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Course No. : 11(B)

Course Name : HEALTH & PHYSICAL EDUCATION

Learning Objectives

- Changing concepts of Health;
- Definitions of Health;
- New Philosophy of Health;
- Dimensions of Health;
- Determinants of Health
- Positive Health;
- Concept of Wellbeing

Changing Concepts of Health

- **Biomedical Concept** (Health has been viewed as an “absence of disease”, and if one was free from disease the person was considered healthy)
- **Ecological Concept** (Health implies the relative absence of pain and discomfort and a continuous adaptation and adjustment to the environment to ensure optimal function)
- **Psychosocial Concept** (Health is both a biological and social phenomenon)
- **Holistic Concept** (A sound mind in a sound body, in a sound family, in a sound environment; All sectors of society like agriculture, animal husbandry, food, industry, education, housing, public works, communication & other sectors have an effect on health)

Definitions of Health

- **WHO Definition:** “ Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity and the ability to lead a socially and economically productive life”.
- **Operational Definition of Health:** “ A condition or quality of the human organism expressing the adequate functioning of the organism in given conditions, genetic or environmental”.
- **Thus Health means**
 - (a) No obvious evidence of disease and that the person is functioning normally
 - (b) Several organs of the body are functioning adequately as well as in relation to one another .

New Philosophy of Health

- Health is a fundamental Human Right
- Health is the essence of productive life
- Health is inter sartorial
- Health is an integral part of development
- Health is central to the concept of quality of life
- Health involves individuals, state and international responsibility
- Health & its maintenance is a major social investment
- Health is a worldwide social goal

Dimensions of Health

- Health is multidimensional, WHO definition envisages three (3) specific dimensions, however there are many more dimensions:
- **1. Physical**
- **Evaluation of Physical Health:**
 - i) Self assessment of overall health
 - ii) Inquiry into symptoms of ill health and risk factors
 - iii) Inquiry into medications
 - iv) Inquiry into level of activity
 - v) Inquiry into use of medical services
 - vi) Standardized questionnaires for cardiovascular diseases
 - vii) Standardized questionnaires for respiratory diseases
 - viii) Clinical examination
 - ix) Nutrition and dietary assessment and
 - x) Biochemical and laboratory investigations

- **Community Assessment:** At the Community Level, state of health may be assessed by such indicators as:
- Death Rate; Infant Mortality Rate and Expectation of Life

2. Mental (Mental Health has been defined as “ a state of balance between the individual and the surrounding world, a state of harmony between oneself and others, a coexistence between the realities of the self and that of other people and that of the environment”.)

Psychological factors can induce all kinds of illness not simply mental ones which may include: Essential Hypertension; Peptic Ulcer and Bronchial Asthma

- Some major Psychiatric Illnesses like Depression and Schizophrenia have biological component

Dimensions of Health (Mental Health Continued)

- **Attributes of a Mentally Healthy Person include:**
 - A) Free from internal conflicts, is not at war with him or herself
 - B) Well adjusted: Is able to get along well with others.
Accepts criticism and is not easily upset
 - C) Searches for Identity
 - D) Has a strong sense of self esteem
 - E) Knows oneself, ones needs, problems and goals (this is known as self actualization)
 - F) Has good self control, balances rationality and emotionality
 - G) Faces problems and tries to solve them intelligently, i.e., coping with stress and anxiety

One of the keys to good health is Positive Mental Health

3. Social (Social wellbeing implies “ Quality and quantity of an individuals interpersonal ties and the extent of involvement with the community”).

- Social health takes into account that every individual is a part of a family and a wider community and focuses on social and economic conditions and well being of the “Whole Person” in the context of his social network.
- Social Health is rooted in “Positive material environment” (focusing on financial and residential matters) and “Positive human environment” which is concerned with social network of the individual.

4. Spiritual (Spiritual health in this context, refers to that part of the individual which reaches out and strives for meaning and purpose in life) This dimension seems to defy concrete definition.It includes:

- i)Integrity
- ii)Principles of Ethics
- iii)Purpose in life
- iv)Commitment to some higher being
- v) Belief in concepts that are not subject to “state of the art” explanation

5. Emotional (Initially mental and emotional dimensions were seen one in the same thing but as more research becomes available a definite difference is emerging.

Mental health can be seen as “Knowing” or “Cognition”, while Emotional health refers to “Feeling”.

- **6. Vocational** (Importance of this dimension is exposed when individuals suddenly lose their jobs or are faced with mandatory retirement. For some this dimension may merely be a source of income but for others it may be source of self worth and life success. Goal achievement and self realization in work are source of satisfaction and enhanced self esteem)
- **7. Other Dimensions include** Philosophical, Cultural, Socioeconomic, environmental, educational, nutritional, curative and preventive.

DETERMINANTS OF HEALTH

- **Biological Determinants** – Physical and mental traits of every human being are to some extent determined by the nature of his genes at the moment of conception.
- **Behavioral and Sociocultural Conditions** – Health requires promotion of healthy lifestyle. Modern health problems especially in the developed countries and in developing countries are mainly due to changes in lifestyles. Healthy lifestyle includes adequate nutrition, enough sleep, sufficient physical activity etc.
- **Environment-** Environment has a direct impact on the physical, mental and social wellbeing of those living in it. Environmental factors range from housing, water supply, psychosocial stress and family structure.

- **Socioeconomic Conditions-**

1. Economic status: Economic situation in a country is an important factor in morbidity, increasing life expectancy and improving quality of life, family size and pattern of disease
2. Education: illiteracy correlates with poverty, malnutrition, ill health, high infant and child mortality rates.
3. Occupation: Productive work provides satisfaction, promotes health and improves quality of life.
4. Political system: timely decisions concerning, resource

- **Health Services-** to be effective, the health services must reach the masses, equitably distributed, accessible at a cost the country and community can afford and social acceptable.

- **Aging of the Population-** A major concern of rapidly aging population is increased prevalence of chronic diseases and disabilities that deserve special attention.

- **Gender** – Women's health is gaining importance in areas such as nutrition, health consequences of violence, aging, lifestyle related conditions and the occupational environment. There is an increased awareness among policy makers of women's health issues, and encourages their inclusion in all development as a priority.

Positive Health

- The state of positive health implies the notion of “perfect functioning of the body and mind”.
- It includes all the three aspects which are in a perfect state and include i) Biological ii) Psychological and Social
- Positive health is however a mirage, because everything in our life is subject to change.
- **Health is a Relative Concept**

Concept of Well Being

- WHO definition of health introduces the concept of “well being”. It has both subjective and objective components.
- **Standard of Living** (Spiritual , educational, recreational and other services may be used individually as measures of socioeconomic status and collectively as an index of the standard of living” . The standard of living depends on the per capita GNP)
- **Level of Living** (It consists of nine components: health, food consumption, education, occupation and working conditions, housing, social security, clothing, recreation and leisure and human rights. These objective characteristics are believed to influence human well being)
- **Quality of Life** (It is a subjective component and is defined by WHO as “ The condition of life resulting from the combination of the effects of the complete range of factors such as those determining health, happiness (including comfort in the physical environment and a satisfying occupation), education, social and intellectual attainments, freedom of action, justice and freedom of expression.”)

Learning Objectives

By the end of the lecture the students should know and understand the following

- Determinants of Health
- Ecology of Health
- Responsibility for Health
- Health and Development;

Determinants of Health

- Biological Determinants
- Behavioral and Socio-Cultural Conditions
- Environment
- Socio-economic Conditions
- Health Services
- Ageing of the Population
- Gender
- Other Factors Outside the formal Health related Systems (Food, Agriculture, Education, Industry, Social Welfare, Rural Development)

Determinants of Health



Determinants of Health



Responsibility For Health

Individual Responsibility (Self care in health)

- Community Responsibility
- State Responsibility

Responsibility For Health

(The Health Gradient)

The Health Gradient



Source: *Making Partners: Intersectoral Action for Health 1988 Proceedings and outcome of a WHO Joint Working Group on Intersectoral Action for Health, The Netherlands.*