

Family Health Culture and Its Role in Promoting Health Security in Society

Abdelmalek Boudour	University of Algiers 2, Abou El Kacem Saadallah, Algiers, (Algeria)	<u>E-mail :</u> abdelmalek.boudour@univ-alger2.dz
---------------------------	---	---

Abstract:

This article aims to highlight family health culture in terms of its relationship with the health behavior of mothers and children, whether related to disease prevention or incidence. Educating families about prevalent health issues and strategies for their prevention and control has historically been a fundamental family practice, playing a vital role in improving health standards, enhancing quality of life, and extending human life expectancy.

Keywords: health education, Health Security, family, maternal health, child health.

Introduction

The family environment occupies supreme importance in the field of education and awareness in general, and in health education and awareness in particular. This is manifested through the increase of its members' culture related to health information, experiences, and practices, and their development in minds for the purpose of elevating their health culture. On the other hand, it serves to preserve the safety of individuals and society from the risk of the spread of chronic diseases and epidemics, and to work on strengthening their health immunity in a way that allows the advancement of the public health of the community. From this standpoint, instilling the values of health culture in family members is an important factor that enables them to avoid chronic and infectious diseases on the one hand, and on the other hand to create sound collective awareness free from physical, social, and psychological impediments that affect their daily lives. Thus, the close

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

relationship between good health education and enjoying good health becomes evident.

Accordingly, through this intervention we seek to shed light on family health culture in terms of its relationship to the health behavior of the mother and the child, whether in illness or in prevention, and to identify the most important factors of this health culture through premarital screening, maternal and reproductive health, motherhood and child health, and to determine the extent of its impact on the health of the mother and the child. We also aim to identify the main patterns of health behavior within family culture and their relationship to enhancing prevention and health for both mother and child.

On that basis, through this intervention we attempt to answer the following question:

To what extent can the development of family-level health awareness culture contribute to providing a suitable health environment for the mother and the child, leading to a safe health status that helps strengthen their health immunity?

First: Basic Concepts:

1. Health culture:

Health culture is the process of translating known health facts into recognized behavioral health patterns at the individual and community levels, with the aim of changing unhealthy behavioral habits and helping the individual acquire experiences and practice correct healthy habits (Manal, A.W(2008), p. 55).

It also means providing health information, data, and facts related to health and disease to all members of society without exception. The U.S. Educational Systems Agency defined the health-literate person as someone who:

- understands the basic facts about health and disease;
- works to advance health in the community;
- preserves his own health and the health of those he cares for (Nadia,R.M 2012, p. 13).

On this basis, we can say that health culture is that interwoven fabric of information, behaviors, and positive attitudes related to health and disease, which the individual translates into behavioral patterns that prompt him to consider preventive and therapeutic matters that protect his body from diseases.

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

2. Health education:

The World Health Organization (WHO) defined health education as an educational process that seeks to increase knowledge and develop skills and awareness; this process affects not only the individual but also society as a whole. (Bizel, P (1999), p. 22)

The concept of health education means educating individuals and raising their awareness for the purpose of changing their behavior and habits, especially in the case of disease spread in the community, as well as instilling social and health customs and traditions that support and develop the health aspect.

3. Health:

Here we limit ourselves to the World Health Organization's (W.H.O.) definition because of its importance and to avoid divergent definitions that fall under different specializations. The WHO defined health as a positive state of peace and physical, mental, and social adequacy, not merely the absence of disease or infirmity. (Damar, Dash (2006), p. 18)

The concept of health includes the physiological, physical, psychological, and social manifestations of an individual's condition and the existence of sufficient cognitive and **behavioral** arrangements for the individual's health design of life to overcome current life crises.

From this perspective, health can be considered the tangible and realistic outcome of a successful process of social upbringing; failure in it will lead to illness, so complications of disease can be regarded as a result of insufficient social support. (Samer, A (2008), p. 7)

Health here is the opposite of disease; as it is said, it is a crown on the heads of the healthy that only the sick see. The social value here indeed reflects the status of this concept for the individual who loses its meaning. The absence of guidance and non-adherence to preventive methods are factors in contracting diseases; therefore, what is known as health culture must exist to instill awareness in the individual, considering it one of the most important factors of development and progress. (Dalila, B (2019), p. 41)

Second: Levels of Health Culture:

1. Levels of health culture based on target groups: They are divided into:

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

A. Individual health culture: Individuals are educated about matters that concern them, such as nutrition, disease causes, and their prevention.

B. Family health culture: The family is considered the nucleus of society and is capable of instilling sound health concepts in the individual from childhood.

C. Community health culture: This is achieved through audio-visual media so that the information reaches the largest number of individuals across different levels. (Al-Halim, A.W(2018), pp. 82-83).

2. Levels of health culture based on prevention and treatment:

A. Primary health culture: Aims to raise health awareness, prevent diseases, and improve life by targeting persons who are not diseased and have no risk factors that could lead to illness. For example: educating and raising youth awareness about the dangers of drugs and addiction.

B. Secondary health culture: Directed at individuals who have risk factors but have not yet reached the stage of disease; health education is aimed at protecting them from disease or preventing its occurrence. For example: advising a smoker who has not yet developed lung cancer.

C. Tertiary health culture: This level of education aims to enable those with disabilities or chronic or severe incurable diseases to limit the worsening of the problem and to live with the disease using all physical, mental, and psychological capabilities. (Nadia, R.M (2012), p. 45)

-Third: Objectives of Health Culture:

“Ruqayya Al-Sayyid”, indicates the objectives of health culture as follows:

- Disseminate sound health concepts in society and improve the health of the individual and the community.
 - Enable individuals to identify their health problems and assist them in solving them.
 - Consolidate correct and sound behaviors.
 - Reduce the rates of disease and mortality and improve the quality of life of the individual and the community.
 - Contribute to reducing the incidence of epidemics, diseases, and disabilities.
- (Ruqayya, A.S (2005), p. 7)

-Fourth: Family Health Culture

1- Objectives of Family Health Culture

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

The primary objective of family health culture is to achieve happiness and well-being for members of society by elevating their health level, correcting their behaviors, and striving to rectify their erroneous orientations and unhealthy habits, while working to develop their health awareness and knowledge through the conditions of safety and bodily, mental, and psychological sufficiency. To reach this objective the following goals must be achieved:

- Ensure that maintaining and enjoying good health becomes a goal the family strives to attain, and that raising the health level becomes a fundamental demand.
- Encourage family members and involve them in the development and improvement of health services through positive contribution to activating the role of health institutions and improving their performance.
- Work to change family members' behaviors and unhealthy habits into healthy behaviors and to cultivate them.
- Introduce the effective roles played by primary and supporting health institutions in providing health services such as administering the necessary vaccinations to prevent diseases. (Ahmad, E.A (2015), p. 17)

The family also aims to nourish its members with health values that enable them to hasten to take preventive measures against diseases and accidents by helping them understand the practices and habits necessary to preserve and improve health. Individuals must know what practices are required, why they are practiced, and how they can be performed. (Dalila,B (2019), p. 243).

Example: Personal health and how to maintain it; maternal and child care; activities related to first aid and types of healthy nutrition.

2- The Family's Role in Achieving Health Culture for the Individual and Society

The family seeks to achieve sustainable health development based on positive attitudes of individuals regarding their health status and its development, thereby contributing to improving the health situation of its community and maintaining its balance and stability, far removed from popular interpretations of the health situation and closer to the scientific interpretation of available health phenomena and conditions. (Basma, Z(2018) p. 185)

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

Thus, the community takes a positive step toward raising the health situation and building a conscious mindset grounded in advanced scientific explanations of the health situation, which is fundamentally linked to individuals' lifestyles within the community and their efforts to improve and develop them.

To achieve health culture for individuals, the family must combat negative ideas related to the health situation that are strongly influenced by cultural standards and values, and it must focus its attention on groups that do not give importance to their health status due to their adherence to a set of common ideas and beliefs in society about behavioral patterns agreed upon among members of the same group—for example, folk medicine, which is part of the culture and cultural knowledge present in all societies. Culture in this context is not merely a collection of myths and social fantasies. **(Basma, Z (2018), p. 186).**

The family's role also appears in eliminating societal constraints related to marriage patterns, such as clinging to the idea of consanguineous marriage, which may lead to genetic problems. There is no doubt that the good health of living parents leads to healthy offspring; therefore, those about to marry must be convinced that sound heredity and physical readiness are the basis of a happy family life. Scholars affirm that weak offspring and diminished mental capacity often stem from hereditary factors. **(Ministry of Health, (1983), p. 23).**

Therefore, the family that transmits experiences to its members and seeks to develop their health status must correct practices that contained errors and violations harmful to individuals' health and safety; otherwise, the danger will persist, worsen, and spread further as individuals continue to interact with others, especially since they carry erroneous values and ideas about their health.

On the other hand, the family's role is evident in adhering to the features of health education, complying with its values and principles, and avoiding practices contrary to health, such as neglecting health care and adopting violent behaviors and smoking that children may acquire during the imitation stage. **(Basma, Z (2018), p. 189).**

The family must also increase attention to personal health, general hygiene, healthy nutrition, and water cleanliness; family members should follow the principles of proper disease prevention, promptly treat and isolate the infected individual and keep distance from them as much as possible. In addition, attention must be paid to the health of the home environment (pest control, healthy ventilation, proper food preservation).

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

Fifth: Health Culture of the Mother and Child

1- Health Screening Culture Before Marriage:

Since the mother's health during pregnancy and her newborn's health are affected by the health of both parents before conception, maternal and fetal health care begins by ensuring that both parties are free of diseases. Therefore, the family must provide complete health culture to young men and women—future spouses—by raising health awareness among them and conducting medical screening before marriage as an essential condition for completing the lawful marital contract. (Samir, A (2012), p. 37).

A- Importance of Pre-marital Genetic Medical Screening:

The importance of this screening stems from several aspects, including:

- Genetic diseases are, in general, intractable illnesses that are difficult to treat and persist for life; they require continuous medical care. Sickle cell anemia and thalassemia top the list of such diseases that need extensive care and ongoing effort for treatment.
- The spread of these diseases in any society negatively affects that society's productivity and health and imposes a large financial burden on health sectors.
- Marriage in Islam is a fundamental pillar in building the family and society and a solemn covenant with rights and duties. It is known in Islamic law that apparent and hidden defects in spouses should not be concealed. This is evidenced by Umm Salama's statement when the Prophet ﷺ (peace be upon him) proposed to her: "I am a woman whose age is advanced and I am a mother of days and I am very jealous," and by the Prophet's (peace be upon him) ﷺ instruction to a man who proposed to a woman: "Go and look at her, for there is something in the Ansar's eyes."
- It is reported in tradition that when Umar ibn al-Khattab, may God be pleased with him, saw people of weak constitution showing emaciation, he was alarmed and asked them the reason; they said: "We marry our relatives." Umar said: "Marry outside and do not cause weakness and emaciation among you." (Hassan, P.S (2011), p. 127).

From all this it becomes clear that pre-marital genetic screening is an important preventive measure that aligns with health, economic requirements, and Islamic ethics.

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

Currently the screening includes only two diseases: sickle cell anemia and thalassemia.

B- Objectives of Promoting the Culture of Pre-marital Genetic Medical Screening

- Raise public awareness about the existence of these diseases and the necessity of preventing them.
- Reduce the spread of these diseases in society and work toward building a healthy community.
- Reduce the economic burdens of these diseases on the individual, family, society, and state.
- Spare families the psychological and social suffering associated with these diseases, God willing. (Hassan,P.S (2011), p. 128)

2- Health Culture Related to Pregnancy and Childbirth:

A- Health Culture for the Mother During Pregnancy: This culture enables the pregnancy period to pass without complications or health harm to the mother and fetus. This is achieved through regular and comprehensive medical examinations of the mother during pregnancy in maternal care units, with immediate treatment of conditions and complications that the mother may encounter during pregnancy.

B- Health Culture for the Mother During Labor: These are the matters the mother must observe, concerning the place of delivery (delivery in hospitals and private clinics, cleanliness of the delivery place, sterilization), and concerning the medical staff overseeing the delivery (staff knowledgeable of health rules, possessing sufficient experience and practice).

C- Health Culture for the Mother During the Postpartum Period: This culture emphasizes the necessity for the mother to receive medical follow-up for two weeks after delivery to examine the breasts, the abdomen to ensure the uterus has returned to its normal position, and to examine and disinfect the reproductive organs. (Samir, A (2012), p. 44)

3. Health Culture Related to Motherhood and Child Health:

A- Health culture for the newborn: The family and the mother must be aware that once the child leaves the sterile environment of the mother's womb, the infant is exposed to diseases and infections (brain injury, low birth weight,

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

pulmonary infections, genetic diseases, cleft defects), which often lead to the child's death.

This is the position reached by the World Health Organization, which affirmed that cases of asphyxia in the perinatal period and infections in newborns are the most common causes of death among complications related to preterm birth. (Organization, W.H(8 April 2019), p. 4)

B- Culture of periodic medical checkups for children: The family in general, and the mother in particular, must know that medical follow-up of their children in child care units is important, especially during the first year of life, where visits should be repeated every month. At each visit the child's weight and length are measured, the teeth are examined, and it is ensured that the child is acquiring physical and mental abilities and skills on schedule. In addition, care must be taken to vaccinate the child and give all immunizations appropriate to each age stage. It is noted that the mother's familiarity with these health matters and the high level of health care she receives during pregnancy and delivery, as well as the level of early care for the child after birth, lead to a reduction in morbidity and mortality among children in this period. (Samir, A (2012), p. 45)

C- Culture of the mother's interaction with her child: These are the important pieces of information the mother needs in order to interact with her child in a healthy manner. The ideal situation is represented by the following information:

- **Child's sleep:** The mother must ensure correct sleeping positions for her child to avoid suffocation and to preserve the normal shape of the head during growth periods.
- **Child's clothing:** Clothing must be appropriate for the weather, loose and roomy, to help the child move, which contributes to strengthening muscles and stimulating blood circulation.
- **Monitoring the child's health and growth:** The mother should make regular periodic visits to the specialist physician to monitor her child's health status.
- **Child's temperature:** The mother should know that normal body temperature in childhood ranges between 37.5 / 38.5 degrees Celsius; if the temperature rises above that, a doctor should be consulted. (Samir,A (2012), p. 54).

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

- **Child's crying:** A child usually does not cry without reason; the cause may be pathological, accompanied by vomiting, fever, and diarrhea, or non-pathological such as hunger or thirst, etc.
- **Diarrhea:** Diarrhea is considered one of the serious pathological symptoms a child may suffer from, with causes that vary between bacteria, viruses, or others.
- **Breastfeeding:** Breastfeeding is the best method of feeding the child and is necessary to provide the body with immunity against various diseases. The mother must learn the correct method of breastfeeding her child, the appropriate number of feedings per day, and how to care for herself in order to breastfeed her child. (Samir, 2012, p. 57).

Sixth: Sociological Analysis of the Dialectic Relationship between Family Health Culture and the Health of Mother and Child

- **Health culture related to pre-marital medical screening and its role in enhancing the health of mother and child:** Studies confirm that individuals who are imbued with the culture of pre-marital medical screening and practice it often avoid falling into health troubles and diseases that would mar their lives and the lives of their children. Early diagnosis of genetic diseases that the man or woman, or both, may carry without knowing it prevents the occurrence of disease; if a carrier of a genetic disease marries another carrier, the probability of having affected children is 25%, healthy children 25%, and carrier children 50%. (Ahmad, E.A (2015), p. 229)

Statistically, it is expected that one child in every 25 will suffer either from a genetic disease, a severe congenital defect, or intellectual disability resulting from a gene defect, or from a disease with hereditary factors. Some of these affected children die early, or require long or repeated hospital stays, with consequent economic, social, and psychological repercussions. (Hassan, P.S(2011), p. 126).

Therefore, genetic counseling and pre-marital medical screening are of utmost importance in this era; they may reveal genetic diseases and help reduce their incidence. Thus, pre-marital screening constitutes prevention and an appropriate means to combat genetic diseases and to avoid family tragedies resulting from genetic diseases shared between spouses, such as sickle cell anemia, hemophilia, and thalassemia, which are transmitted from parents to children via hereditary genes.

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

2- Health culture related to pregnancy and childbirth and its role in enhancing the health of mother and child: The International Conference on Population and Development held in Cairo in 1994 affirmed that good reproductive health is a right of both women and men, and that women and men are not expected to enjoy good reproductive health unless the couple possess the level of culture and awareness that allows them to discuss reproductive health matters and make decisions about them.

In the same context, the United Nations High Commissioner for Human Rights emphasized that to ensure mothers and children enjoy good health, one should begin by improving the health and well-being of women of reproductive age, then provide care, services, and information during pregnancy, childbirth, and the postpartum period. Improving antenatal follow-up, preventing complications, detecting them, and managing them early has a positive effect on the health and survival of the mother and the two children. Providing high-quality antenatal care services is a key element in preventing congenital syphilis and maternal deaths. **(Rights, U.N (2012), p. 10)**

In a related context, Dr. Samir Ahmed Abu al-Oyoun affirmed that the mother's familiarity with proper health culture and the high level of health care she receives during pregnancy and delivery, as well as the level of early care for the child after birth, lead to a reduction in morbidity and mortality among children in this period. **(Samir, A (2012), p. 45).**

The World Health Organization also emphasized the important role the family plays in promoting reproductive health for its members, manifested by teaching skills to deal with difficulties and health complications that may affect the woman and the fetus during pregnancy and childbirth; therefore, it is necessary to internalize the culture of managing these complications so they do not negatively affect their lives. The World Health Organization stated that preterm birth and birth-related complications (asphyxia or poor breathing at birth), infections, and congenital anomalies cause most neonatal deaths. **(Organization,W.H (8 April 2019), p. 3).**

In another context, the Commission affirmed that the family's provision of health information and adherence to it regarding appropriate nutrition and complementary foods for pregnant women is crucial to ensure healthy growth of the fetus and infant, and to reduce the likelihood of the child contracting infectious

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

diseases during breastfeeding and chronic diseases later in life. (Rights,U.N (2012), p. 11).

3- Health Culture Related to Motherhood and Child Health and Its Role in Enhancing the Health of Mother and Child

The study conducted by Maha Ahmed Abdel Halim confirmed that family health culture made the woman a mother knowledgeable about the stages of the child's growth and development, about the importance of breastfeeding and reproductive health and their consequent implications, in addition to her knowledge of how to protect the child from household accidents and the spread of infectious diseases among children. It acquainted her with types of good nutrition in the environment in which she lives and with proper awareness methods and the upbringing of children according to customs and traditions, and it familiarized her with the principles of first aid and the genetic diseases that can affect her offspring; all of this positively reflects on her health and the health of her children. (Al-Halim, M.A(2018), p. 92).

Therefore, the mother must be keen to practice these healthy behaviors, foremost among them breastfeeding, since the latter plays an important role in the woman's psychological and physical balance; it is also an effective means of protecting the breast from many diseases and helps the uterus return to its normal position after childbirth. Hence the mother must be very careful about breastfeeding because of its numerous benefits for both mother and infant, especially in the first feedings which appear as a yellowish fluid that contains ready-made antibodies formed by the mother's body against the diseases to which she was exposed during pregnancy; thus it supplies the infant's body with ready antibodies that protect him from these diseases. (Samir, A (2012), p. 55).

The World Health Organization stresses the necessity of breastfeeding because of its benefits that positively reflect on mothers' health, as it contributes to reducing the risk of breast and ovarian cancer, helps them return to their pre-pregnancy weight, and reduces obesity rates among them. Undoubtedly the positive effects of breastfeeding on children continue for many years, as they are less exposed to many diseases such as high blood pressure, high blood cholesterol, and severe obesity. Children who were breastfed also enjoy higher intelligence quotients than their peers who received substitute feeding. (Hassan, P.S (2011), pp. 129-130).

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

Moreover, breastfeeding has a positive effect on many aspects of the child's health; in addition to its nutritional value, it strengthens the child's immune system and thus protects him from a wide range of infectious diseases. (Rights,U.N (2012), p. 11).

In a related context, the study conducted by Maha Ahmed Abdel Halim proved that the family health culture of the study sample prepared the child to be physically healthy, instilled correct concepts and life skills in him, and filled him with habits and behaviors that build sound healthy practices that help the child's mental and intellectual development. It also built the children's moral and social values and acquainted them with the basics of preventing infectious diseases such as cholera, typhoid, viral hepatitis, and prevention of childhood diseases like measles and poliomyelitis. (Al-Halim, M.A (2018), p. 91).

Conclusion:

The issue of family health culture must receive planned and deliberate attention similar to that given to the formal educational process at any academic level, since success in establishing it among individuals is closely related to shaping an important aspect of their personality. The aim of this health culture is also to raise the general health level of individuals, allowing the strengthening of their immunity against diseases and epidemics, which leads to increased productivity and reduced therapeutic expenditure.

In summary, the family must immerse its members in balanced health values so that it becomes a good role model for its children, and it must be vigilant about its children and follow up with them at various stages of their lives, thereby confronting contemporary health problems facing them and taking optimal measures to protect them in multiple ways, enhance their health, and advance it for the better, making the values of health education firmly rooted in the children's minds and refined in their personalities.

Practical Suggestions :

1. The necessity of academic health education delivered through curricula taught by academic and health specialists.
2. The necessity of community health education delivered through audio and visual media so that information reaches the largest number of individuals across different levels.

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

3. The necessity of health education for children through matters that concern them such as healthy nutrition, knowledge of disease causes and their prevention, personal hygiene, and environmental sanitation.
4. The necessity of educating the family since the family is the nucleus of society and is capable of instilling sound health values and concepts in the individual from childhood, thereby achieving collective preventive and therapeutic awareness against prevailing and potential diseases and epidemics.

References:

1. Ahmad, E. A. (2015). **Health Culture**. Dar al-Masirah.
2. Al-Halim, M. A. (2018, December 8). “ **The Importance of Health Culture for the Child and Its Relationship to Community Health**”, Journal of the University of Gadarif for Humanities, pp. 77-94.
3. Basma, Z. (2018, September4) “**Health Culture in Algerian Society**”. Al-Risala Journal for Humanities Studies and Research, pp. 180-196.
4. Dalila, B. (2019, June 21) “ **The Impact of Health Culture on Individual Awareness in Algeria**”, Algerian Sociology Journal, pp. 237-247.
5. Damardash, I. T. (2006). **Economics of Health Services**, Egypt : Al-Zaqaziq, Maktabat al-Quds, 2nd Edition.
6. Hassan, P. S. (2011). **Health Culture: The Pleasure of Life**, Beirut : Dar al-Qalam, Damascus.
7. Manal, A. W. (2008). **Foundations of Health Culture**, Beirut : Maktabat al-Rushd, 3rd Edition.
8. Ministry of Health. (1983) “**Organization of Healthcare Distribution During the Colonial Period. Seminar on the Development of a National Health System: The Algerian Experience**, Presentation, No. 1, April 7-8 (p. 23). Algeria: Algiers, Ministry of Health.
9. Nadia, R. M. (2012). **Health Education and Safety**,. Alexandria: Mansha'at al-Ma'arif. 2nd Edition
10. Organization, W. H. (8 April 2019). **Global Strategy for Women's, Children's, and Adolescents' Health**, Geneva : Switzerland, Seventy-second World Health Assembly.
11. P-Bizel. (1999, May-June) “**From Information on Disease to Parental Education: The Example of People with Respiratory Difficulties**”, in: la santé de l'homme. N341, pp. 19-22.

Title of the Article: Family Health Culture and Its Role in Promoting Health Security in Society	The Author: Abdelmalek Boudour	Volume: 14 / Issue: 01(28) / 2026	Pages: 16- 30
---	---------------------------------------	---	----------------------

12. Rights, U. N. (2012). **The Child's Right to the Enjoyment of the Highest Attainable Standard of Health**, Geneva: Switzerland, Office of the United Nations High Commissioner for Human Rights.
13. Ruqayya, A.-S. (2005, June). **Training Children on Daily Life Skills: An Experience. Educational Studies**, Sudan: National Center for Curricula and Educational Research, , pp. 2-21.
14. Samer, R. (2008). **Mental Health**. Jordan :Amman: Dar al-Masirah. , 2nd Edition
15. Samir, A. a.-U. (2012). **Health Culture**. Amman Jordan: **Dar al-Masirah lil-Nashr wa-al-Tawzi'**.