking water. Nutritious meals and beverages, for example, should be encouraged by pricing

them lower than less nutritious alternatives. Include nutrition instruction in health education, throughout the school day, and in after-school projects such as school gardens and farm-to-school activities.

Many professionals like health education because it allows them to provide valuable information to underrepresented populations. These professionals may be in great demand in the near future, as the BLS expects a 13% growth in health educator job possibilities between 2019 and 2029.

The field of child safety is focused with reducing children's exposure to hazards and lowering their risk of injury. Child safety, on the other hand, demands a multifaceted strategy that includes educating parents and children about threats, building safe environments, doing research, and advocating for effective policies. Student achievement, as well as children's social, emotional, and behavioural development, are all intimately linked to mental health. Given that one out of every six children in the United States between the ages of six and seventeen suffers from a mental health problem each year, it stands to reason that mental health should be taught in schools. Infectious diseases are common among children and are the major cause of mortality among them. Diarrhea and acute respiratory illnesses are two examples (ARI). Contagious illnesses include measles, pertussis (whooping cough), diphtheria, polio, tetanus, and tuberculosis (TB).

There are so many infectious and noninfectious paediatric illnesses that listing them all would be impossible. However, we will go through some of the more common ones, such as viral and bacterial infections, as well as allergy and immunologic problems.

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Conflict of Interest

None

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