

Evaluate the Effectiveness of Health Education Programs in Health Facilities in the Holy Capital

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Abstracts

This study aims to diversify health education by all groups (nursing, health education, operations technicians, etc.), with the aim of reaching the largest segment of society and thus reflecting positively in reducing and preventing diseases, and helping decision makers in future choices, which means more Reaching the members of the community. The community in the face of emerging diseases. The researcher studied the Mecca population of the community and all the visitors and intellectuals in the health facilities were similar There are about 60 health centers in the Holy Capital, employing about 120 people. A simple random sample of 450 health facility visitors was taken, and responses were obtained from 430 men and women.

Keywords: evaluate, effectiveness, health education programs, health facilities, holy capital.

1. Introduction

Among the preventive health programs, health education, which cannot be preventive health any member of the community realized unless these individuals have minimal health education (1).

Health education is a translation of health information and the facts and turn them into behavioral patterns right on the individual and society using modern education methods level for the advancement of health and social level of all members of society (2,3), the concept of health education in the early stages ancient limited to the transfer of health knowledge to guide the process patients about how to use the medicine or refrain from certain movements or all kinds of food in order to improve their condition, and it was this concept prevalent on health and disease away from the social, cultural and psychological factors and with the development in all spheres of life occurred evolution in the concept of health education to become more comprehensive and deeper, he became regarded translation of the health of the facts known and transferred to the behavioral patterns of sound on the level of the individual and the group using the methods of modern education, in order to raise the health and social level of the individual and society, by changing society concepts in health and illness and change their behavior and habits about proper health behavior, and became a health education currently the most modern public health, and it was the evolution of the concept of health education agree and simultaneous evolution in people's opinions and perceptions about health and disease and thus occurred to take advantage of recent advances in the social sciences, technology and media, lies the importance of health. education as an essential tool for the prevention of diseases, social ills, and to resist in order to adjust individual's behavior, the study of environmental factors surrounding the individual, the health education shows how to achieve the health center and avoid the middle unhealthy (1). the objectives of health education to change concepts and values of people with regard to health and disease and to help them realize the modern health concepts to help themselves in health events, making health too for all through understanding and awareness of the importance of health and ways and means to achieve the target and encourage the development and success of the units and health services, as the continuing of the successful services rely on understand people for the purposes of the feeling that for him and found the actual and help them (4). One of the important factors that should be available in the awareness message even succeed in reaching the goal, the message validity and accuracy of the information contained therein, and the clarity of the message and the simplicity and allow the beneficiary to clarify what hidden them and be meaningful to the beneficiary and appropriate for the age, legit, linguistic and social context unacceptable and used an awareness tool active and influential content acceptable, and to provide in a timely manner and will last long enough to influence the health and education need to provide physical potential to be implemented for less than what is spent on medicine and diagnostics and other services (5)

2. Material and Methods:

The study started in (the holy city of Mecca in Saudi Arabia), began writing the research and then recording the questionnaire in January 2024, and the study ended with data collection in June 2024. The researcher used the descriptive analytical approach that uses a quantitative or

qualitative description of the social phenomenon (Evaluate the effectiveness of health education programs in health facilities in the Holy Capital). This kind of study is characterized by analysis, reason, objectivity, and reality, as it is concerned with individuals and societies, as it studies the variables and their effects on the health of the individual, society, and consumer, the spread of diseases and their relationship to demographic variables such as age, gender, nationality, and marital status. Status, occupation A questionnaire is a remarkable and helpful tool for collecting a huge amount of data, however, researchers were not able to personally interview participants on the online survey, due to social distancing regulations at the time to prevent infection between participants and researchers and vice versa (not coronavirus participation completely disappearing from society). He only answered the questionnaire electronically, because the questionnaire consisted of eighteen questions (6)

And also, we have been using personal interview of the study sample (reviewers) health facilities statistical analysis such as determining the averages and statistics descriptive been used contrast between the averages analysis and use Excel program Office Group 2007 graphics histogram to arrange results by dragging them on the statistical program (7)

3. Results and Discussion:

A questionnaire containing 37 questions was distributed to more than 450 men and women in health facilities in the Holy Capital, to survey and express their opinions about the health education process and its effectiveness. 440 questionnaires were obtained, which were entitled: To evaluate the effectiveness of the methods used in the health education process to prevent diseases. Dividing the sample into three categories: First category: ages 18-25 years, 15% (males and females)

second Category the ages of 26-35 years and the proportion of 44% (male and female)

The third category: the age 36 years and accounted for 41% (male and female), and the reason for these choices because the age at least 18 years to be targeted by health education programs of the Ministry of Education through the school health units and programs of activities educational supervision in schools, As for auditors and gender auditors (of various health personnel), it was found that Saudis were the highest percentage, at 79%, while the percentage of non-Saudis was 21% due to the obligation of private sector companies to provide health insurance for their employees and their families. As for the level of education for members of the sample, we find that the largest number respondents were undergraduates at 49%, followed by holders of a high school diploma by 23%, followed by higher education by 13%, then a medium certificate by 7.5% and 6% for the certificate of First Instance and the proportion who no Reading and Writing 1.5%, which means that a largest rate are educated ensure greater health awareness for the prevention of diseases, for married people find them more than 74% and therefore they are keen on the health of their families, whereas unmarried accounted for 26%, for the most favorable means and follow-up and readily available to the auditors find it Firstly television 73%, Internet 42.5%, The means (road signs, mobile phone messages and publications) and similar percentage is very between 36% to 38.5%, then followed by (field visits, radio, lectures and seminars) and similar percentage 25% to 26.5%, and finally exhibits

16.5% (table 1). For the effectiveness and adequacy of the importance of diversity and health education among the reviewers, the proportion who said effectively means used currently 72%, while 28% said on effectiveness of these methods. When asked respondents about the importance of the participation and cooperation of the private sector and public participation in reducing the cost of health education 91% said the importance of and the need for private sector cooperation in the educational process and 83% of them said yes to the importance of popular participation in the educational process, while 9% said no need to private sector participation to participate in the educational process for the questionnaire own intellectuals and educated health centers have been the work of a questionnaire composed of 16 questions through the distribution of a questionnaire on 16 cultured and erudite of the total 120 cultured and erudite the results were as follows: For the process of training them on health education stated 69.7% said they had trained theoretical and practical training, while 30.6% said opposite. When asked about Is there a job description health instructor, said 68.4% that they have a description of functionally for cultured health and clearly the task of education, while 29.6% does not have it for distribution of the means of awareness, such as brochures, flyers awareness stated 94.4% of them are aware of this means health centers while 5.6% said they do not have, said 91.7% of them they distribute within and outside the health center, while 8.3% of them do not do. As for question of arrival of the health information properly to the community, 52.8% of them stated that health education is properly up to the community, while 47.2% of them said opposite. for the obstacles and problems that hinder the process of health education, 69.4% said that there were problems and obstacles to the process of education, while 30.6% said no problem.

Table.no.1 showing the methods most followed and preferred by men and women

Standard deviation	Medium	No	Yes	Educational means
.44507	1.7300	27%	73%	T.V
.49558	1.4250	57.5%	42.5%	Internet
.48782	1.3850	61.5%	38.5%	Road signs
.48534	1.3750	62.5%	37.5%	SMS
.48120	1.3600	64%	36%	Prints
.44244	1.2650	73.5%	26.5%	Field visits
.43410	1.2500	75%	25%	Radio
.43410	1.2500	75%	25%	Lectures& Seminars
.37211	1.1650	83.5%	16.5%	exhibitions

4. Conclusion:

The awareness of the management of the Department of Primary Health Care in the Holy Capital is providing all health centers securities and forms awareness posters that will help them to carry out the process of educational aim of implementing the Ministry of Health plans, educational process represented in communicating with schools and seminars within and outside the health centers in order to define and community awareness of disease and how they are transmitted and prevention. those who are throwing these lectures for the auditors and audits are nursing and observers health class, but for the majority of those who are in the process of education are non-professionals process education such as nursing class, radiology, laboratory, and a few of them very holds a master's degree in social and educational specialization. Therefore, the

recommendations from the study are as follows: The Health Facility Awareness Department in the Holy Capital provides all health facilities with awareness papers, forms and posters that help them carry out the educational process aimed at implementing the plans of the Ministry of Health, the educational process represented in communicating with schools and seminars inside and outside health centers to introduce and educate the community about the disease and how it is transmitted and prevented. Those who give these lectures for men and women are the nursing category, health monitors, and emergency services technicians, from all qualified categories, but for the majority of those who are in the process of education, they are not specialists in the education process, such as the nursing, radiology, and laboratory categories. A few of them hold a master's degree in social and educational specialization. Therefore, the recommendations that emerged from the study are as follows:

1- The importance of specialization has a big role in the effectiveness of health education, where specialization has a role in health education and access properly to the community, and to eliminate all the problems and obstacles that hinder the educational process in the future and the delivery of health information is the most direct route to the community.

2-importance of cooperation between the Ministry of Health and other sectors in the country such as the Ministry of Information, the Secretariat of the Holy City, the Ministry of Municipalities and the peasants, the Ministry of Communications of the definition of health education and its effectiveness in terms of the members of the community.

3-importance of the diversification of the means of health education, because all the way target specific class of members of the community.

4-The need to exploit national and non-national cadres in the health education process, especially practitioners (doctors) both in his specialty.

5-Develop more accurate and take advantage of the countries that have preceded us in this area health plans, preferably close to us geographically and cooperating with them in this area.

6- pay more attention to health education and develop better programs in all regions of the Kingdom.

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