

# MRS.RATHIDEVI.S PROFESSOR ICON



# **Concepts of Health, Wellness, & Well-Being**



# Health

- There is **no consensus (agreement)** about any definition of health. There is **knowledge** of how to **attain (reach)** a certain level of health, but health itself **cannot be measured**.
- ***Traditionally health has been defined in terms of the presence or absence of disease.***
- ***Nightingale defined health as a state of being well and using every power the individual possesses to the fullest extent***

# *the American Nurses Association defined health*

- **a dynamic state of being in which the developmental and behavioral potential (possible) of an individual is realized to the fullest extent possible**



# The World Health Organization (WHO) defined health

- **as a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.**

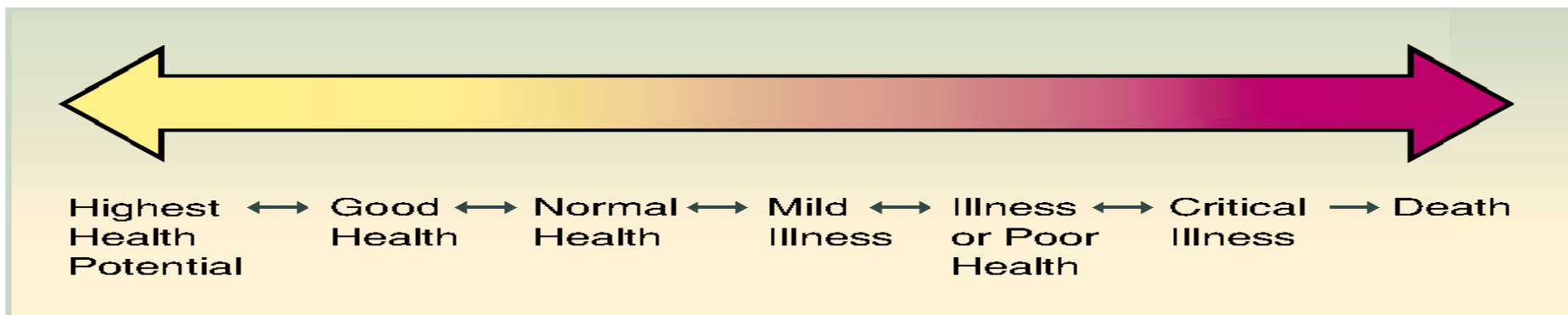
# **Most people define and describe health as the following:**

- Being free from symptoms of disease and pain as much as possible.
- Being able to be active and to do what they want or must.
- Being in good spirits most of the time.

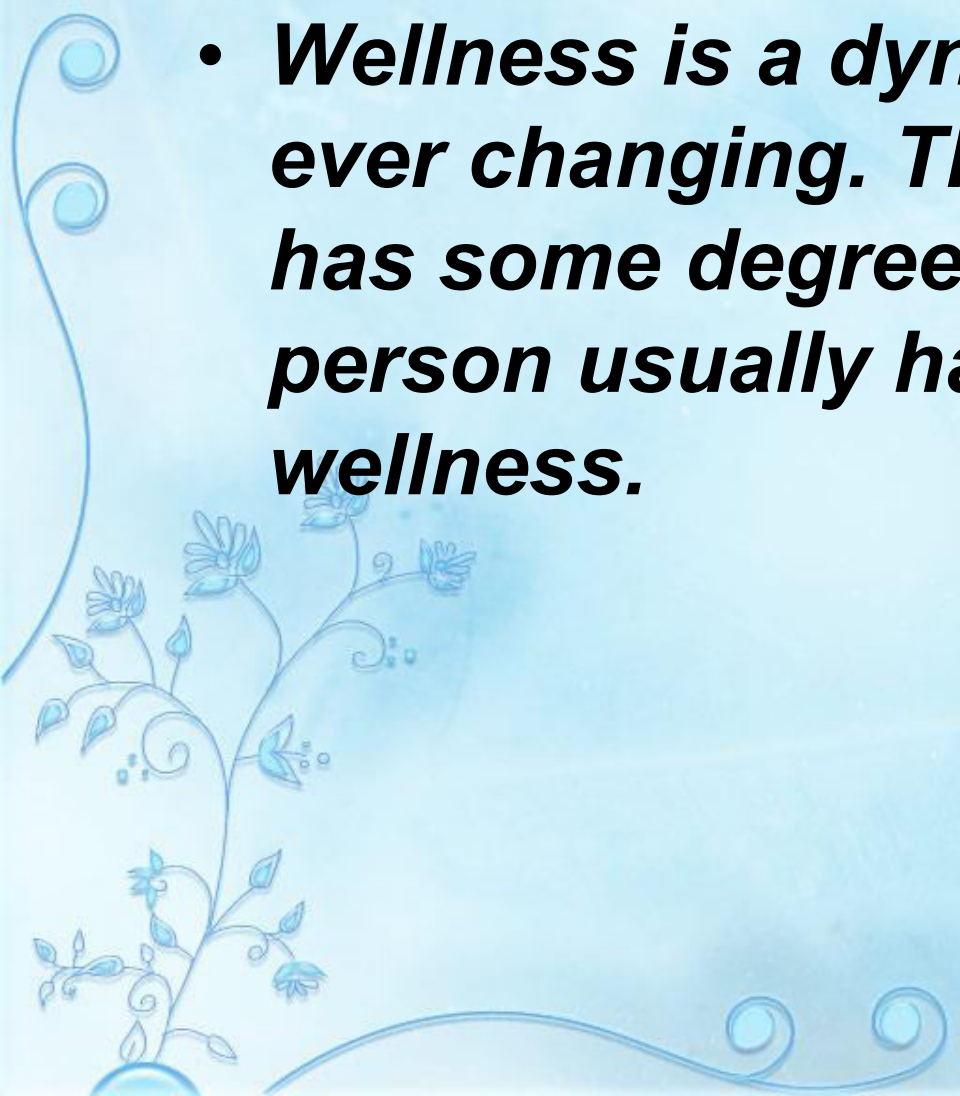


# Wellness & Well-Being

- **Wellness** further describes health status. It allows health to be placed on a continuum from one's optimal level ("wellness") to a maladaptive state ("illness")



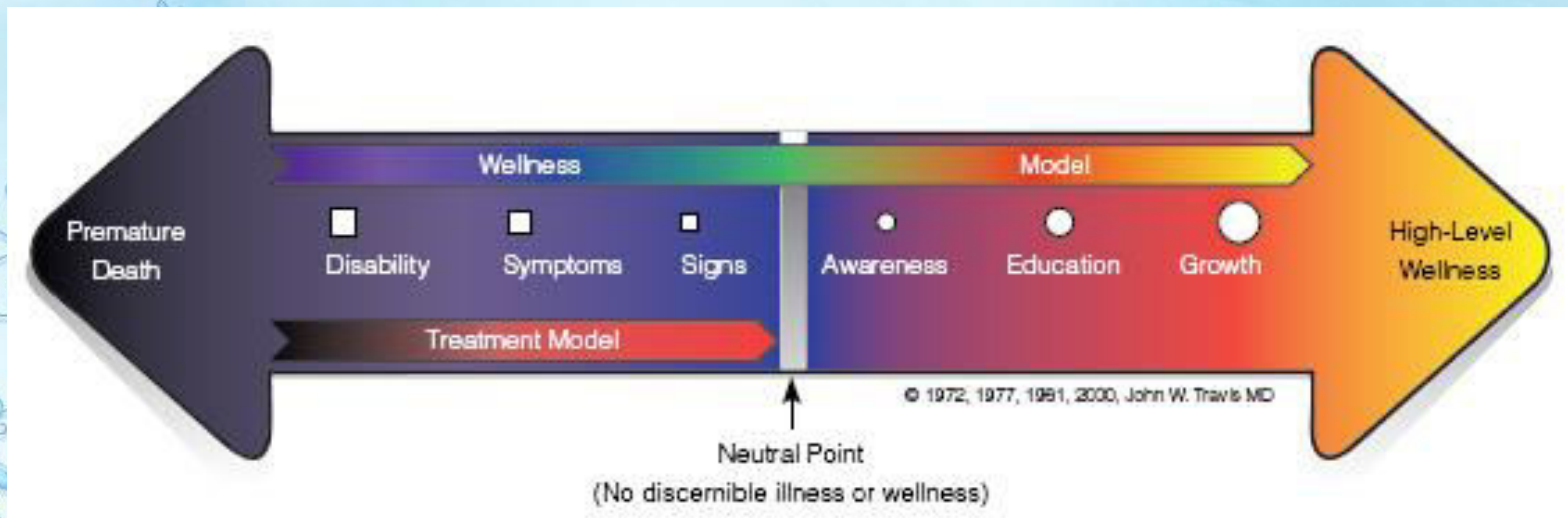
**Figure 15-1** Health Continuum

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- ***Wellness is a dynamic process that is ever changing. The well person usually has some degree of illness and the ill person usually has some degree of wellness.***

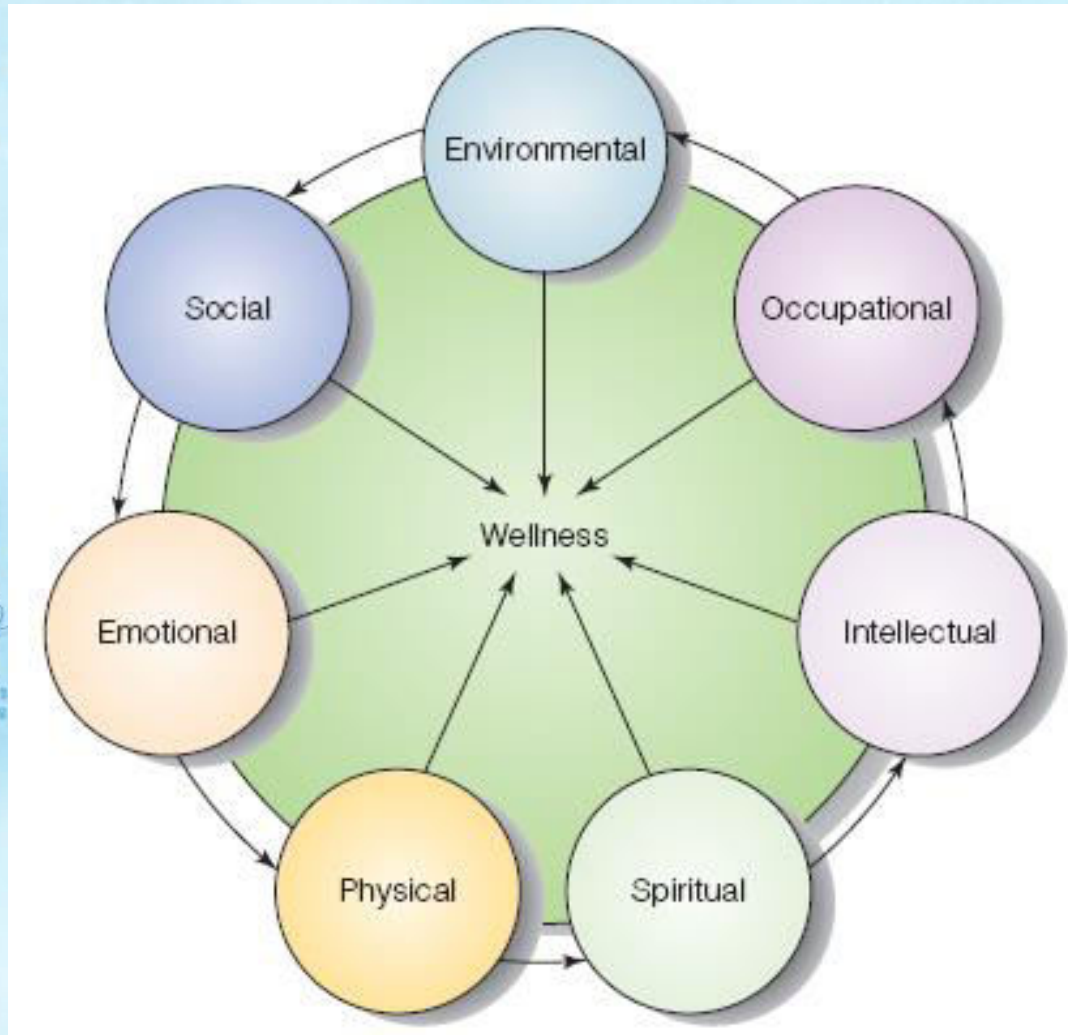


# Health-Illness Continuum

- Measure person's perceived level of wellness
- Health and illness/disease opposite ends of a health continuum
- Move back and forth (forward) within this continuum day by day
- Wide ranges of health or illness



# Dimensions of Wellness



# **1. Physical.**

- ***The ability to carry out daily tasks, achieve fitness (e.g. pulmonary, cardiovascular, gastrointestinal), maintain adequate nutrition and proper body fat, avoid abusing drugs and alcohol or using tobacco products, and generally to practice positive lifestyle habits.***



## **2. Mental .**

- Good mental health
- Free from internal conflict
- Strong sense of self esteem
- Faces problem and solving

# 3.Social

- Harmony and integration with individuals
- Social well functioning



# 3. Emotional.

- The ability to manage stress and to express emotions appropriately, Emotional wellness involves the ability to recognize, accept, and express feelings.





## **4. Intellectual.**

- The ability to learn and use information effectively for personal, family, and career development



## **5. Spiritual.**

- The belief in some force (nature, science, religion, or a higher power) that serves to unite human beings and provide meaning and purpose of life



## **6. Occupational.**

- The ability to achieve a balance between work and leisure time, A person's beliefs about education, employment, and home influence personal satisfaction and relationships with others.



# **7. Environmental.**

- The ability to promote health measures that improve the standard of living and quality of life in the community



# Other dimensions

- Philosophical
- Cultural
- Socio economic
- Environmental
- Nutritional
- Curative
- Preventive

# Models of Health

- Clinical Model
- Role Performance Model
- Adaptive Model
- Eudemonistic Model
- Agent-Host-Environment Model
- Health-Illness Continuum



# Clinical Model

- Provides the narrowest interpretation of health
- People viewed as physiologic systems
- Health identified by the absence of signs and symptoms of disease or injury
- State of not being “sick”
- Opposite of health is disease or injury

# Role Performance Model

- Ability to fulfill societal roles
- Healthy even if clinically ill if roles fulfilled
- Sickness is the inability to perform one's role

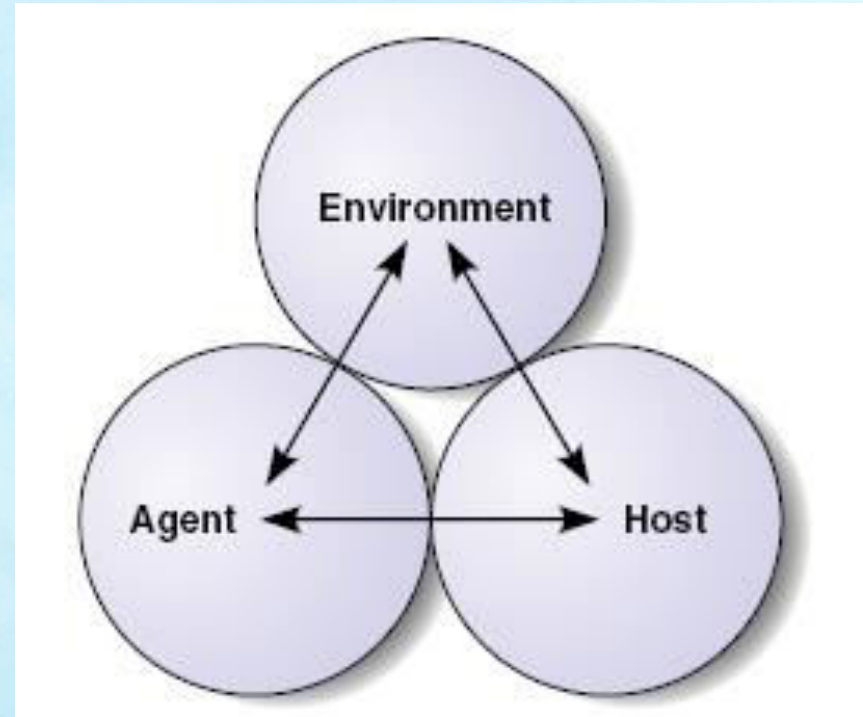


# Adaptive Model

- Creative process
- Disease is a failure in adaptation or maladaptation
- Extreme good health is flexible adaptation to the environment
- Focus is stability
- The aim of treatment is to restore the ability of the person to adapt.

# Agent-Host-Environment Model

- Each factor constantly interacts with the others
- When in balance, health is maintained
- When not in balance, disease occurs





# **There are several approaches to health maintenance:**

- Health promotion
- Health protection
- Disease prevention

