

INTRODUCTION Education as a viable intervention for the maintenance of health and the prevention 2 of disease has received increasing attention in the last decade. Health Education as applied to health and disease issues is defined as "A process with intellectual, psychological, and social dimensions relating to activities which increase the abilities of people to make informed decisions affecting their personal, family, and community well-being. This process, based on scientific principles facilitates learning and behavioral change in both health personnel and consumers, including children and youth