

## Editorial

Health Education Association of Nepal (HEAN) expresses its immense pleasure to publish Journal of Health Promotion (JHP) 7th volume in print copy and online version via (<https://www.nepjol.info/index.php/jhp>). HEAN was established three decades ago by some health education lovers and professionals connected to Faculty of Education, Institute of Medicine, Tribhuvan University and Health Department, MoH. aiming at developing common understanding and increasing cooperation among health education professionals. It was formed as a non-profit professional organization in order to create professionals' integrity and unity. One of the main objectives of HEAN is to make people aware of health problems and ways for promoting health through health education. In this connection, HEAN has been publishing academic and professional journal since 2005, which aims at providing opportunity to health education professionals and researchers to explore their latest research developments in health education and health promotion. Publishing a scholarly journal on health-related issues not only contributes to strengthening public awareness on health but also helps policy makers formulate policies to promote health and create healthy citizens.

Nepal has significantly improved some health indicators such as on safe motherhood, infant mortality, child mortality, U5 child mortality, life expectancy, child nutrition and health institutional delivery. However, low per capita income, social cultural taboos, lack of awareness, and poor access and use of health service among others resulted to bear several health problems and social problems. They include early marriage, early pregnancy, poor safe motherhood care, malnutrition, unsafe abortion, having too many children, highly disadvantaged group and so on. Eventually, formal as well as non-formal health education can play crucial role to change peoples' health behaviour and their access to better health care and basic health service.

Health education is a cost-effective approach to promote health status of people by improving health literacy, preventing different diseases, and maintaining and developing the level of health status. Health education has been considered as a valued part of schools and universities. It contributes to improving health status of people by increasing knowledge, awareness, skills and changing positive health behaviour. It motivates and encourages school children and youngsters to prevent diseases and reduce risky behaviours, which ultimately assist in developing and maintaining their good health. It helps students modify their behaviour and make health choice throughout their life. Therefore, every nation frame health policies and strategies and implement them to prepare healthy citizens. Health education has lot to offer in maintaining and promoting health of people.

HEAN is a common platform of health education professionals for performing academic exercise including discussing and sharing issues and challenges of health and health education, health education profession, new innovation in health, health education curriculum at schools and universities, pedagogy, school health, sexual and reproductive health, environmental health, nutrition, community health, public health and many more. There are 12 articles in this issue based on primary and secondary data in different areas of health promotion and health education.

This peer-reviewed journal has been published with great efforts and contribution of the authors and outstanding reviewers from Nepal and abroad. With a view to enhance quality of articles, comments provided by reviewers and editors have been incorporated. We hope this journal is not only helpful to health education professionals and researchers but also to the teachers and students to enhance understanding of health education as well as health promotion. We always welcome genuine, creative and valuable suggestions from readers to make this journal a more precious resource and to broaden knowledge on health education. Finally, the editorial board would like to extend sincere gratitude to language editor, peer reviewers and authors for their contributions.