

CONCEPT OF HEALTH

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INTRODUCTION

- The state of one's health is reflective of an individual's ability to meet life's challenges and maintain his or her capacity for optimal functioning. This requires the various aspects of one's makeup i.e. mental, physical and biochemical, to maintain a level of functioning that has a positive influence and support for one another.

CONCEPT OF HEALTH

- Health is a common theme in most cultures. All communities have their concept of health, as a part of their culture. Oldest definition of health in all communities is “absence of disease”.

CONCEPT

- Biomedical concept
- Ecological concept
- Psychosocial concept
- Holistic concept

BIOMEDICAL CONCEPT

- Traditionally , health has been viewed as an “absence of disease “, and if one was free from disease ,then the person was considered healthy. this is “ biomedical concept”

ECOLOGICAL CONCEPT

- Health implies relative absence of pain and discomfort and a continuous adaptation to the environment to ensure optimal function.
- This viewed health as a dynamic equilibrium between man & his environment.

PSYCHOSOCIAL CONCEPT

- Developments in the field of social sciences revealed that health is not only a biomedical phenomenon ,but one which is influenced by social psychological ,cultural, economic & political factors of people concerned

HOLISTIC CONCEPT

- Synthesis of all the above concepts recognizes strength of social, economic, political & environmental influences on health.
- This approach implies that all sectors of society have an effect on health, in particular animal food, industry, education, housing, public society other sectors

DEFINITIONS OF HEALTH

- The word 'health' was derived from the old English word 'hoelth', which meant a state of being sound, and was generally used to infer a soundness of the body.
- health' is the absence of disease.

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- **Health** is the level of functional and (or) metabolic efficiency of a living being.
 - In humans, it is the general condition of a person in mind, body and spirit, usually meaning to being free from illness, injury or pain.

Acc to WHO

“A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity” -1946

DIMENSIONS

- physical
- mental
- social well-being

Non medical dimensions can be included are

- Spiritual
- Emotional
- Vocational
- Political

PHYSICAL HEALTH

- It implies “perfect functioning” of the body.
- Energetic, has good posture, weighs normal for age and height, has all body organs functioning normally, has bright eyes, has good textured and shining hair, gets sound sleep, has a good appetite, has a clean breath.
- A person is physically healthy if he or she looks alert and responsive.

MENTAL HEALTH

- Mental health is not mere absence of mental illness. A mentally healthy person is one who is free from internal conflicts.
- control on emotions,
sensitive to the needs of others,
confidence in one's own abilities.
- A person is mentally healthy if he or she is relaxed and free from any worries.

SOCIAL WELL-BEING

- It implies harmony and integration with in the individual, between each individual and other members of the society and between individuals and the world in which they live.
- has pleasant manners,
fulfills responsibility towards others,
helps others, gets along well with people around,
- A person is socially healthy if he or she can move in the society confidently with others.

SPIRITUAL

- A Person is said to be spiritually healthy when he possesses “sound mind in a sound body”
- Something transcends physiology and psychology

EMOTIONAL

- A Person is said to be emotionally healthy when he does not loose temper or does not develop tension and should have self control.

VOCATIONAL

- Capable of earning sufficiently to lead the life successfully.

POSITIVE HEALTH

- A person who is healthy physically mentally and socially (and spiritually) is said to be in a state of “Positive Health” i,e Highest standers of health.

CONCEPT OF WELL BEING

components

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graph TD; A[components] --> B[Objective]; A --> C[Subjective];
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Objective

Standard of living

Level of living

Subjective

Quality of life

Standard of living

- Scale of our expenditure
- Goods we consume
- Services we enjoy
- level of education, employment status, food, dress, house,
- amusements & comforts of modern living

- “Income and occupation, standard of housing, sanitation and nutrition, the level of provision of health, educational, recreational and other services may all be used individually as measures of socio-economic status and collectively as an index of the “standard of living”-----WHO

Level of living

- Health
- Food consumption
- Education
- Occupation & working condition,
- Housing
- Social security
- Clothing
- Human rights

QUALITY OF LIFE

Acc WHO

The condition of life resulting from combination of the effects of the complete range of factors such as those determining health, happiness, education, social and intellectual attainments, freedom of action, justice and freedom of expression.

DETERMINANTS

The factors which determine the health of an individual are many. Some are inside the body (genetic) and some are outside the body (environmental factors).

Genetic

The health of the human being is to some extent is determined by genetic constitutional that take place at the time of consumption. Once the constitution of genes take place its permanent and cannot be altered.

Environmental

- Internal environment is constituted by various organs and systems of the body.
- The external environment is made up of
physical (air,soil,water)
Biological(plants,animals.)
social(culture, beliefs ,tradition)

Any disturbance either in the internal or external environment disturbs the health of the individuals .

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- Life style
 - Socioeconomic Conditions
 - Education
 - Occupation
 - Income
 - Health services

Other Factors Affecting Health

- Personal hygiene
- Exercise
- Rest and sleep
- Posture
- Clean home environment
- Influence of smoking, alcohol and drugs
- Climate and clothing
- Safety measures at play and work
- Our eating habits

Indicators of health

These are the guidelines which indicate the health status of a country.

USES

- To measure the health status of a country.
- To compare the health status of one country to another country.
- To assess the health care needs.
- To plan and implement health care services.
- To evaluate the health care services.

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- Mortality indicators
 - Morbidity
 - Disability rate
 - Nutritional status
 - Health care delivery indicators
 - Indicator of social and mental health
 - Utilization rates
 - Health policy
 - Indicators of quality of life
 - Environmental indicators
 - Other indicators

MORTALITY INDICATORS

- CDR
- IMR
- MMR
- CMR

Crude death rate-no of deaths per 1000 population per year in a given area

Infant mortality rate-no of deaths of infant per 1000 live births, during given year or population/country.

Its most imp indicator of health bcz it reflects not only the quality of maternal and child services bt also the availability and utilization of the services.

Maternal mortality rate- Its about deaths during ante natal natal and post natal.



Child mortality rate-No of deaths of children between 1 to 4 years, during a given year per 1000 mid year population of that age group this excludes infant mortality rate.

Morbidity indicators

These reveal the burden of the disease in the community. Thus these are used to supplement the mortality rates.

the following morbidity rates are used for assessing the health status

- Incidence rate
- Notification rate
- Out patients attendance rate
- Hospital admission and discharge rate
- Duration of stay in the hospital

- Incidence rate-Its no of new case of particular disease occurring per 1000 population per year .
- Prevalence rate-total no of both old and new cases existing in the population during a given period or time, its % of the population suffering from disease.
- Disability rates-% of the population unable to perform the routine expected, daily activities due to injury or illness.

Nutritional status indicators

- incidence of low birth weight.
- weight and height standards of children up to 5 years.

Health care delivery indicators

these indicate the availability of health man power resources of the country and thus provision of health care.

Utilization rate

- It's the proportion of the people actually utilizing the health care services in a given population during a given year
- Ex % of infants fully immunized

Indicators of social and mental health

These includes the rates of crimes assault murder theft suicides homicides accidents these indicators provide a guide to implement social action for improving the social and mental health of the people.



THANK YOU