

Week 1

Subject: P.H.E

Topic: Community health (I)

- ★ Meaning of community health

Community health is the field of public health concerned with improving the health of communities

- ★ Meaning of environmental sanitation.

Environmental sanitation is the control of environmental factors that are connected to disease transmission

Meaning of nutrition

Meaning of balance diet

- ★ Importance of environmental sanitation
- ★ 1. It makes the environment habitable or conducive for living
- ★ 2. It helps in maintaining a clean and healthy environment
- ★ 3. It helps in reducing the risk of disease

WK 2

Topic: Community health (II)

- ★ Meaning of the following health terms.

Pandemic:- A disease that affects a wide geographical area and a large proportion of the population. E.g :- Ebola, COVID-19 etc.

Endemic:- A disease affecting a number of people simultaneously, so as to show a distinct connection with certain localities, E.g Malaria etc

Epidemic :- this refers to the diseases of outermost layer of the skin, E.g chicken pox, measles. etc

Wk 3

Topic: Community health (III)

Determinant of health

The main determinant of health are:-

1. Heredity
2. Environment
3. Lifestyle

Other determinant of health are:-

4. Rest and sleep
5. Exercise
6. Medical care

WK 4

Topic: Community health (IV)

Sub topic: characteristics of healthy person

The following qualities are the main characteristics of what we see in a healthy person.

1. Physical fitness
2. Mental fitness
3. Social fitness
4. Emotional fitness

★ Meaning of drugs and drug substances

Drugs are any chemical or natural substances apart from food that affect the composition and function of the body when taken or ingested

★ Meaning of substance/drug abuse

This is the repeated intake of drugs without a qualified health personnel/doctor prescription or instruction

Wk 5

Topic: Community health (V)

Ways of taking drugs into the body

1. Through mouth
2. Rubbing or spraying on the skin
3. Injecting
4. Inhaling
5. Dropping
6. Snorting etc

★ Meaning of drug addiction

Drug addiction is a psychological and physical inability to stop consuming a chemical, drug or substance even while it is causing harm to their health.

★ Meaning of drug dependence

Drug dependence refers to the feeling of one unable to function normally without taking a substance or drugs.

