



International Research Journal of Health Education (ISSN:2637-661X)



HEALTH EDUCATION ACTIVITY IN PRIMARY HEALTHCARE CENTER ON FOOD CARE IN THE EARLY YEARS OF LIFE – EXPERIENCE REPORT

João Victor Cinicio Cavalcanti¹ *, Caio César Coelho de Melo¹, Gustavo Sales Santa Cruz¹, Pedro Perboire Nunes¹

¹UPE

ABSTRACT

Introduction: the first years of life are constituted as one of the most important phases of the human experience due to the maturation of organs, systems and vital functions. In this stage, the inappropriate nourishment with exclusive breastfeeding withdrawal and untimely introduction of solid and processed foods rich in carbohydrates and lipids through epigenetics mechanisms are related to the increased chance of developing a non-transmissible chronic disease such as obesity, being this practice discouraged and alerted by the Brazilian Society of Pediatrics. However, the lack of information and the low socioeconomic conditions lead some families to introduce these improper eating habits at this stage of life, which entails health problems according to the concepts of disease prevention and health and wellness promotion. **Objective:** based on that perspective, a health education action was planned and fulfilled on April 24, 2019 in the waiting room of the Primary Healthcare Center Alto dos Coqueiros, in order to take information and apply the knowledge about the cares with the early years of life closer to the present families reality. **Methods:** the action was structured in expositive speeches given by five medical students of the Faculdade de Ciências Médicas about caring at this stage of life, especially about nutrition. Were addressed topics like exclusive breastfeeding, introduction of solid food, allergy prevention, “first 1000 days”, however always letting the presents share experiences and make questions about the topics. **Results:** the activity had a significant participation of the people present, including health professionals from the unit itself, highlighting the share of experiences about financial difficulties to consume of milk formulas, misconceptions about the consume of processed food for children that soon were deconstructed and the public interest to share the knowledge acquired at that moment to their families and neighbours. **Conclusion:** based on the interest and interactions during the activity we may conclude that it was able to arouse the attention of the public. It entails a positive effect in the community health because the adequacy of the knowledge to the socioeconomic reality of the present people associated to this engagement allows such information and instruction about this very important phase of development to impact more families, consequently avoiding favourable conditions to chronic diseases such as obesity in more people. Thus, we see that the activity in question was successful in informing people about the theme, and its methodology is a valuable tool for other activities aimed at improving community health.

Keywords: education, health, alimentation

*Correspondence to Author:

João Victor Cinicio Cavalcant
UPE

How to cite this article:

João Victor Cinicio Cavalcanti, Caio César Coelho de Melo, Gustavo Sales Santa Cruz, Pedro Perboire Nunes. HEALTH EDUCATION ACTIVITY IN PRIMARY HEALTHCARE CENTER ON FOOD CARE IN THE EARLY YEARS OF LIFE – EXPERIENCE REPORT. International Research Journal of Health Education, 2020, 3:9

 eSciPub
eSciPub LLC, Houston, TX USA.
Website: <https://escipub.com/>