

Concepts of Health

• 1. Biomedical/Biological Concept of Health.

Healthy is being free from disease

Based on germ theory of disease

Limitation Minimal role of environmental, social, psychological & cultura

1 determinants of health • health2.

Ecological concept of health. Equilibrium with human & environment

3. Psychological concept of health

* Social, cultural, economic & political

harmony

4. Holistic concept of health - (we follow it today) Sound mind, healthy body, strong family & harmony with environment

- 5. Concept of Positive Health. Perfect functioning of body & mind Conceptualize health - biologically, psychologically & socially Depends on economic, social & cultural factors Positive health remains a mirage due to constant change

- 6. Concept of Well Being Individuals wellbeing have an Objective & Subjective component Objective component Standard of living Refers to scale of - Our Expenditure, Goods we consume & Services we enjoy Includes Income & occupation Housing, sanitation & nutrition Provision of educational & health services Depends on - per capita GNP.
- ii. Level of living Includes 9

components Subjective component- Quality of life