**健康教育学（20.146.0.1）**

《健康教育学》是在公共事业管理食品卫生与营养专业及护理专业开设的必修专业课程。随着现代医学的发展，行为与生活方式已被认为是人类健康和疾病的主要决定因素之一，WHO 在 2002 年世界卫生报告中，将改善人们的行为作为当前减少疾病风险的最重要策略之一。改善人们健康相关行为的任务主要由健康教育来承担。健康教育学是研究健康教育基本理论和方法的一门学科，是医学与行为科学相结合所产生的边缘学科。课程中介绍健康相关行为理论、健康信息传播、健康教育诊断、健康教育计划和干预实施以及健康教育评价，并对重要场所和重点人群以及重要健康问题的健康教育进行讲解。通过《健康教育学》的学习，学生们将对以行为改变为目标的健康教育方法进行系统的了解，并能通过实践对具体方法进行应用。

Health Education is a compulsory course in Public Affairs Administration and nursing specialty. Behavior and lifestyle become one of the main determinants of human health and disease with the development of modern medicine. Improving people's behavior is one of the most important strategies to reduce the risk of disease in the 2002’s World Health Report of WHO. The main task of improving people's health related behaviors is to undertake health education. Health education is a discipline to study the basic theory and method of health education. It is an interdisciplinary subject of the combination of medicine and behavioral science. The course in consist of health related behavior theory, health information communication, planning and intervention, health education evaluation, health education for key sites and key populations. Students will have a systematic understanding of health education method through the study of health education. And they can application specific methods through practice.