

## **Evaluation of Health Education Sessions**

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**Objective:** Health education is a necessary component of any health service that seeks to promote and improve the health of its population. Evaluation is an essential component of a good health education program. This study aims to evaluate the health education sessions conducted on group of subjects attending a primary health care center, and describe the methods used in these sessions.

**Design:** Cross section study.

**Setting:** The study was carried out at King Faisal University primary health care center, Al-Khobar, Saudi Arabia during the year 1999.

**Method:** Health education sessions are conducted twice per week throughout the year. Total of 104 sessions, 56 were selected randomly for evaluation. The sessions were evaluated with a structured checklist. Each item of assessment was graded as "good" or "poor" according to the speaker's performance during the session. Data were entered into a personal computer, incorporating the Statistical Package for Social Sciences Version 7.0.

**Results:** The total number of health education sessions delivered by a medical team composed of 11 residents, 38 interns, and 6 nurses, was 56. Significantly more residents, than interns and nurses, delivered topics of high priority to their audience during the sessions ( $P < 0.04$ ). However, significantly more interns used incentives during their delivery ( $P < 0.03$ ). There was significantly less audience participation with interns than that observed for residents than residents, or nurses ( $P < 0.04$ ). Cross- tabulation of audience participation by topic showed that significantly more subjects who were knowledgeable of the topic exhibited audience participation (78.3 %) than those who were not aware ( $P < 0.02$ ).

In 39 (75 %) of the sessions, there was good participation of the audience. Participation was good in 32 (72.7 %) when the subjects discussed were directed to the right target group.