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TUTOR
ICON

Unit 1-TOPIC

- Dimensions and determinations of the health

Definition of health:

- World health organization -1948
- Health is a state of complete physical, mental, social well being and not merely an absence of diseases or infirmity.

TYPES OF DIMENSIONS :

- Health is a multidimensional.
- 1.Physical Dimensions:
 - The physical dimensions of health is most likely the easiest to understand. The state of physical health implies the view of perfect functioning of the body.
 - It conceptualizes health biological as a state in which every cell and every organ is functioning at optimum capacity and in perfect agreement with the rest of the body.

CONTI...

- The sign of physical health in an individual are a good complexion, a clean skin, bright eye, shiny hair with a body well clothed with firm flesh, not too flesh, not too fat ,a good appetite, sound sleep ,regular activity of bowel and bladder and smooth ,easy , coordinated bodily movement it is Evaluation of physical health.

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- 2.MENTAL DIMENSIONS:
- Mental health is not mere absence of mental illness. a good mental health has been defined as a state of balance between the individuals and the surrounding world, a state of harmony between oneself and other ,a coexistence between the realities of the self and that of other people and that of the environment.

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- The following characteristics as attributes of a mentally healthy person's,
 - A mentally health person is free from internal conflicts, he is not at war with himself.
 - He is well adjusted ,i.e;he is Abe to get along well with others.
 - He searches for identity.
 - He has a strong sense of self esteem.
 - He knows himself. his needs, problem s,goal
 - He has good self control balance rationally and emotionally.
 - Assessment of mental health at the population level may be by administering mental status mentioned by trained interviewers.

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- 3.social dimensions:
- Social well being implies agreement and integration within the individuals, between each individual and other members of society and between Individuals and the world in which they live.
- It has been defined as the quantity and quality of on individual interpersonal ties and the extent of Involvement with the community.

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- 4.Spiritual dimensions:
- Proponent of holistic health believe that the time has come to give serious consideration to the spiritual dimensions and to the role this play in health and diseases.

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- **5.Emotional Dimensions:**
- Historically the mental and emotional dimensions have been seen as one element or as two closely related element.however,as more research become available a definite difference is emerging.
- Mental health can be seen as knowing or cognition while emotional health relates to feeling.

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- 6.vocational dimensions:
- The vocational aspect of life is a new dimensions. It is part of human existence. When work is fully adapted to human goals, capacity and limitations ,work often play a role in promoting both physical and mental health.
- Physical work is usually associated with an improvement in physical capacity and self realization in work are a source of satisfaction and enhance self esteem.

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- Others:
- Philosophical dimensions
- Cultural dimensions
- Socioeconomic dimensions
- Environment dimensions
- Nutritional dimensions

Determination of health:

- Health is multifactorial. The factors which influence health lie both within the individuals and externally in the society in which he or she lives.
- **1. BIOLOGICAL DETERMINANTS:** The physical and mental traits of every human being are to some extent determined by the nature of his genes at the moment of conception.
- A number of diseases are known to be of genetic origin. e.g: chromosomal anomalies, errors of metabolism, mental retardation etc.

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

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- 2. Behavioural and socio cultural condition:
 - The term lifestyle is rather a diffuse concept often used to denote the way people live, reflecting a whole range of social values, attitude and activities.
 - Lifestyle are learnt through social interaction with parents, peer group ,friends and siblings and mass media.

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- Health require promotion of healthy lifestyle. Many current days, health problem especially in the developed could tries has coronary artery disease,obesity,lung cancer, are association with lifestyle changes.
- In developing countries, such as India where traditional lifestyle still persists, risks of illness and death are connected with lack of sanitation ,poor nutrition,personnal hygiene.

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- **3.ENVIRONMENT:**It was Hippocrates who first related to disease based on the environment.e,g;climate,air,water etc.
- Environment is classified as internal and external .the internal environment of man pertains to each and every components part, every tissues, organ and organ system and their harmonious functioning within the system. Internal environment is the domain of internal medicine.
- The external or macro environment consists of those thing you which man is exposed after conception.

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- It can be divided into physical, biological, psychosocial components, any or all of which can affect the health of man and his susceptibility to illness.
- Environment is favorable to the individual, he can make full use of his physical and mental capabilities. Protection and promotion of family and environment health is one of the major issues in the world today's.

CONTI....

- **4.Socio economic condition:**
- Socioeconomic condition have long been known to influence human health. For the majority of the world people , health status is determined primarily by their level of socioeconomic development.e,g; nutrition, employment, housing, the political system of the country.

i. ECONOMIC STATUS;

- **The per capita GNP is the most widely accepted measure of general economic performance. Many developing countries, it is the economic progress that has been the major factor in reducing morbidity, increasing life expectancy and improving the quality of life. The economic status include standard of living, quality of life ,family size and the pattern of disease and deviant behaviour in the community.**

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- **ii.Education:**

- A second major factor influencing health status is education. The world map of illiteracy closely coincides with the maps of poverty, malnutrition ,ill health ,high infant and child mortality rates.

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- **iii.Occupation:**The very state of being employed in productive work promotes health, because the unemployed usually show higher incidence of ill health and health.
- for many ,loss of work may indicate loss of income and status. It can cause psychological and social damage.

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- **IV .POLITICAL SYSTEM:**

- health is also related to the country political system. often the main obstacles to the implementation of health technology are not technical, but rather political.
- decision concerning resource allocation, manpower policy, choice of technology and the degree to which health services are made available and accessible to different segment both the society are example makes the political system can shape community health services.

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- **V.HEALTH SERVICES:** The term health and family welfare services cover a wide spectrum of personal and community service for treatment of diseases, prevention of illness and promotion of health .
- The purpose of health services is to improve the health status of the people. for example , immunization of children can Influences the incidence /prevalence's of particular diseases.

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- VI.AGEING OF THE POPULATION:
- By the year 2020,the world will have more than one billion people she is 60 and over and more than two third of them living in developing countries.

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- 7.GENDER:

- In 1993,the Global commission on women health was established.
- The commission drew up an agenda for action on women health covering nutrition, reproductive health ,the healthy consequences of violence ,ageing , lifestyle related condition and the occupational environment.
- it has brought about an increased awareness among policy makers of women health issues and encouraged their inclusion in all development plans as a priority.

- **THANK YOU TO ALL**