

EVŽEN ŘEHULKA (ed.)

# SCHOOL AND HEALTH



HEALTH EDUCATION:  
INITIATIVES  
FOR EDUCATIONAL AREAS

Brno 2011

**SCHOOL AND HEALTH 21, 2011**

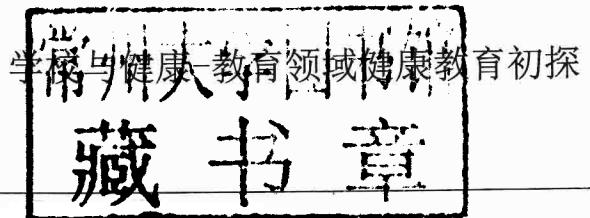
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**Brno 2011**

# SCHOOL AND HEALTH FOR THE 21<sup>ST</sup> CENTURY

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# INTRODUCTION

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We have been lucky during the course of our study that the issues of health, health education, health promotion, conceptions of healthy schools, interest in a healthy lifestyle and so on are extremely topical ones at the present time, have been at the centre of attention for specialists and the general public alike, and have been the focus of binding educational and medical documents.

Our research project *SCHOOLS AND HEALTH FOR THE 21ST CENTURY* is being implemented in various forms and at various levels. Long-term and short-term research is being performed, theoretical concepts and educational programmes are being created, foreign experiences are being processed, seminars, workshops and conferences to which we generally invite foreign participants are being held, and we are publishing specialist and popular studies, anthologies, monographs and other publications that we are distributing on a broad scale and to which we are receiving a positive reaction. A number of other people are also taking part in our activities in addition to our own research team, some of whom are university-based, including people from abroad who have been addressed by our research and who are contributing work to aid in the resolution of our research tasks.

This anthology is a collection of studies on various topics that attempts to provide an insight into the mutual relationship between “schools and health” from various viewpoints and show the individual aspects to this relationship that can be used in teaching and educational work at schools in the area of health education.

In entitling this anthology *Health Education: Initiatives in Educational Areas* we are following on from the structure and ideas of the Framework Educational Programme, in which educational areas represent the educational content of individual study fields – in our case the study field *Man and Health*. The details of educational content may be constructed in various ways by creative teachers and we believe that the studies contained in this publication may be an interesting source of inspiration. If the texts presented in this anthology lead to contemplation, result in new information or inspire discussion, then they were not written in vain.

April 2011

Evžen Řehulka

Researcher – research intents MSM002162242

*SCHOOLS AND HEALTH FOR THE 21ST CENTURY*

# **SCHOOL AND HEALTH 21, 2011 HEALTH EDUCATION: INITIATIVES FOR EDUCATIONAL AREAS**

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April 2011

Evžen Řehulka

Researcher – research intents MSM002162242

*SCHOOLS AND HEALTH FOR THE 21ST CENTURY*





## SYSTEM OF HEALTH CARE AND HEALTH LITERACY

---

Jan HOLČÍK

**Abstract:** *Some problems of contemporary health systems are presented in the article. The solution of these problems is the development of health promotion and health literacy. That is why the publication "System of health care and health literacy" was prepared. It is divided into six parts. The first part (chapters 1-5) deals with health, its measurement and its determinants. The second part (chapters 6-12) is oriented to the history of health care and elementary methods of health care. An essential component of health culture of the 21<sup>st</sup> century is health literacy (part III, chapters 13-16). The fourth part (chapters 17-19) is on public health policy. The invitation to common way to health is the topic of the fifth part (chapters 20-22). The sixth part contains enclosures. They are main documents of World Health Organization and a concise glossary of basic terms.*

**Key words:** *health, health care, health literacy, health services, health policy, health education, health programmes*

### Introduction

In the last decades the health services have been going through many changes facing a number of newly arising serious problems. At the first glance it may seem that the biggest problem is the lack of money. Even though it would be a mistake to underestimate the importance of funding health care, the main problem of developing health care lies elsewhere. The most important thing is to understand the present role of medicine and the necessity to increase the participation of all people, institutions, organisations and public authorities in health care.

In expert literature there are sometimes references to the increasing crisis of medicine (1).

On the one hand we have an increasing amount of information on the human organism and the efficiency of medical technology is growing. On the other hand, thanks to the better and earlier diagnostics and more efficient treatment and decreasing mortality there is a growing number of patients requiring further health services. It is increasingly difficult and expensive to manage the growing number of patients and expanding demands on health services.