

# Community Empowerment Perspective for Health Education

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**Abstract:** *The prevailing emphasis in health education interventions is on understanding and changing factors that affect life-style choices and individual health behaviours related to health status. Although such approaches to changing individual behaviour are appropriate for addressing some health problems, they often ignore then association between increased morbidity and mortality and social, structural and physical factors in the environment such as inadequate housing, poor sanitation, unemployment, exposure to toxic chemicals, occupational stress, minority status, poor education, powerless or lack of control or alienation and the lack of supportive interpersonal relationships. A conceptual model of the stress process incorporates the relationships among these environmental factors, powerlessness, social support and mental and physical health status.*

**Keywords:** Health Education

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