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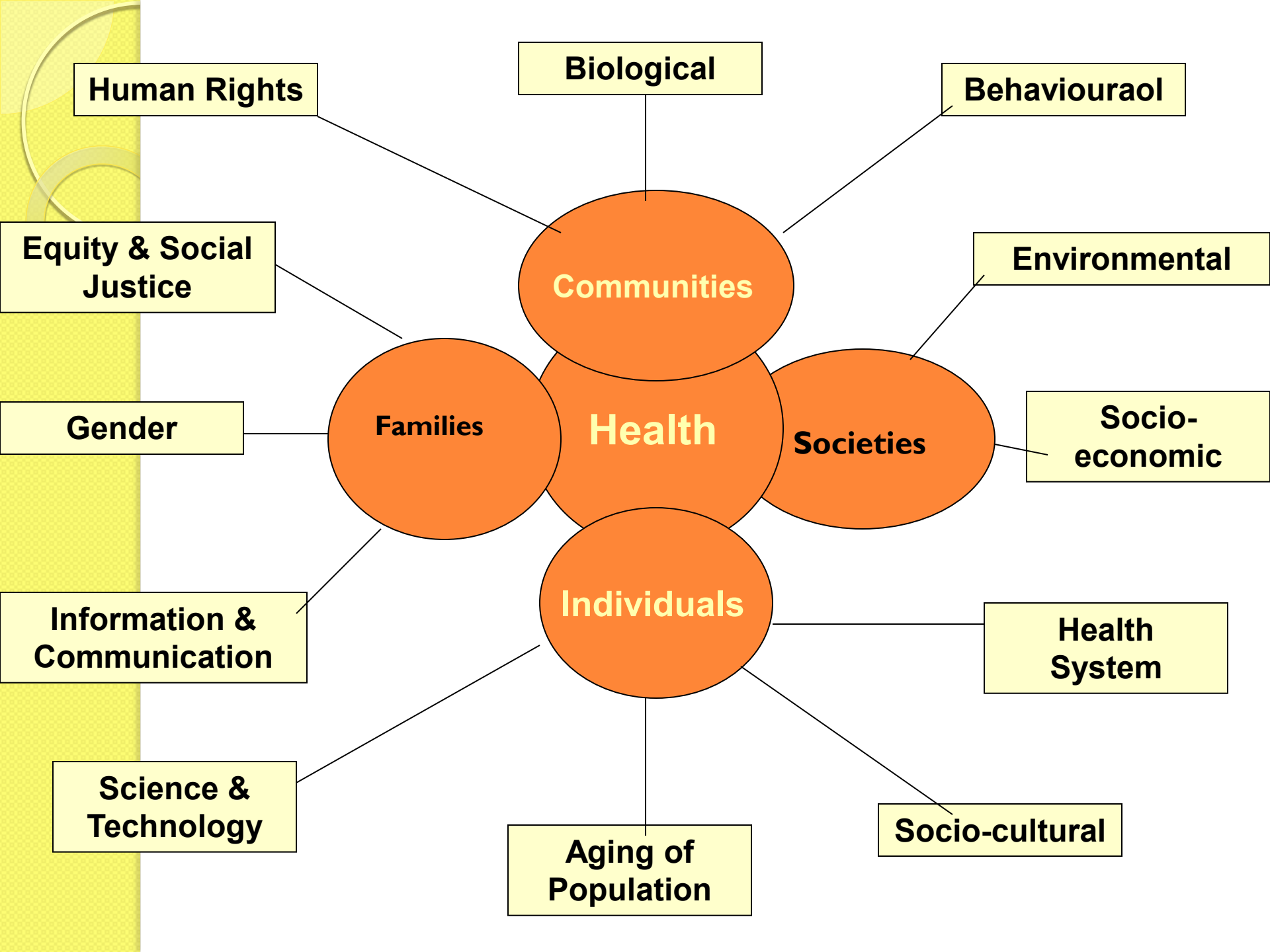
DETERMINANTS OF HEALTH

Introduction

- Health is multi factorial
- Health is influenced by the individual and society
- Health of the individual and whole communities may be considered to be the result of many interactions.

Determinants of Health

- Biological
- Behavioural and Socio-cultural
- Environmental
- Socio-economic
- Health services
- Aging of Population
- Gender
- Other factors



Human Rights

Biological

Behavioural

**Equity & Social
Justice**

Environmental

Communities

Gender

Families

Health

Societies

**Socio-
economic**

**Information &
Communication**

Individuals

**Health
System**

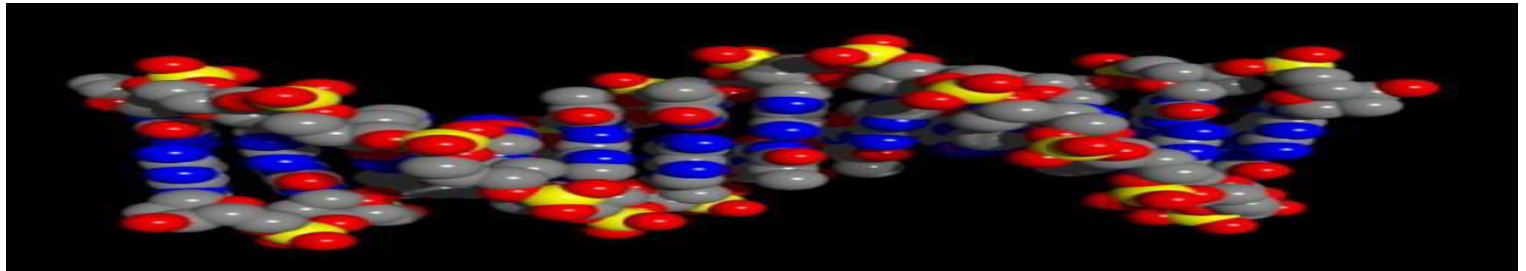
**Science &
Technology**


**Aging of
Population**


Socio-cultural


BIOLOGICAL DETERMINANTS

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




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- **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.**

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

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- **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.**

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- 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		High waist-hip ration	Chronic lung disease
stress		Abnormal lung function	

Environmental
risk factors

Behavioural
risk factors

Biological risk
factors

Chronic
non-communicable
disease


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- **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.**


ENVIRONMENT

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




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


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- **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”.**

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- **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.**

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- **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.**

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- **The other environment includes occupational environment, socio economic 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.**

- **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.

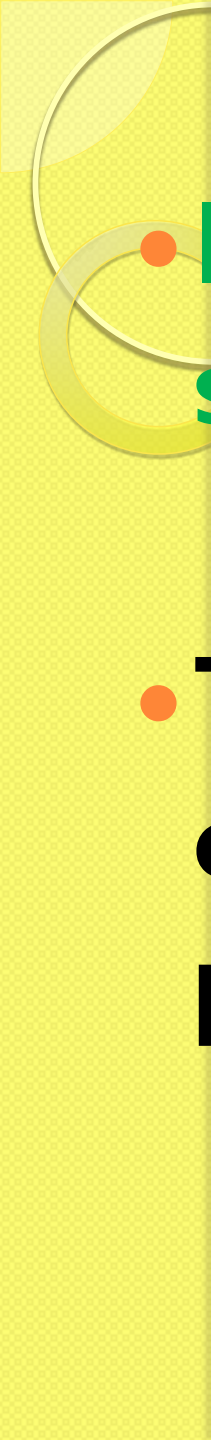


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- **The world map of illiteracy closely coincides with the maps of poverty, malnutrition, ill health, high infant & child mortality rates.**
 - **Studies indicate that education to some extent compensates the effects of poverty on health, irrespective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



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- **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.**


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- **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.**

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- **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.**


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- **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, & 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.

AGEING 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.**

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- **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 a
increase 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.**

OTHER FACTORS

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

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- **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 inter sectoral contributions to the health of communities is increasingly recognized.

THANK YOU

