

**DETERMINANTS**

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**OF HEALTH**

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# BIOLOGICAL DETERMINANTS

- The physical & mental traits of every human being are **determined by the nature of his genes at the moment of conception.**

- **The genetic makeup is unique in the sense it cannot be altered after conception.**
- **A number of diseases are now known to be of genetic origin, E.g., Chromosomal anomalies, errors of metabolism, mental retardation.**

# Nutrition Matters



**“Don’t dig your  
grave with your own  
knife and fork.”**

English proverb

- **Medical genetics offers hope for prevention & treatment of a wide spectrum of diseases, thus the prospect of better medicine & longer & healthier life.**

- **A positive health advocated by WHO implies that a person should be able to express as completely as possible the potentialities of his genetic heritage.**

# **BEHAVIOURAL & SOCIO CULTURAL CONDITIONS**

- **Life style denotes “ the way that people live”, reflecting a whole range of social values, attitudes & activities.**

- **It is composed of cultural & behavioural patterns & life long personal habits (Alcoholism,smoking)that have developed through the process of socialization.**

# BEHAVIOUR & LIFE STYLE

Globalisation

Tobacco use

High blood glucose

Heart disease

Urbanisation

Unhealthy diet

High blood pressure

Stroke

Poverty

Physical inactivity

Abnormal serum lipids

Cancer

Low education  
stress

High waist-hip ration

Chronic lung disease

Abnormal lung function

Environmental  
risk factors

Behavioural  
risk factors

Biological risk  
factors

Chronic  
non-communicable  
disease

- **Life styles are learnt through social interaction with parents & peer groups, friends, siblings & through school & mass media.**
- **Many current health problems such as coronary heart disease, obesity, lung cancer, drug addiction are associated with life style.**

**LIFE  
STYLE  
ISSUES**



- **In countries like India risk of illness & death are connected with lack of sanitation, poor nutrition, personal hygiene, elementary human habits, customs & cultural patterns.**

# ENVIRONMENT

- **It was Hippocrates who first related disease to environment, climate, water, & air.**
- **Later Pettenkoffer in Germany revived the concept of disease – environment association.**

# THE ENVIRONMENT



- **Environment is classified as “internal” & “external”.**
- **Internal environment of a man pertains to each & every component part, every tissue organ & organ system & their harmonious functioning within the system.**

- **External or macro environment consists of those things to which man is exposed after conception.**
- **It is defined as “all that which is external to the individual human host”.**

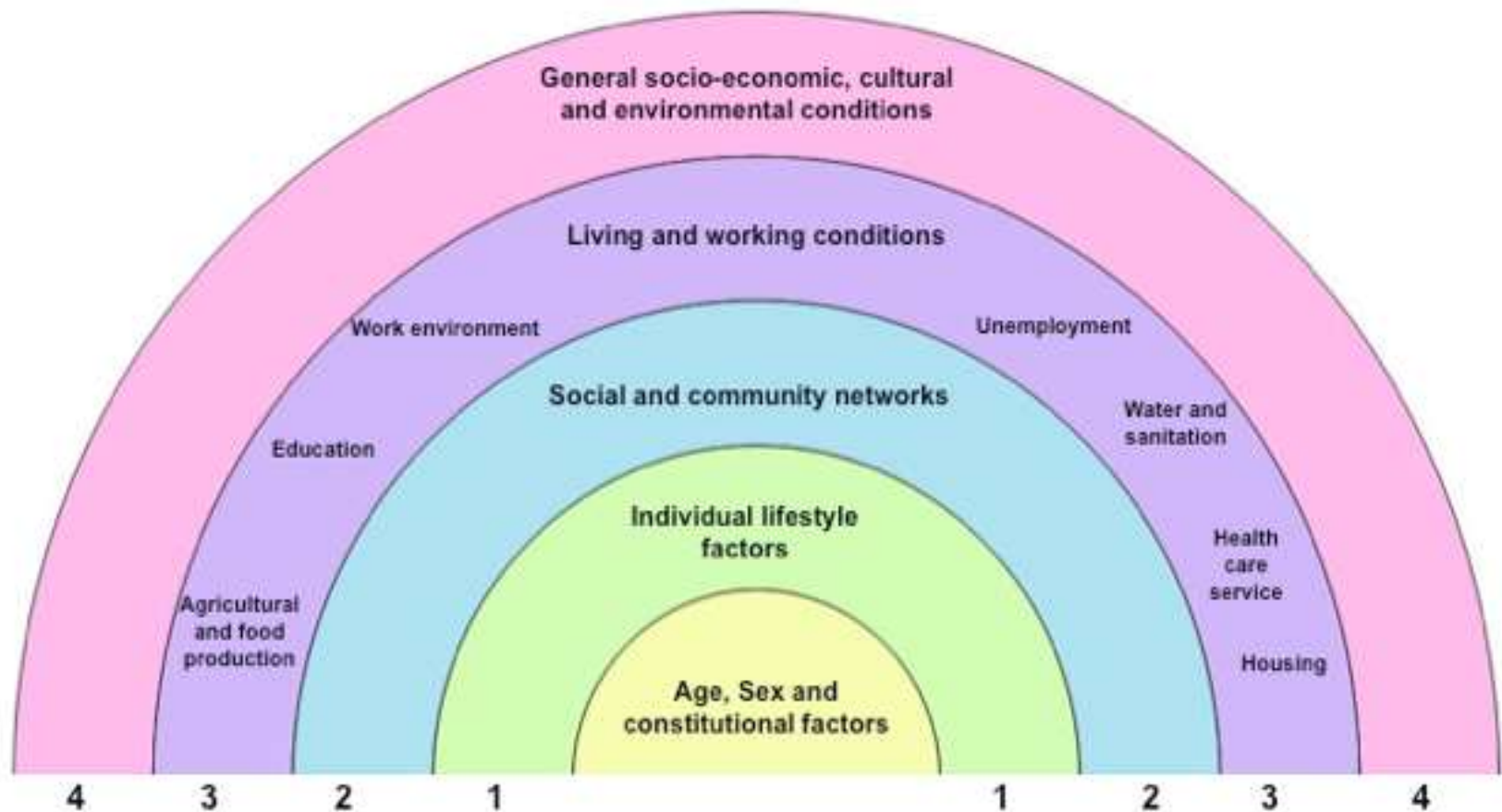
- It can be divided into physical, biological & psychosocial components , any or all of which affect can affect the health of man & his susceptibility to illness.

- **Some epidemiologists use the term “micro environment” or domestic environment or personal environment which reflects a person’s way of living & lifestyle. E.g., eating habits, personal habits.**

- **The other environment includes occupational environment, socioeconomic environment, moral environment.**

- **SOCIO ECONOMIC CONDITIONS**
- **The health of a person is primarily dependent upon the level of socio economic development.**
- **E.g., Per Capita income, GNP, education, nutrition, employment, housing & political system of the country.**

# Social Determinants of Health



- **ECONOMIC STATUS:** The per capita GNP is the most widely accepted measure of general economic performance.
- **The economic progress of many countries has been a major factor in reducing the morbidity, mortality, increase in life expectancy & improving of the quality of life, family size, & the pattern of disease & deviant behaviour in the community.**

# EDUCATION

- Education is the second major influencing factor in affecting the health of the population.



- **The world map of illiteracy closely coincides with the maps of poverty, malnutrition, ill health, high infant & child mortality rates.**
- **Studies indicate that education to some extent compensates the effects of poverty on health, irrespective of the availability of health facilities.**

# OCCUPATION

- **Un employment usually shows a higher incidence of ill health & death.**
- **For many, loss of work may mean loss of income & status.**



- **It can cause psychological & social damage.**
- **The very state of being employed in productive work promotes health.**

# POLITICAL SYSTEM

- Health is closely related to the political system of a country.
- Often the main obstacles to the implementation of health technologies are not technical rather political.

- **Decisions concerning resource allocation, man power policy, choice of technology & the degree to which health services are made available & accessible to different segments of the society are examples of the manner in which the political system can shape community health services.**

- **The percentage of GNP spent on health is About 3%**

# HEALTH SERVICES

- Health services are seen as essential for social & economic development. There is a strong correlation between GNP & Expectation of life at birth & the overall health status of the given population.

- **Health & Family welfare services aim at improving the health condition of the population.**
- **India being a signatory member , to realize Health For All has chalked out strategies like the PHC, CHC, HSc, & other peripheral infrastructure.**

**The National preventive programmes such as Immunization programme, AIDS Control programme, Malaria Eradication Prog, Filaria Control Prog, ICDS, The Mid day Meal programme, Family Welfare programmes & Other non communicable disease programmes aim at prevention, promotion & maintenance of the health status of the population.**

# AGING OF THE POPULATION

- **By the year 2020 the world will have more than one billion people aged 60 & over.**
- **More than two thirds of them living in the developing countries.**

- **A major concern of rapid population aging is the increased prevalence of chronic disease & disabilities.**
- **Therefore aging process needs a special attention**

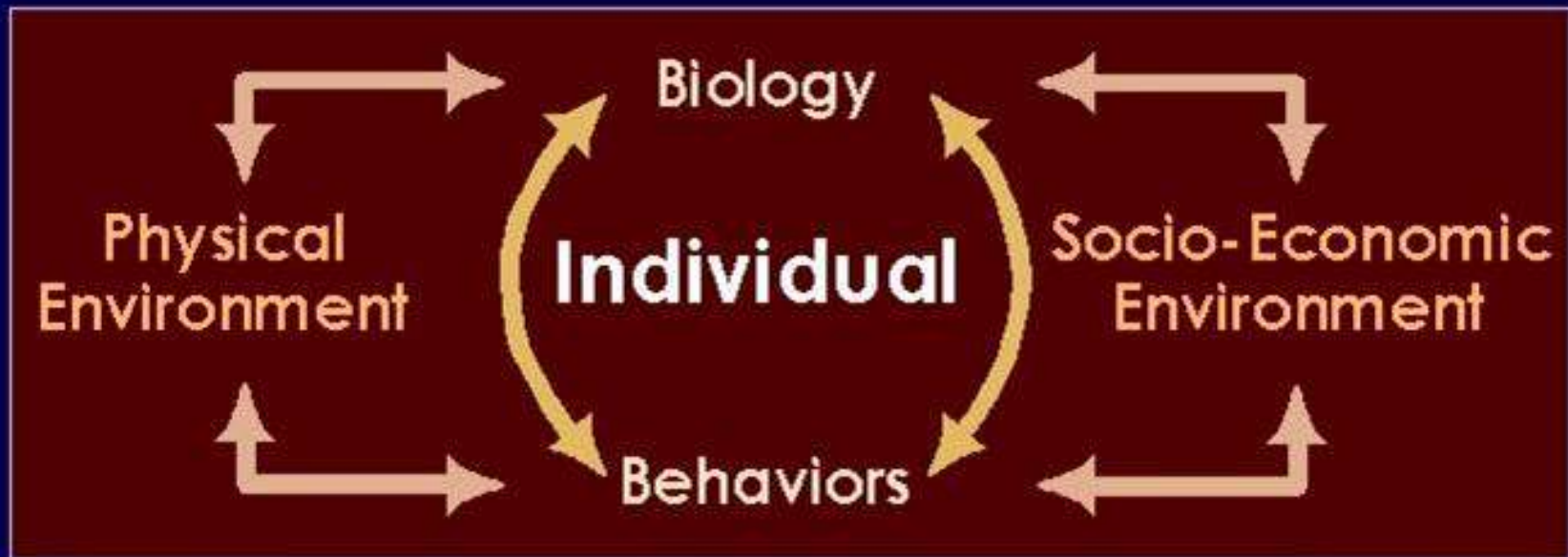
# GENDER

- The 1990s have witnessed an increase in concentration on women's issues. In 1993 The Global Commission on Women's Health was established.

- **The Commission drew up an agenda for action on women's health covering nutrition, reproductive health, the health consequences of violence, aging, life style related conditions & occupational environment.**
- **Inclusion of women's health issues is a major breakthrough in the developmental plans.**

# Determinants of Health

Policies and Interventions



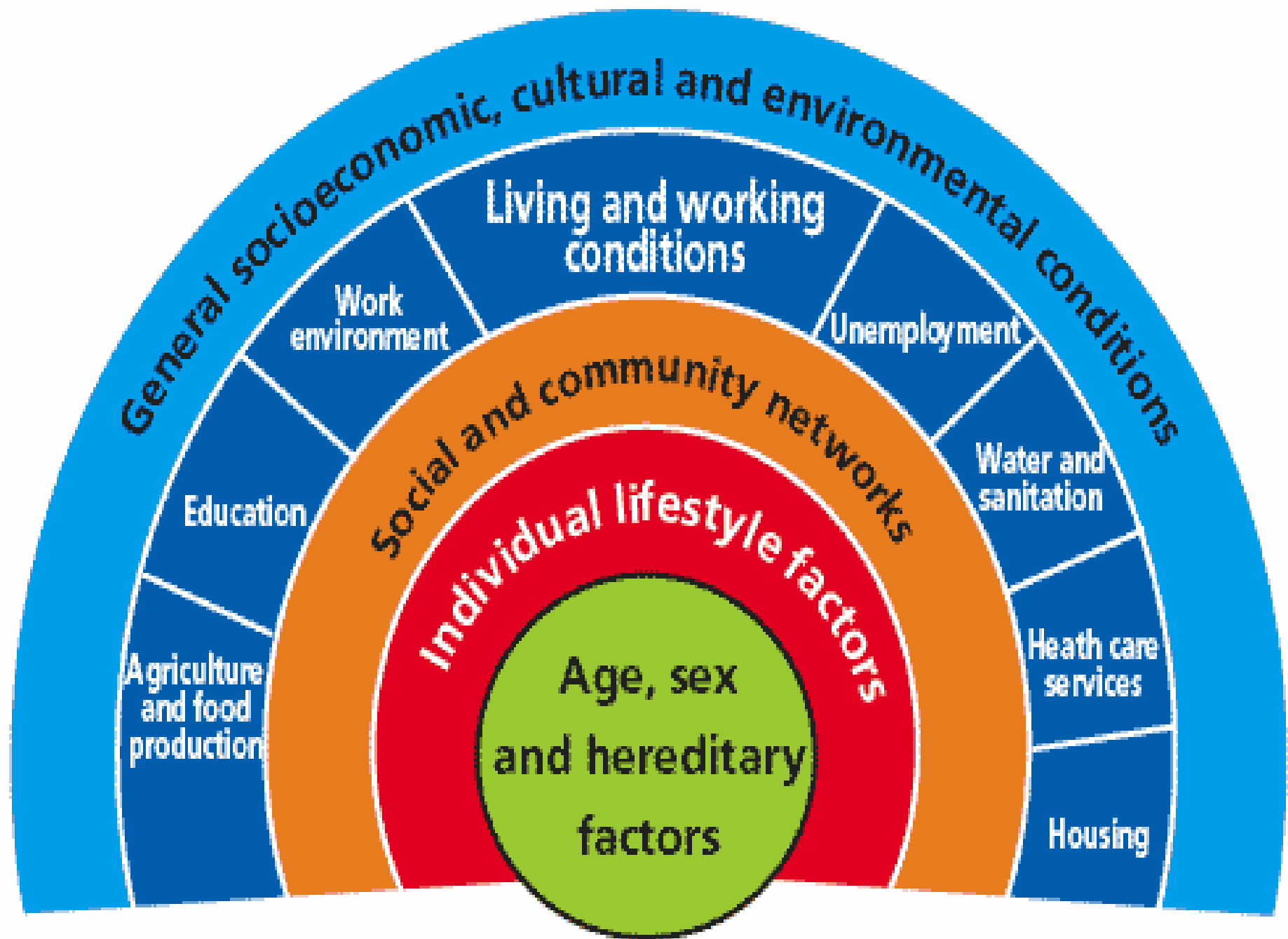
Access to Quality Health Care

# OTHER FACTORS

- The revolution in information & Communication Technology offers tremendous opportunities in providing an **easy & instant access to medical information once difficult to retrieve.**

- **It contributes to the dissemination of information world wide, serving the needs of many physicians, health professionals, bio medical scientists & researchers, the mass media & the public.**

- **Health is not the sole contributor to the health & wellbeing of population, the potential of intersectoral contributions to the health of communities is increasingly recognized.**



# THANK YOU

