

## Review Article

## Health Education Programmes: An Indices for Quality Health Care and Peaceful Co-Existence among Citizens in Sub-Saharan Africa

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**Abstract:** Individual's propensity to perform his daily activity is anchored on sound mind and good strength which mostly occurred when individuals, particularly in Sub-Saharan Africa are exposed to proper Health Education programs in a healthy environment. It becomes very imperative to ensure peaceful co-existence in an atmosphere devoid of ill health. The main thrust of this paper is on the consideration of Health Education programmes as indices for quality health care and peaceful co-existence among citizens in Sub-Saharan Africa. The several benefits of Health Education activities for peaceful co-existence of citizens in African countries, their imperatives for formulating and implementing requisite Health Education policies were examined in the paper. The trends in planning and managing Health Education were also highlighted in the paper. The paper concluded that consistency in the organization of various capacity building initiatives will directly provide individual the impetus and motivation to cope with dynamics of Health Education. The paper recommended among other based on the existing fundamentals of Health Education in African countries that standardization and consistency should be a cardinal point of focus when formulating and implementing health policies and individual's accessibility to quality health care should be provided for citizens in African countries.

**Keywords:** Advocacy, Co-existence, Health Education Indices and Motivation.

### INTRODUCTION

Health Education (HE) is recognized as a phase of the total education process that utilizes activity which are inherent in each individual to develop a person organically, intellectually and emotionally (Domfeh 2016). Man has naturally lived an active life since creation, individuals in Sub-Sahara region of the world are no exception. Individual daily activities and other forms of health activities have helped in the development of physical mental and emotional wellbeing of individual in the contemporary society. In other words, the research study of Danladi (2015), has significantly emphasized that Health Education (HE) as discipline has essentially contributed to the physical, social and mental development of individuals. In the same vein, the development of sound mind and good strength mostly occurs when people particularly individuals in African countries are exposed to a lot of practical activities in a healthy environment. It however becomes a common practice that the utilization of HE in all sphere of the society particularly among the productive group of people of all socio-economic status

has become relevant. In assessing the role of HE for quality and peaceful co-existence in African Society, two major components emerged from Health Education which are considered essential for optimum developed of individual's physical activity and health promotion processes, these component are valuable and essential to the total educational experiences as they make positive contributions to the lives of African citizens. Considering the role of HE in the attainment of sustainable environment for peaceful coexistence among African citizens, Damian (2017), opine that relevant stakeholders needs to introduce the concepts of development and growth in health status of individuals through health education. To achieve this goal, the discipline must be accorded its legitimate right to develop its own profile in African society. If access to quality health care and peaceful coexistence among African citizen is to be given proper recognition, the impacting of good knowledge, attitude and practice (KAP) of Health Education, must be strictly addressed at all levels of social strata.

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Although, the multi-cultural traditions that exist in African countries has naturally come to stay as one of the phases in the development of African countries that notwithstanding, the utilization of the available resources and wealth of the African countries are sufficient to make good health condition accessible and qualitative in an atmosphere of peaceful co-existence (James, 2017).

### **Benefits of Health Education for Peaceful Co-Existence in Sub-Saharan Africa**

The benefit of Health Education (HE) towards the peaceful co-existence of African citizens are two kinds of benefits that underpin the development of physical, emotional and mental attributes of individuals in the society, (Damian, 2017). However, the benefit health education in this regard, could be viewed as follows;

- Health Education as a discipline that is designed to promote good peaceful co-existence which helps to guide individuals in the right path to inculcate the concept of “universal brotherhood” among individuals in African countries.
- To provide appropriate direction and fairness to life and bring joy, satisfaction and peace of life, to preserve our culture and heritage in order to develop morality and character among citizens in African country.
- To bring to focus the individual behavioral change towards positivism.
- To bring about the promotion of peace and harmony in the individual and in the society at large.
- To bring about quality of life and sustainability in the society.

Above all, the most important benefit is for individual to inculcate the five core benefits descriptive, fairness, behavior, peace and quality life. The availability of these will ensure a sustainable environment devoid of anarchy and all forms of negative vices in the society. The African society from time to time share keen interest in the quality of life and peaceful environment for her citizens within their locality this is basically because of the high regards that people have for them. According to Raddy (2016), it is rightly said that if wealth is lost nothing is lost, but if health is lost something is lost. If educating individual on healthy living in the society is lost then everything is lost, therefore; poor access to quality health as well as peaceful coexistence in Africa will spell doom for the African citizens.

Similarly, educating individual without vision is a waste, health education without value is a crime and education without mission is life burden. In the same vein, a developing society with atomic power is not a strong nation, but a national with people with strong character for peaceful co-existence and positive values

is indeed a strong nation (Williams, 2018). Besides, the above attributes and the recognition of Health Education in the promotion of peaceful co-existence among individuals in African country is geared towards practical exposure to other multicultural dimensions in African countries where poor access to quality health education, and peaceful co-existence has been an integral part of Sustainable Environment for National Development (SND).

The views of James (2018) revealed an important aspect of educational planners in Africa continent is that, the state of health education which is an aspect of human development. Justification of this issue becomes necessary in view of the dominant role of health education in almost all human activities in the society. This pre-supposes that complete or partial relegation of Health Education which is an embodiment of science of human development implies living behind the shadows of time (Taylars, 2015).

### **Formulation and Implementation of Health Education Policies for Peaceful Co-Existence in Sub-Saharan Africa**

Domteh (2016) pointed out that every nation of the world particularly Sub-Saharan Africa context is now very conscious of the envisaged benefits of HE to the socio-economic and political development of any given society. In order to provide Health Education for the purpose of peaceful co-existence, and the challenges of 21<sup>st</sup> century, the assessment of Health Education as a course of study should be based on measurement of knowledge, skills, aptitudes and the competencies required for a whole range of life expectancy and not the subject matter of knowledge which is only theoretical oriented in values.

For Health Education to meet up with challenge of the 21<sup>st</sup> century and to stand the test of time, emphasis should be placed on skills acquisition and competence coupled with consistency in formulating and implementing Health Education Policies for peaceful co-existence in Africa. The future of African societies largely dependent on the development of her human and capital resources; therefore, the development of capacity building initiative should not be ignored in drawing health, policies and programmes for implementation (Clerks, 2018).

Damian (2017), opined that the era of science and technology has brought about the use of Information and Communication Technology (ICT) in solving health issues, therefore, the implementation of HE policies for peaceful co-existence in Africa should emphasis the concurrent training and skills development in internet processing to improve individual performance. Similarly, policies and other measures that will monitor the provision of financial resources should be implemented accordingly this is because of

the high cost of providing health education programmes for quality healthy living (Hope, 2015).

The establishment of vocational guidance programmes and Health policies are considered very relevant in the scheme of things, these policies is aimed at assisting individuals to have a personal understanding of the concept of Health Education in ensuring peaceful co-existence among African citizens. Generally, all intended health policies are meant for peaceful co-existence, just as all wealth is created by initiative and man's labour and his labour is guided by his education and the acquired scientific skills. Lenox (2015), asserted that health education is to make meaningful contribution to the peaceful co-existence among African citizens, it must be pursued with vigor through the establishment and implementation of policies that will not only promote co-existence of African people. Nit also contributes to the socio-cultural, socio-economic and educational development of African countries. The implementation of realistic health policy according to Mozai (2014) should be such a scientific policy that identifies areas of priority, and challenges in HE, all stakeholders responsible for advocacy in quality health status and peaceful co-existence among African citizens should rise up to the challenge and meet up with societal expectations. Furthermore, the foregoing discussion on policy formulation and implementation entails that there should be consistency in supervision of policies that has a significant impact in the promotion of good health education for peaceful co-existence and access to quality education in Sub-Saharan region of the world.

### **Health Education and the Challenges of the 21<sup>st</sup> Century**

Assessment of Health Education professionals should be based on consistent measurement of knowledge, skills, aptitudes and the competencies required for a whole range of life expectancy that is theoretically oriented (Eric, 2014). Every nations of the world is now very conscious of the envisaged benefits of science and technology particularly to the socio-economic and political development of any given society. Similarly, HE will not be properly organized for effective service delivery without addressing the emerging issues surrounding the curriculum formulation and implementation strategy. According to the study of Lenox (2017), motivation, commitment, staff efficiency are integral aspects of the development of HE in order to meet up with the challenges of the 21<sup>st</sup> century. Specifically, emphasis should be entered on the health conditions of individual which should be improved upon in a sustainable environment that is considered adequate for effective teaching and learning processes. It is quite obvious that an improved conditions of people in a good environment will enhance individuals dedication and commitment to good living standard. The development of African countries economy largely depends on the access to

quality health of her citizens and peaceful co-existence therefore, proper recognition of HE should not be ignored for any reasons. Quite interesting, is the fact that Science and Technology has brought about the use of Information and Communication (ICT) to improve the efficiency and consistency in providing HE to meet up with the standard of Millennium Development Goals (MDGs) in the contemporary African Society, (James, 2017). As a matter of fact, the African society needs a realistic science policy to identify areas of priority as well as to give direction and co-ordination of efforts to make HE practice a noble profession. A number of studies such as Dereck et. al (2016), have been carried out by environment scholars on the need to properly considered the contribution of HE for the purpose of ensuring peaceful co-existence among individuals in the society, for instance, Mozai (2016), observed that in recent years, United Nations Educational Scientific and Cultural Organisation (UPESCO) and World Health Organisation (WHO) organized several studies on issues relating to the proper need to actualize the implementation of several educational and health policies which includes HE with the ultimate goal of ensuring peaceful co-existence among individuals in the Sub-Saharan region of the world. Specifically, the contribution of international organization towards the development of HE for peaceful co-existence has much to be desired, the international conference on the education and training of her techniques and other professionals held in Paris, 2000 is a case in point. In the course of this meeting, particular emphasis was made on problems associated to the planning and relegation of the objectives of ensuring peaceful co-existence amidst multi-cultural and socio-economic difference in the African society.

Furthermore, another study of Mozai (2014), revealed a clear manifestation of the importance of organizing capacity building initiatives that will promote and sustain peaceful co-existence among individual. In the same vein, Eric (2014), opined that the age long aspiration of HE to meet up with global challenges was primarily tailored towards the physical, emotional and psychological development of individuals in the society; an individual that is emotionally stable and mentally at alert will be well adjusted to live with his fellow human beings in the society. The quality of life of an individual according to Damian (2017), in the society is a parameter to measure and determine the level of relationship that could be developed among individual in the society. Raddy (2016) posited that access to quality health care services creates an ample opportunity for functional individuals to contribute meaningful, and productively to the development of his family and the society at large.

### **Trends in Planning and Managing Health Education for Peaceful Co-Existence**

The successful upliftment of the study of HE as a discipline in the educational sector depends to a large extent on the planning and management strategy (Lenox, 2017). To live peacefully in the society, the management of individual's health needs to be a collective responsibility involving the formally constituted authority and members of the African communities. Considering the above fact, the provision and management of adequate human and material resources for efficient operation of policies according to Mozai (2014) should be considered as the responsibility of relevant stakeholders and the entire African community.

The African communities has crucial role to play in the planning, management and further ensuring peaceful co-existence of African citizens especially in the area at formulation of policies, curriculum development, supervision and control. The planning and management of HE for proper coordination and peaceful co-existence, is not rested solely on the shoulders of the overall policy coordinators, professionals and other support staff, all concerned stakeholders must manage materials, environment and human resources to ensure that individuals in African communities' co-exist peacefully (Danladi, 2015). To effectively manage the health status of individuals in the society, all concerned individual and other professionals must have a vivid understanding of the nature of discipline as well as their weakness and strength. Clerks (2018), pointed out that in ensuring peaceful co-existence through proper coordination of HE, all the stakeholders in the management of HE as a discipline should be well acquainted with various skills needed to be developed. Strategies should also be developed for acquiring the necessary tools needed for imparting the needed skills. A clear distribution between planning and efficient management processes in organizing HE for peaceful co-existence is centered around some key areas such as innovation, creative problems solving mechanisms, making decision for community members in African society, and resolving conflict among citizens in African countries. It is evident from the above that HE is a discipline that could create an enabling environment for co-existence among African citizens; monumental development of African nation is essential in this regard. However, it goes without saying that this much needed development of HE cannot be achieved amidst inadequacies associated with the management of human and material resources and proper organization of capacity building initiatives (James, 2017). Consequently, the acquisition and development of skills in repositioning HE in order to meet up with the challenges of the 21<sup>st</sup> century and the standard of Millennium Development Goals (MDGs), will not see the light of the day if there is poor effective management of health education and all other human and material resources needed to accelerates peaceful

co-existence among African citizens of the world. It is therefore in view of the importance that it becomes absolutely necessary to identify strategies for policy formulation and implementation processes for effective health care delivery services (Hope, 2015).

### **CONCLUSION**

It is clear that a nation with the aspiration of steady peaceful co-existence through HE needs to pay more attention to the recognition of HE as a discipline that ultimately ensure the much needed cordial relationship that will bring about peaceful co-existence among citizens in developing nations of the world. More importantly, planning and management of human and material resources in Africa countries coupled with consistency in organizing capacity building initiatives are good parameters that could access a country's readiness in actualizing the desired goals and objectives of ensuring peaceful co-existence among African countries. From the foregoing, it is also very clear that no nation in Africa continent can make reasonable educational and socio-economic development in the absence of effective management of her human and material resources for the purpose of peaceful co-existence among her citizens.

### **Recommendations**

In as much as emphasis has been made on the importance of providing Health Education programmes for peaceful co-existence and healthy living among African citizens, the following recommendations are proffered:

- The relevant stakeholders concerned for the recognition of HE and for the sustenance of peaceful co-existence in a sustainable society should braze up to the societal expectations.
- Individual should be given opportunity to have access to quality health education program since it is the only avenue for peaceful co-existence.
- Formulating and implementing of good health policies that will promote the standard of individuals and improve required skills for human development should be encouraged at all time.
- There should always be the need to identify efforts that will help to effectively coordinate HE to meet up with the Millennium Development Goals (MDGs).
- More emphasis should be placed on the management and training of HE professionals in order to acquire more knowledge for self-development.
- Relevant stakeholders should pay more attention on capacity building initiatives that will ensure peaceful co-existence among citizens of African continents.

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