

HEALTH

## **INTRODUCTION:**

- ❖ Different people have different perception of health ; some felt that an individual said to be healthy if he/she is able to perform activities of daily living, normally.**
- ❖ Still others feel that an individual is healthy if he/she is well adjusted in social life and can function even in stressful situation.**

## **DEFINITION:**

- **A series of successful and continuous adaptation to a continuously changing environment.**
- **The conditions of being sound in body, mind or spirit and especially free from physical disease or pain (Webster).**

## **HEALTH**

- . Soundness of body or mind; that condition in which their functions are duly and efficiently discharge(Oxford English Dictionary).**

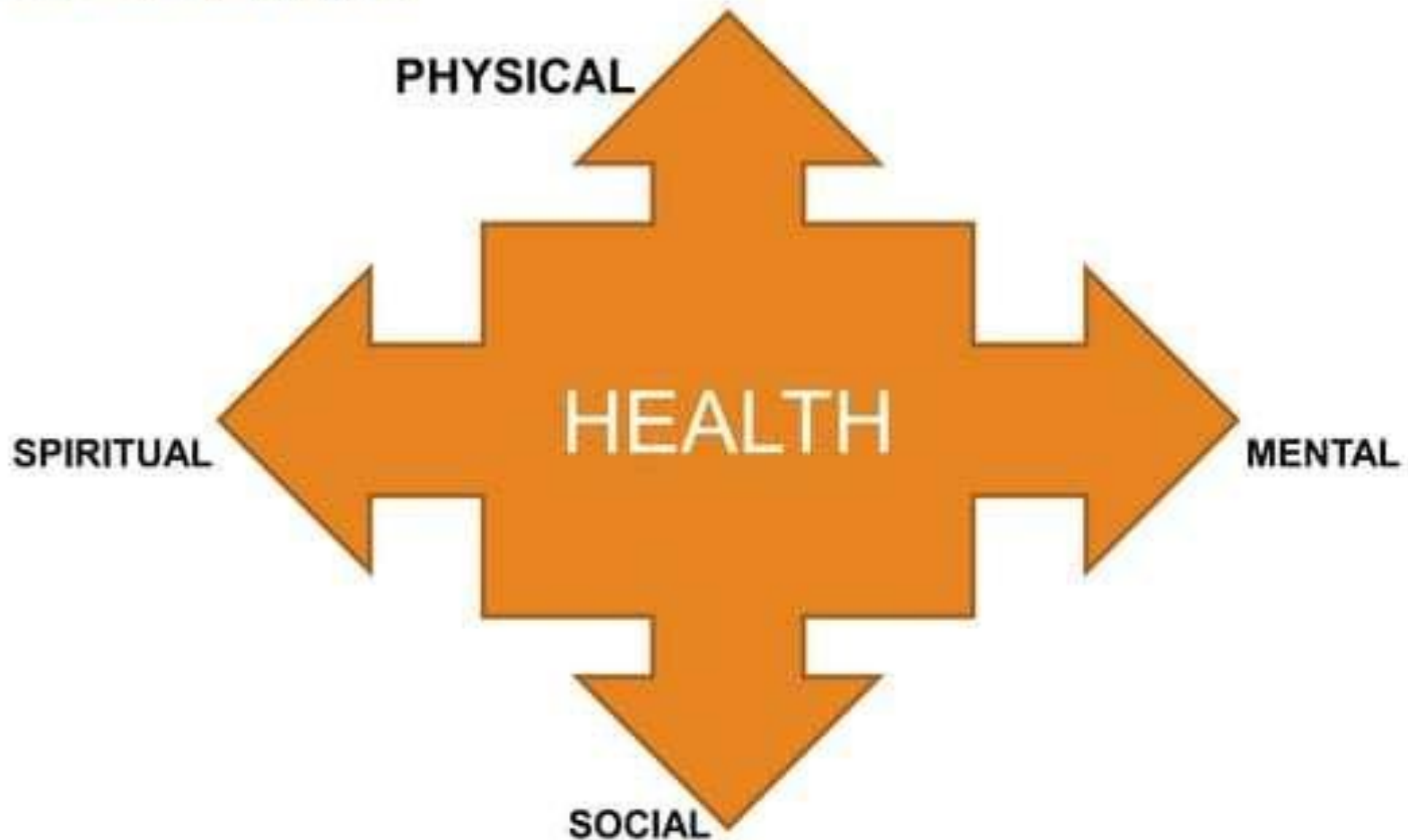
## **COTND.**

- **“A state of relative equilibrium of body, form and function which result from its successful dynamic adjustment to forces tending to disturb it. It is not passive interplay between body substance and forces impinging upon it but an active response of body forces working towards readjustment.” (Perkin).**

## **CONTD.**

- **Health is a relative concept; this may be due to ecological conditions and the fact that standards of health vary among cultures; social classes and age groups.**
- **By WHO “Health is state of complete physical, mental, social and spiritual well-being and not merely an absence of disease or infirmity”.**

# **DIMENSIONS OF HEALTH:-**



## **PHYSICAL**

**Physical well-being means having the physical strength, & energy to work towards our goal.**



## **MENTAL**

**Mental well-being means  
is ability to cope with the  
world in a way that  
brings you satisfaction.**

## **SOCIAL & SPIRITUAL**

**Social well-being means development of relationships with others- both with people in your immediate surroundings and with the larger community through cultural, spiritual and political activities.**

## **SOCIAL DIMENSION:-**

SPRITUAL HEALTH

EMOTIONAL HEALTH

VOCATIONAL HEALTH

## **OTHER DIMENSIONS:-**



**CULTURAL  
DIMENSION**



**EDUCATIONAL  
DIMENSION**



**NUTRITION  
DIMENSION**

# COTD.

- PHILOSOPHICAL  
DIMENSION
- CURATIVE DIMENSION
- PREVENTIVE & CURATIVE  
DIMENSION
- ENVIRONMENTAL  
DIMENSION

# **ECOLOGY OF HEALTH:-**

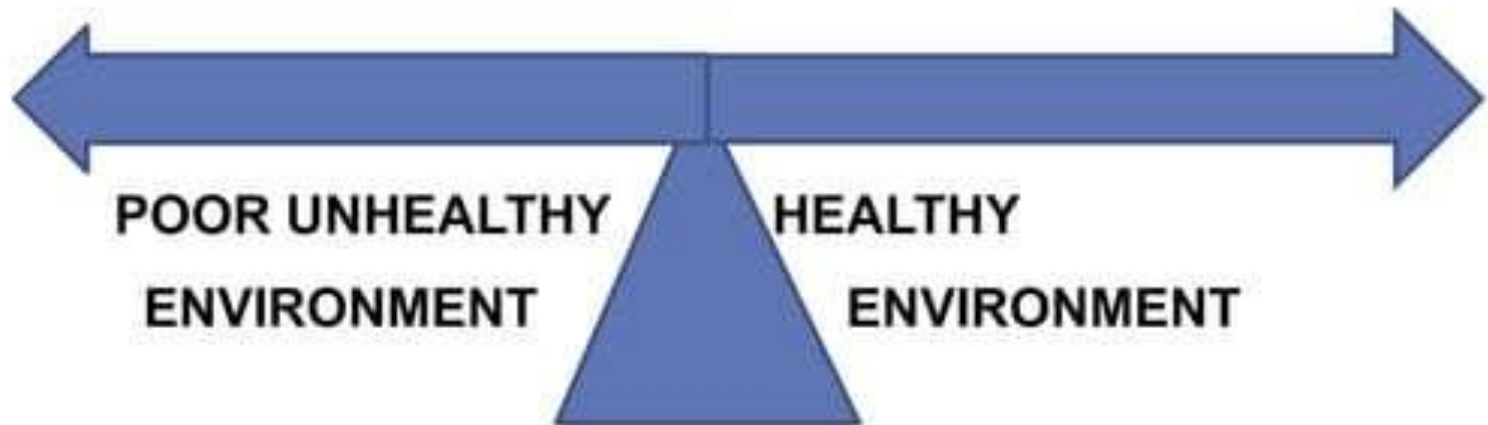
## **DEFINITION OF ECHOLOGY:-**

**“IS A MUTUAL RELATIONSHIP  
BETWEEN LIVING ORGANISM &  
THEIR ENVIRONMENT”.**

# ECOLOGICAL MODEL:-

MINIMUM HEALTH

MAXIMUM HEALTH



# DETERMINANTS OF HEALTH:-

HERIDITY /HUMAN  
BIOLOGY

SOCIO-ECONOMIC  
CONDITIONS

ENVIRONMENTAL  
CONDITIONS(Physical,  
Psychological &  
Biological)

LIFE-STYLE

HEALTH & HEALTH  
RELATED SERVICES



# **1. HERIDITY/HUMAN BIOLOGY:**

- Physical & mental health is determined to a large extent by genetic make-up.**
- There are number of diseases of genetic origin.**
- From the genetic standpoint health can be as that state of individual which is based upon the genetic constitution.**

# **ENVIRONMENT:-**

**It can be divided into:**

- a) Physical**
- b) Biological**
- c) Psychological**

# **RISK FOR ILLNES & DEATH RELATED WITH LIFE-STYLE:**

- Lack of sanitation**
- Poor nutrition**
- Personal hygiene**
- Elementary human habits**
- Customs**
- Cultural patterns**

## **RESOURCES:-**

- Socio – Economic conditions**
- Economic status**
- Education**
- Occupation**
- Political System**

## **HEALTH SERVICES:**

- ❖ Health services are directed towards treatment of diseases, & prevention of illness.**
- ❖ Health services are essential for social and economical development.**
- ❖ To be effective, the health services must reach the people who lives in periphery area.**

## **OTHER FACTORS:**

**Language**

**Diet**

**Hygiene**

**Habits:**

**a) Smoking**

**b) Alcohol**

## **COND.**

- Employment Opportunities**
- Increased wages**
- Prepaid Medical Programmes**
- Family Support systems**

# **POSITIVE HEALTH:-**

## **DEFINITION:**

**A person who enjoys all the four dimensions of health is said to be in a state of positive health.**

**The concept of perfect positive health can not become a reality, because a person can never be in the perfect state of all four dimensions.**