

## Rule of the health visitor in health promotion in Hungary

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### Abstract

To be a health visitor is not only a vocation, but a ministry as well! Who is the health visitor? In Hungary the health visitor is a primary preventive expert, who deals with the health prevention of all age classes from 0-99 years old. The health state of the Hungarian population is getting worse and worse. The deteriorative indexes of the children population are outstanding among the statistics, such as obesities, dietetic disorders, hypertonia, and posture disorders.

The fields of health developing: Women protection; family planning; pregnant care; newborn, infant and child care; school medical care; family care. The primary scene of our prevention activities is the family, the kindergarten, the school, and the health visitor's consulting office. Our way of operating: health developing, giving proper information and knowledge, changing skills and attitudes, giving advice, exploring being endangered, making brochures, peer-help, peer-education. The fields of our prevention activity: healthy nourishment; prevention of smoking, alcohol and drug consumption, sexually transmitted diseases and deviant behavior. The activities mentioned above are carried out in teamwork with doctors, teachers, social experts, local councils, charity organizations, churches. The aims of the health visitor's job are the following. To protect and improve the health state of the growing up generation in Hungary, to decrease embryo and infant mortality, to promote breast feeding, to widen the knowledge of the children and the families in connection with health, personal counseling in case of individual problems.

In the educational institutions the health visitor's health education activity is carried out with individuals or in groups. In my presentation I would like to show the operation of the 100 years old health visitor service in Hungary, emphasizing the health developing work in the primary schools and showing its details.



### Biography:

Orsolya Tobak has completed his PhD at the age of 7 years from University of Pécs. She is associate professor at the Faculty of Health Science of Social Education. She is Head of the Health Visitors Department.

### Speaker Publications:

1. "Nursing Care and prevention among the families bringing up autistic".
2. "Satellite Based Analysis of Surface Urban Heat Island Intensity"
3. "The nursing options of health visitors in families bringing up children with autism"

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