

Impact of Community Based Health Promotion Activities on Developing Health Practices in Horowpothana Divisional Secretariat Division

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Improved health has been one of the main benefits of development. Better health is the key of human happiness and well-being. From this perspective, health promotion is directly caused for developing health education through strengthening community action and personal skills. Therefore the main purpose of the paper has focused on the impact of community based health promotion activities on developing health practices through community action in Horowpothana Divisional Secretariat Division. The study area of this research is Horowpothana Divisional Secretariat Division. In this study, stratified sampling method were used by the researcher. Under stratified sampling, sample was divided into two strata as “following health promotion activities” and “do not follow health promotion activities”. In determining strata of health promotion activities that conducted by the village community used as the major criteria. The total sample included 60 households. Out of them, 50% were represented by following health promotion and the rest was represented by do not follow health promotion and the sample size by the total population was 5%. Primary data was collected through a questionnaire, semi structured interview and observation. Cross tabulation and time series analysis are employed for the analysis. This study revealed that there is a considerable difference in health practices between selected strata based on health promotion materials. As a result of community based health promotion activities, health education and health practices of mother’s have developed in the region which is following health promotion activities. As recommendations it can be indicated that introduce such kind of community based activities in other rural areas, enhance the quality of the health promotion materials and health promotion activities can be implemented as escape development issues associated not only health, but also improving participation and others among communities.

Keywords: Health, Health Promotion, Community based health promotion activities, Health Practices

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