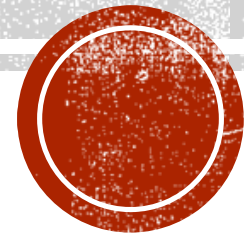


# DETERMINANTS OF HEALTH

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# Learning Objectives

- After attending this lecture, students of 1st year MBBS will be able to:
  - Define Health
  - Explain the multi-dimensional nature of health
  - Enlist determinants of health



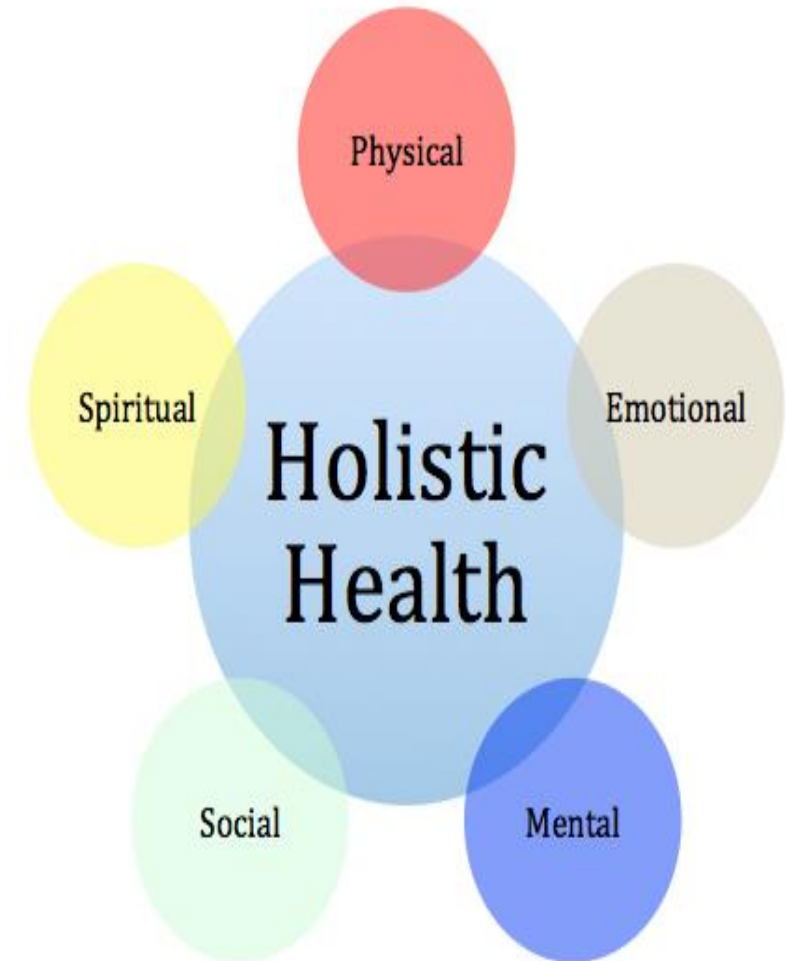
# DEFINITION

- WHO defines health as a “state of complete physical, mental and social well being and not merely the absence of disease or infirmity.”
- Operational definition- health is a condition or quality of human organism expressing the adequate functioning of the organism in given conditions, genetic or environmental.
- Health is the condition of being sound in body, mind and spirit ,especially freedom from physical disease or pain.



# DIMENSIONS OF HEALTH

- *Physical, Mental And Social*
- *spiritual, emotional, vocational*



# PHYSICAL DIMENSION

- **Physical health means** perfect functioning of the body in which each organ is working in harmony with the maximum capacity.
- **Physical health is achieved** by the exercise, healthy diet, adequate rest and sleep and no smoking or alcohol intake
- **Signs of physical health :**
- A good complexion.  A clean skin.  Bright eyes.  Not too fatty.  A sweet breath.  A good appetite.  Sound sleep.  Regular activities of bowels and bladder.  Smooth, easy, and coordinated bodily movements.



# MENTAL DIMENSION

- Mental health is a state of balance between body and mind.
- Mental health refers to the cognitive aspect of health.
- Often mental health is linked to or includes emotional health, Mental health is more the functioning of the brain, while emotional health refers to the a persons mood often connected to their hormones.
- .Mental health then includes many mental health issues such as Alzheimer and dementia.
- It refers to the persons ability to use their brain and think. This may be to solve problems or to recall information, but the focus is on the cognitive aspect of the person.



- **Characteristics of mentally healthy person :**

- 1. Mentally healthy person will be capable of making personal and social adjustment.
- 2. Mentally healthy person is free from internal conflicts.
- 3. He faces problems and tries to solve them intelligently.
- 4. He knows himself, his needs, problems and goals.
- 5. He has strong sense of self esteem.
- 6 He lives a well balanced life means able to maintain the balance between work, rest and recreation



# SOCIAL DIMENSION

- An individual is socially healthy if he is able to maintain pleasant relationship with other members of society in which he lives. With family , close friends, social networks, teachers, and youth leaders.
- Social health affects the other dimensions of health in many ways. A bad social life can lead a person to question their purpose in life or feel isolated and unwanted. Such feelings can demotivate people from physical activity and lead them towards depression.





# SPIRITUAL DIMENSION

- Spiritual health relates to our sense of overall purpose in life. People often find this purpose from a belief or faith system, while others create their own purpose. A person who has purpose to life is said to be healthier than those who don't see a purpose to life.



# EMOTIONAL DIMENSION

- Emotional health is about the persons mood or general emotional state. It is our ability to recognize and express feelings adequately.
- It relates to self esteem as well as ability control emotions to maintain a realistic perspective on situations.
- Emotional health affects the other dimensions of health as a person with a good self esteem is more confident in social settings, makes friends quickly and often performs better in physical activity.



## VOCATIONAL DIMENSION

- The choice of profession, job satisfaction, career ambitions and personal performance are all important components of this dimension
- To be occupationally well, a person is ultimately doing exactly with what they want to do in life and are comfortable with their future plans.
- Vocational wellness is defined as gaining personal satisfaction and improvement from one's work, whether that be academic work while in college or a job after graduation



**Vocational dimension** of health can be assessed by ;

- Assessing the satisfaction level at job
- Facilities attached to the job
- Behaviour of the management and administrator and of colleagues at job.

Vocational wellness is connected to other dimensions of wellness and Having a satisfying work life positively impacts physical, mental and emotional wellness. ... Working collaboratively with coworkers , develops social wellness.



# OTHER DIMENSIONS

- Cultural dimensions
- Socio-economic dimensions
- Environmental dimensions
- Educational dimensions
- Nutritional dimensions

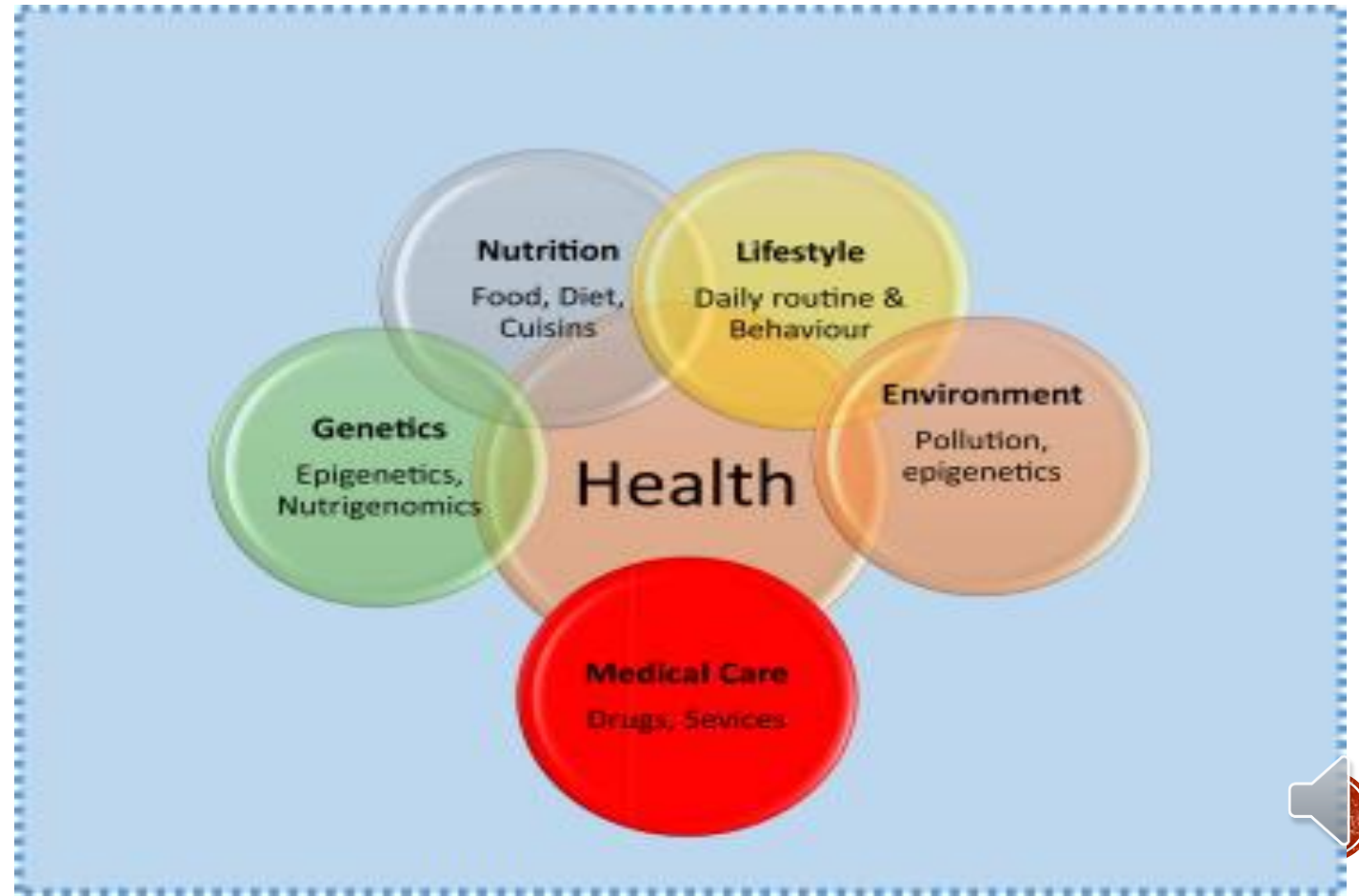
# DETERMINANTS OF HEALTH

- What makes some people healthy and others unhealthy?
- How can we create a society in which everyone has a chance to live long healthy lives?

# DETERMINANTS OF HEALTH

- A range of personal, social, economic, and environmental factors that influence health status are known as determinants of health.
- Determinants of health fall under several broad categories:

- Policing
- Social factors
- Health services
- Individual behavior
- Biology and genetics



# Polycymaking





# SOCIAL DETERMINANTS

- Income and social status - higher income and social status are linked to better health.
- Social support networks – greater support from families, friends and communities is linked to better health. Culture - customs and traditions, and the beliefs of the family and community all affect health.
- Education – low education levels are linked with poor health, more stress and lower self-confidence.



# Physical Determinants Include:

Physical environment –

safe water and clean air,

healthy workplaces, safe houses, communities and roads all contribute to good health.

Employment and working conditions – people in employment are healthier, particularly those who have more control over their working conditions



# HEALTH SERVICES

- Health services - access and use of services that prevent and treat disease influences health
- Both access to and the quality of health services can impact health.

Barriers to accessing health services include:

- Lack of availability
- High cost

## Individual Behavior

- Many public health and health care interventions focus on changing individual behaviors such as substance abuse, diet, and physical activity. Positive changes in individual behavior can reduce the rates of chronic diseases.
- For example, if an individual quits smoking, his or her risk of developing heart disease is greatly reduced.
- Other examples include:
  - Diet
  - Physical activity
  - Alcohol, cigarette, and other drug use
  - Hand washing



# BIOLOGY AND GENETICS

- Some biological and genetic factors affect specific populations more than others. For example,
- older adults are biologically prone to being in poorer health than adolescents due to the physical and cognitive effects of aging.
- Thalassemia is a common example of a genetic determinant of health.



# Examples Of Biological And Genetic Determinants Of Health Include:

- Inherited conditions, such as thalassemia, hemophilia, and cystic fibrosis
- Carrying the BRCA1 or BRCA2 gene, which increases risk for breast and ovarian cancer
- Family history of heart disease



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