

Editorial

WHO affirms that health is one of the fundamental rights of human beings to enjoy the highest attainable standard of health without any discrimination of region, sex, age, race, religion, colour, political belief and economic status. However, many people of low income countries are deprived of access to even minimum levels of health service. Humans have been facing several health challenges from ancient to the modern time. In order to mitigate these challenges scientists and researchers have been working rigorously, many health challenges have been addressed, and some are going to be resolved. But new diseases and health challenges have appeared in many communities one after another. In this regard, it is relevant to quote Dubos that "achieving good health is a utopian creation of human mind". To meet these new challenges, most of the countries have changed health education policies and strategies from time to time.

Publishing a scholarly journal on health related issues not only contributes in strengthening public awareness on health but also helps policy makers to formulate policies to promote health and create healthy citizens. The term 'health literacy' coined in the last decade of the 20th century is a new movement and approach in the field of health education." Health literacy is the degree to which individuals gain capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions". Health literacy not only makes people aware of the probable health risks but also helps in capacity building process to cope with the health problems. Thousands of people suffer and die due to the lack of even basic health knowledge. Importantly, 'Health promotion' on another hand is "the process of enabling people to increase control over, and to improve their health. It moves beyond a focus on individual behaviour towards a wide range of social and environmental interventions" (WHO).

One of the main objectives of Health Education Association of Nepal (HEAN) is to make people and state aware of health problems and ways for promoting health through advocacy and sharing knowledge and learning. In this connection, HEAN has been publishing Journal of Health Promotion since 2005, which is an academic and professional journal that aims at providing opportunity to health education professionals and researchers to explore in the fields of health education and promotion like latest research developments in the field of health education research, epidemiology, human diseases, sexual and reproductive health, school health, nutrition, environmental health and sanitation. It also imparts knowledge and skills on pedagogy of health education, health education curriculum, community health, health services and facilities, accidents, elderly, healthy life style, mental health, drugs and narcotics, socio-cultural aspects of health and so on. This journal is a platform for health education professionals to share their novel work which are peer reviewed by well known and experienced researchers of Nepal and abroad. With a view to enhance quality of articles further comments provided by reviewers and editors have been incorporated.

It is our immense pleasure to publish this volume with the great efforts of our valued authors and reviewers from Nepal and the abroad and English language editors. We hope this journal is not only helpful to health education professionals but also to the teachers, students and the public to develop understanding of health education as well as health promotion. We welcome your genuine, creative and valuable suggestions to make this journal a more precious resource to broaden knowledge on health education. Finally, the editorial board would like to extend deep gratitude to language editors, reviewers and authors for their contributions.