

## DEFINITIONS

### Commonly used Health Education terms

**Adult Learning Theories-** Theories that provide insight into how adults learn and can help instructors be more effective in their practice and more responsive to the needs of the adult learners they serve. According to the CDC Action Guide Adult Learners: 1.) are autonomous and self-directed 2.) have a foundation of life experiences 3.) are goal-oriented 4.) are relevancy-oriented 5.) are practical 6.) need to be shown respect.

**Cultural Competency-** The ability of systems to provide care to patients with diverse values, beliefs and behaviors, including tailoring delivery to meet patients' social, cultural, and linguistic needs.

**Evidence-based practice (EBP-** The integration of: (a) clinical expertise/expert opinion, (b) external scientific evidence, and (c) client/patient/caregiver perspectives to provide high-quality services reflecting the interests, values, needs, and choices of the individuals served.

**Health Education-** Development of individual group, institutional, community, and systemic strategies to improve health knowledge, attitudes, skills, and behaviors.

**Health Education Materials** - Designed to assist members to modify personal health behaviors, achieve and maintain healthy lifestyles, and promote positive health outcomes, including updates in current health conditions, self-care, and management of health conditions. Topics may include messages about preventative care, health promotion, screenings, chronic disease management, healthy living, and health communications.

**Health Education Specialist/Health Educator** - An employee who provides information, advice, and recommendations on Health Education issues to staff, medical groups, and Members (CHES or MCHES certification).