**Health behavior**

Name

Institution

Course

Instructor

Date

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**A health behavior that I need to change**

Sustaining physical and overall wellness and wellbeing requires a balanced meal as well as exercising regularly. Physical exercise boosts brain operation and effects in specific. It also helps avoid excess weight or sustain losing weight and is linked to enhanced sleep and attitude. As a result, eating healthy is among the most important habits I need to change. I have been eating a wide variety of foods for decades, which has resulted in my weight gain. As a result, I need to begin a program to maintain a healthy diet to control my weight gain and other situations that have begun to develop. Maintaining a healthy, processed-food-free diet can assist an individual keep within their regular caloric consumption without counting calories. In addition, eating well safeguards one from various chronic noncommunicable illnesses like cardiac disease, obesity, and cancer. Antioxidant-rich foods, for example, can lower people's risk of getting cancer by guarding cells from harm. The availability of free radicals in the bloodstream raises the threat of cancer, but flavonoids assist in eliminating them, lowering the risk.

Proper nutrition requires a range of foods and reduced salt, sugars, saturated and commercially generated trans-fats. Also, according to the CDC, being obese is connected with an enhanced threat of these medical problems, so losing weight can be beneficial if one has an elevated BMI (Migala & Kennedy, 2020). Luckily, sticking to high-quality nutrition and paying focus to food portions can assist you in achieving a good weight. A healthy habit has a huge reward in general. "Making healthy food choices over time lowers your risk of many conditions like anxiety and depression. Regularly, one will gain more energy, feel good, and possibly even be positive.

**Health educators and health behavior**

Healthy food accessibility efforts are frequently combined with wellness and diet education to overcome challenges to good nutrition and encourage long acceptance of healthy eating practices. Courses, conferences, and educational resources on a healthful diet help to build skills and retain information. Specialists who teach individuals about health enhancement and disease control are known as health educators. Health Educators operate in societies and with persons on a one-on-one basis. Their job is to help organizations and people make conscious fitness & wellbeing decisions that benefit them, their families, and their communities. The instructions and training focus on habits and intentional behavior modification that minimize disease and improve wellness. Health educators can also offer training in topics like diabetes, nourishment, and sanitation.

As a result, I will work with health educators to better understand what to take and avoid. Personal knowledge and articles are insufficient; thus, with instruction and advice from these professionals, I will determine which areas to focus on and what actions to take. In general, health promoters will play an important role in my health plan.

However, providing nutritional knowledge and training kitchen skills will not result in behavioral change. When healthful diet education is paired with additional initiatives to remove some of the numerous challenges to healthy eating, such as having nutritious and culturally acceptable foods both financially and conveniently accessible, it is more beneficial.

**Evaluation tools a health educator can use to assess behavior change**

The 24-hour dietary recall is among the tools that the healthcare professional could employ (Shim et al., 2014). It is among the most common and simple ways to perform a nutritional survey. The 24-hour recall technique, when done correctly, yields trustworthy information about the quantity and quality of food consumed, according to studies. The investigator asks individuals to remember all of the things the family has eaten in the previous 24 hours. Considering the interview takes place in the late mornings, between 10 a.m. and 1 p.m., the subject is prompted to remember what was made and eaten for morning tea on the interview date. In other words, it meant questioning about all the meals ingested after breakfast the day before. The instructor will alter my diet as a result of this.

The Food Frequency Questionnaire is another instrument that could be useful. A Food Frequency Questionnaire (FFQ) is a short selection of foods and drinks with a frequency answers area enabling individuals to describe how regularly they take products over a given period. As a result, the educator will examine the person's eating habits. The tools, in my opinion, are both formative and summative. They are formative since the educator asks the client questions to see if they adhere to diet procedures. They also explain how often certain foods are available in diets, so the client's progress is constantly monitored. Furthermore, the tools are summative since they offer data that may help determine whether the individual has grasped what is expected of them.

**References**

Migala, J., & Kennedy, R. K. D. (2020). *Why are healthy eating habits important? | everyday health*. EverydayHealth.Com. <https://www.everydayhealth.com/diet-nutrition/importance-healthy-eating-habits/>

Shim, J. S., Oh, K., & Kim, H. C. (2014). Dietary assessment methods in epidemiologic studies. *Epidemiology and health*, *36*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4154347/>