

HEALTH

Definition

- Health is a state of Physical, Mental & Social wellbeing & not merely an absence of disease or infirmity (Ability to lead a Socially & Economically productive life)

DIMENSIONS OF HEALTH

- 1. Physical dimension •

State in which every Cell & Organ is functioning at optimum capacity & in perfect harmony with the rest of the body

2. Mental dimension

- Mental health has been defined a

state of balance between the individual & the surrounding world

3. Social dimension • Quantity & quality of an individual's interpersonal ties & involvement with the community

4. Spiritual dimension • Refers to that part of the individual which strives for meaning & purpose in life

5. Emotional dimension • Relates to feeling

6. Vocational dimension • Work often plays an important role in promoting both physical & mental health

7. Cultural dimension

8. Economical

dimension

9. Environmental dimension

10. Nutritional dimension

DETERMINANTS OF HEALTH

1. Biological

- Diseases are known to be of genetic origin e.g., chromosomal anomalies, diabetes •

Behavioral

- Lifestyles & Personal habits
- Cultural & Behavioral pattern
- i. Developed countries- Obesity, drug

addiction

- ii. Developing countries- Lack of sanitation, poor nutrition

• 3. Environment

- i. Internal environment - tissue, organ & organ system & their harmonious functioning within the system

- ii. External environment - all that which is external to the individual

4. Socio economic

- i. Economic status- Purchasing power

- ii. Education- Especially female education

- iii.

Occupation

- State of being employed promotes health
- Loss of work can cause psychological & social damage

• 5. Health system

- Health & family welfare services

- Personal & community services •

Immunization of children

- Provision of safe water

- 6. Ageing • Increased prevalence of chronic diseases & disabilities

- 7. Gender • Women's

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