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GLOBAL HEALTH EDUCATION TRENDS AND CHALLENGES FOR SUSTAINABLE DEVELOPMENT IN NIGERIA

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ABSTRACT

This paper examined the global health education trends and challenges for sustainable development. Health education is described as an area of specialty which helps in improving health knowledge to bring about a positive change. It is important to note that health educations in the life of individuals are driving forces for sustainable development. The following global health education trends include: community mobilization and participation, Health Education and Primary Health Care, health promotion and disease prevention and prospects of health education. Challenges of sustainable development include: Governance, corruption, education and entrepreneurship skills. Global Health Education has been a very huge challenge to mankind simply because individuals have failed to adhere to health information. It was concluded that health education is one of the greatest challenge that everyone has battled with when it comes to maintaining healthy lifestyles which happens to be a global problem. It was recommended that government should put in more resources in order to ensure that the health of vulnerable individuals is safeguarded.

Keywords: Health education, Global Health Education Trends and Challenges for Sustainable Development

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Introduction

Health Education is also described as an area of specialty which helps in imparting health knowledge to individuals and community members in order to bring about environmental health, physical health, social health, emotional health, spiritual health, sexual health as well as

reproductive health (Mckenzie, Neiger & Thackeray, 2009). Health Education is one of the greatest challenge everyone continues to grapple with when it comes to maintaining healthy lifestyles which is a global issue that has led to thousands of morbidity rates especially that of mortality. There has been consistent negligence in the area of health education when it comes to personal hygiene which happens to be a biting issue within the African continent especially in Nigeria where the issue of improper waste disposal in our cities has caused air pollution within the vicinity because of the absence of inappropriate sanctions for those found culpable. Health Education is an intervention measure taken to avoid infectious and emerging diseases (Mckenzie, Neiger & Thackeray, 2009).

Health Education is best seen as the process by which individuals and group of people try at all cost to act in a way that will bring about a positive healthy lifestyle which is meant to restore the health of everyone (Joint committee on technology, 2001). Joint committee on technology (2001) explained health education as the mixture of learning experiences gained through health instruction by a trained expert who assists group of people the required information and skills that are supposed to create quality positive healthy lifestyles. WHO (1998) went on to explain health education as that which is meant to provide adequate health information filled with opportunities for learning to take place and a process whereby communication is brought in place to do away with illiteracy in order to provide a suitable environment that is conducive for all. Physical activities and sports have been traced back to the pre-colonial era which has proven that physical education can serve as a mode of competition and recreation purpose during ones' free time which has made the status of physical education activities change with the aim of colonization and the civilization of man (Ajala, Sohi & Amusa, 1999). Physical inactivity happens to be a global health concern which extends to other developing countries as the case may be which has the level of

increase in physical activities that have been identified globally (World Health Organization, 2010).

GLOBAL HEALTH EDUCATION TRENDS

Health Education is the process whereby the curricula are designed in a way that helps in passing on health information as well as the risks involved in going contrary to the promotion of health for all and it can take place in settings like schools, churches, mosques, market places, factories, recreational parks, motor parks and the home (Association for supervision and curriculum development, 2014). It is important to note that health education in the life of individuals are driving forces for sustainable development and it takes a lot of time and effort in ensuring that this dream is actualized for the longevity of all. The world health organization has made a lot of positive impact in making sure that everyone live healthy lives which also ensures that quality primary healthcare services are rendered in order to avoid emerging infectious diseases which can be done through community involvement (Alma, 2008). The following comprise of global health education trends which include:

Community Mobilization and Participation- Community mobilization and Participation as according to Obioma (2007) asserted it as the community mobilization and participation exercise which it's significant function is to ensure that health care services are properly utilized in order to bring about sustainable development and interventions. It aims at getting the community fully involved in the aspect of healthcare and growth which is a long term process that only explains that members of the community, government and non- governmental organizations come together to make collective efforts in establishing a method to resolve challenges within community levels that also involve the harnessing of resources (Fosu, 2004). Community mobilization is an

indispensable component of society which strengthens and builds the ability of diverse challenges which ensures that community mobilization can either be a network for health education awareness campaign that is undertaken once in a lifetime (Williamson, 2000).

Health Education and Primary Health Care in Retrospect- Health Care centers found to be comprehensive because their primary aim is to make available preventive, restorative and rehabilitative services for all in the community (Baltussen & Yazoume, 2005). In Africa, up to 80% of the populations make use of traditional medicine in rendering primary healthcare services. 85% of Nigerians utilize and confer with the use of herbal medicine both for healthcare social and psychological reimbursement (Buor, 2003). In the rural part of Burkina Faso, it was recorded that modern health care amenities are to be only consulted by 19% of the population while others prefer treatment which is usually rendered at home which accounts for 52% while traditional healers account for 17% or local village health workers account for 5% as the case may be (Buor, 2003).

Health Promotion and Disease Prevention: - The area of disease prevention is a critical one as it employs resources and health information's which expects that the school authorities, teachers, student's, governments and communities are stakeholders in this aspect which is meant to promote health instruction in schools (Barikor, 2004). Delargy (2009) was of the opinion that a properly structured style of health instruction in schools are seen as threats without timely resolutions in which schools will not be able to give students with the required quality access to different methods employed in learning let alone impart in them academically.

Prospects of Health Education- Despite the challenges which present community education in Nigeria, it has a lot of prospects that serve as one of the areas that undermine growth and development (Ejifugha, 2001). In the first instance, community health education still remains a

platform in which mass participation in activities tied down to learning that can progress its worthwhileness and community education remains an essential vehicle in encouraging citizens get involved community members in the education enterprise (Baltussen & Yazoume, 2005).

CHALLENGES OF SUSTAINABLE DEVELOPMENT IN NIGERIA

Nigeria has continued to struggle with the issue of sustainable development as it affects the citizens in regards to health, infrastructural development, education, security and manpower. The following comprise of the challenges of sustainable development which are:

Governance: - Nigeria has continued to witness bad governance due to bad corrupt practices which has rubbed her of good means of sustainability and its abundant resources because our leaders have sold virtually all to other nations while it's immediate inhabitants continue to beg for bread on the streets which is quite unfortunate unless the right thing done then the country will continually grow from bad to worse (Agbodike, Osawe & Igbokwe, 2015). The issue of insecurity has continued to rub off the country of its human and material resources due to negligence which has given birth to poor governance which has also paved more ways for cybercrimes, bank and internet fraud and other forms of gambling had left the society in very helpless situations in a way of living everybody stranded (Otoghile, Igbafe & Aghontaen, 2014).

Corruption- Corruption is a well-known phenomenon in our society that is danced to because our leaders created room for it to thrive in the lives of the youths. The three tiers of government are heavily corrupt in this guise which the following sets of persons are not left out which are lecturers and students, parents, family members, administrators, religious leaders (clergymen), traditional rulers, military and the artisans are all involved in holding Nigeria captive (Adeosun, 2012). Judges

who are meant to be the ones to defend the poor end up collecting bribe in favoring others due to what they will gain which is part and parcel of corrupt practices (Odisu, 2016).

Education:- Education which should be an instrument for remodeling and shaping attitudes and aspirations for the upcoming generations has unfortunately been found to be in a deplorable state due to the negligence on the part of both state and federal government because they have politicized the whole system making it look as if it is only meant for the rich not the poor meaning while everyone irrespective of background is entitled to education which is a sure way of sustainable growth and development (Oyewole & Osalusi, 2016; Thom-Otuya & Inko - tariah, 2016). A good number of Nigerian teachers are lacking seriously in a lot of these indicators which is a truism to make mention of happen not to be productive due to the seven (7) constructs that make-up a whole teacher (Zuzovsky, 2009).

Achieving Sustainable Development Through Science Education:- A lot of developing nations today have been longing to have quality education which the main key to sustainable development anyone can ever think of but quite unfortunately our Nigerian politicians have politicized the educational sector in which education continues to lack science education that broadens the knowledge of students from primary and secondary schools especially at the University level but no laboratories and equipment to be used to teach them what is basically required (Godek, 2004). As far as education is concerned, the teacher is in a position to improvise means of using instructional materials in the absence of information technology in teaching science subjects/courses in order to enhance sustainable development but the reverse is the case today because of lack of qualified teachers to render quality teaching (Hosseini & Kamal, 2013).

Entrepreneurial Skills: - Entrepreneurship education is a very useful instrument that is tailored for reducing the rate of unemployment amongst our youths in Nigeria (Araba, 2012). Venkataraman (2000) cited in Karimi et al. (2012) stated that entrepreneurship is an important ingredient for the increase of the efficiency involved in our economy, market innovation, creation of new jobs and raising up the level of employment in the country. Martin & Lucu (2014) were of the view that entrepreneurship education purpose was to aid in the development of entrepreneurial skills of students. While Onuma (2016) complained at the rate at which the unemployment of youths in Nigeria is as a result of lack of entrepreneurial skills of students.

Challenges of Global Health Education

Global health education has been a very serious challenge for centuries now to mankind simply because individuals have failed to adhere and make use of health information's that will promote our health for the better. Generally, there is a continuous advancement in technology, transportation, electronic communication modalities as well as for the purpose of common interests (Global Health Government, 2015)

The following challenges of global health education include:

Aging population- One of the most important problems that is faced with the healthcare sector globally is the advancement of populations and dwindling resources in nations like china which its population accounts for 1, 349, 585, and 838. and India's population accounts for 1,220,800,359 are both presently on the increase which makes use of its scarce resources in assisting to satisfy the needs of its citizens which however has increased population of the aged that is coupled alongside with varying degrees of disabilities which have continued to put many on risky health

conditions as the case may be (HJF Foundation, 2015). As populations keep expanding and the aged continue to grow older by the day as medicines and other treatment methods keep improving, there is a serious need for screening patients found with one form of ailment or the other so that there will be a permanent lasting solution (GHEC, 2015).

Public Health- The centers for disease control (CDC) have laid much emphasis on health security for all in order to reduce reoccurring cases just as what happened during the COVID-19 period in the year 2020 which was more devastating globally in which many vulnerable individuals suffered the after effect and eventually died after those who were traveling on international flights after the lockdown had to be vaccinated in order to prevent further spread of the virus (CDC, 2014). There happens to be increased recognition by the CDC that made attempts to import to other national, international as well as foreign health care centers that has analyzed the rate at which infections continue to spread all round regions which is as a result of the advancement in transport services and the need to have greater scrutiny on the importation of food items and medical equipment's (CDC, 2014).

Economic health: - Individuals have continued to suffer from one health challenge or the other because of the economic hardship involved which has gradually led to the deaths of populations worldwide as a result of the COVID-19 pandemic (The water project, 2015).

Accessibility to portable water

Accessibility to portable water is one of the problems faced with so many individuals within the African continent has led to numerous outbreak of diseases and also the trend got even worse due to the increased global warming as a result of climate change (The water project, 2015). Another

bone of contention is severe hunger that has ravaged several populations today which has led to the increase of illnesses and disabilities that has affected developing nations which has recorded 805 million people suffering from hunger that also accounted for 98% lives in the developing world (The hunger project, 2015).

Ways of Improving Education for Sustainable Development.

Education is one of the sources of sustainable growth and development in any nation around the world especially in the African setting which is why a lot needs to be done in order to achieve this goal. The following according to Adegbesan (2010) are the major ways of improving education for sustainable development which include:

- It helps in serving as indispensable components of quality control strategy in education.
- It helps in ensuring that high educational standards are well maintained at various levels. It helps in monitoring and proper supervision of education.
- It helps in monitoring and proper supervision of education.
- It helps to determine the quality of input of the teacher.
- It facilitates the number of classrooms needed based on the average class size to ensure quality control of education.

Conclusion

Health Education is one of the greatest challenge that everyone battles with when it comes to maintaining healthy lifestyles which is a global issue that has led to thousands of morbidity rates

especially that of mortality. Global health education trends include: Community mobilization and participation, health education and primary healthcare retrospect, health promotion and disease prevention and prospects of health education.

Recommendations

Based on the conclusions, the following recommendations were made:

- Heath education should be encouraged in schools at all times so that it will guide individuals in adopting healthy lifestyles.
- Government at all levels should put education as a top most priority because it is the main source of sustainable development.
- Government should put in more resources in order ensure that the health of vulnerable individuals is safeguarded.
- There should be continuous supervision and monitoring in order to improve quality education.

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