Concept of health

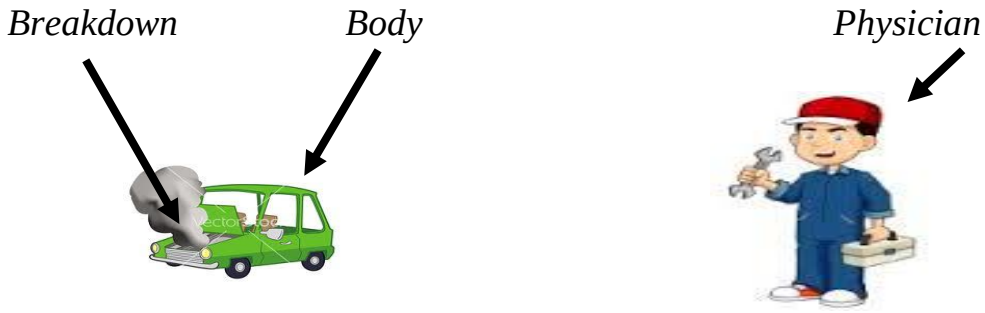
Biomedical concept

"Absence of disease"

Human body = machine

Disease = break down

Doctor's task = repair of machine.



Limitation: it has minimized the role of environmental, social, psychological & cultural determinants of health.

Environmental concept

Health: is a dynamic equilibrium between man & his environment

Disease: maladjustment of the human organisms to the environment.

The concept supports the need for clean air, safe water, ozone layer in the atmosphere, etc. to protect us from exposure to unhealthy factors.

Psychosocial concept

Health is not only a biomedical phenomenon, but also influenced by social psychological, cultural, economic factors of the people concerned.

Holistic Concept:

Biomedical + ecological + psychosocial

It has been defined as multidimensional process involving the well-being of the whole person in his environment.

Holistic concept includes that, all sectors of society have an effect on health

Definitions of Health

1- WHO definition:

(Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity)

2- Oxford dictionary definition:

(The state of being free from illness or injury)

3- Webster's 1913 Dictionary definition:

(The state of being hale, sound, or whole, in body, mind, or soul; especially, the state of being free from physical disease or pain)

Signs of physical health

- A good complexion
- A clean skin
- Bright eyes
- Lustrous hair
- Not too fat
- A sweet breath

- A good appetite

- Sound sleep

- Regular activity of bowels and bladder

- Coordinated bodily movements

- Normal size and function of body organs

New philosophy of health

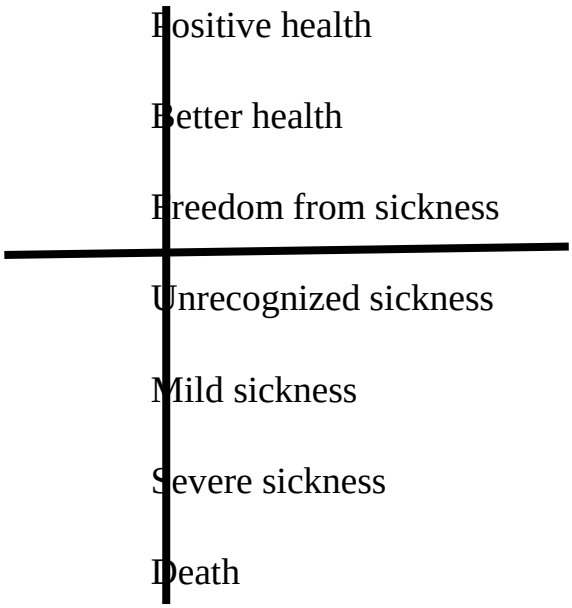
- Health is a fundamental human right

- Health is essence of productive live

- Health is intersectoral.
- Health is integral part of development
- Health is central to the concept of quality of life
- Health is a world-wide social goal

Spectrum of health

The spectral concept of health emphasizes that the health of an individual is not static. It is a dynamic phenomenon and a process of a continuous change.



Positive health:

Biologically: every cell and every organ is functioning perfectly

Psychologically: the individual feels a sense of perfect well.

Socially: the individual capacity for participation in the society is perfect

The concept of perfect positive health cannot become a reality because man will never be so perfectly adapted to his environment.

Health dimensions

1) Physical dimension

2) Social dimension

3) Mental dimension

4) Emotional dimension

5) Spiritual dimension

1) Physical dimension

Refers to the state of body. Its composition, development, functions and maintenance.

2) Social dimension

Building and maintaining satisfying relationships.

- Ability to interact with people

- Build networks among different kinds of people

3) Mental dimension

Mental health is absence of mental illness.

Mentally healthy person is:

- Free of internal conflicts
- Not at war with him self
- Well with others
- He knows himself, his needs, problems and goals
- He has self-control
- He faces his problems and tries to solve them

4) Emotional dimension

Is ability to accept and cope with our own and others feelings

5) Spiritual dimension

Refers to our personal beliefs and values.

Health dimensions are like separate pieces that need to be fitted together to make meaning.

Definition of Public Health:

(The art or process of preventing diseases, prolonging life and promoting health by organized community efforts).

Epidemiology:

(The study of the distribution and determinants of disease frequency in man).

MacMahon 1960

Scope of Public Health

In the past, public health was seen as a discipline

In the present, public health is seen as a multidisciplinary field

The New Public Health (NPH) includes all community and individual activities directed toward

- improving the environment,
- reducing risk factors

Public health focuses on:

- social justice ,

- Populations,

- Prevention .

social justice:

In public health, all individuals in a population should have access to the same health services.

Focus on population:

- Medicine deals with individual.

- Public health focuses on people

Focus on prevention:

- Medicine focuses on diagnosis and treatment.

- Public health focuses on prevention

Public Health and community health

- Community health deals with local health issues

- Public health deals with global health issues

Evolution of Public Health

1) Hippocrates

The relationship between environment and health.

2) The Romans

- public health administration systems
- water supply and sanitation systems
- medical care system

3) The Middle Ages

- Health laws

4) The Renaissance (late 1300s to early 1600s)

scientific Discovery (microscopic agents)

5) Age of Enlightenment in the eighteenth

Century

- treatment of all infants and children,
- health education,
- Occupational health,
- Mental illness,
- vaccination

6) Industrial Revolution and Victorian Era:

As the Industrial Revolution (between 1700 and 1900) housing, sanitation, water supply, germ theory, laboratories.

7) Modern Public Health

- Preventing and controlling infectious disease,
- mass immunizations
- occupational safety
- food safety
- maternal and child health
- family planning

Concept of Disease

Webster concept:

"A condition in which body function is impaired, departure from a state of health, an alteration of the human body interrupting the performance of the vital functions."

Oxford English Dictionary:

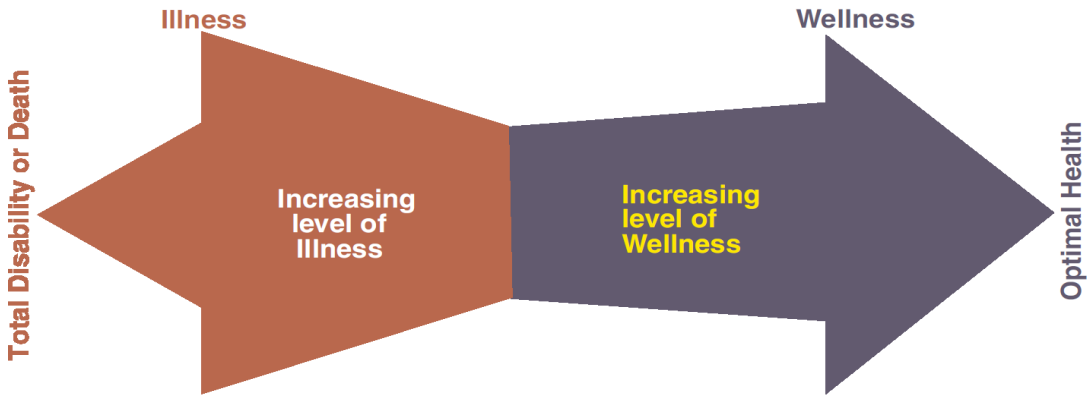
"The condition of body or some part of organ of body in which its functions are disrupted or deranged".

Ecological concept:

"A maladjustment of human organism to the environment"

Simple definition

"Opposite to Health"



Disease: Means physiological or psychological dysfunction

Illness: Means subjective feeling of not being well.

Sickness: Biological concept of social dysfunction.

Disease causation

1- Miasma theory

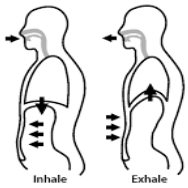
2- Germ theory

3- Epidemiological triad

4- Multi-factorial causation

1- Miasma theory

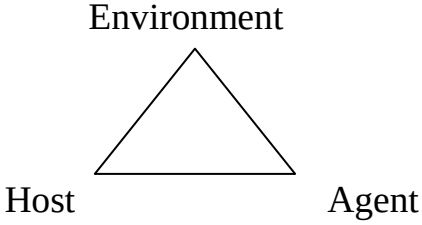
Inhalation of bad air



2- Germ theory

Germ + man → sick man

3- Epidemiological triad



4- Multi-factorial theory

Agent + other factors = disease

Natural History of Disease

Is the way in which a disease evolves over time from the earliest stage of its pre-pathogenesis phase to its termination.

1- Pre-pathogenesis phase

2- Pathogenesis phase

3- Termination phase

1- Pre-pathogenesis phase

The period before onset of disease (the agent has not yet entered man)

2- Pathogenesis phase

This phase begins with entry of agent in man

3- Termination phase

The disease usually results in terms of:

- Recovery
- Death
- Disability

Responsibility for health

Individual responsibility:

There are many activities that can be done by individual and contribute to the health.

Behaviors related to diet, sleep, exercise, smoking, alcohol, drugs, immunization, seeking and accepting treatment … etc

(Self care)

Community responsibility:

Involvement of community in health programs in all phases

Planning, implementation, utilization, evaluation

- Human resources (manpower)

- Financial resources (money)

- Logistic support

(Community-based organizations)

State responsibility:

Includes health services that delivered by governmental organization such as ministry of health, locality

International responsibility:

United Nations (UN)

World Health Organization (WHO)

World Food Programme (WFP)

Health determinants (Factors affect health)

Many factors combine together to affect the health of individuals and communities. Whether people are healthy or not, is determined by their circumstances and environment.

Health determinants divided into two categories:

1- Internal determinants (person).

2- External determinants (Environment)

1- Internal determinants (person).

Include factors that associated with man himself such as:

- Age
- Sex
- Race
- Immunity
- Heredity
- Life style
- Education
- Occupation
- Income (poor, rich)

Age:

These diseases increase by age (diseases of elderly people):

- Coronary heart disease
- Hypertension
- Diabetes
- Osteoporosis
- Alzheimer

- Glaucoma, cataracts

Common diseases in children (childhood diseases):

- Whooping cough
- Measles
- Poliomyelitis
- Diphtheria
- Chicken pox

Diseases more common in females:

- Cystitis (bladder infection)
- Kidney infection
- Hypertension
- Rubella
- Cervical Cancer
- Breast cancer
- Ovarian cancer

Diseases more common in males:

- Liver cirrhosis
- Epilepsy
- Prostate cancer
- Autism
- colour blindness

Race:

- Obesity is more common in African Americans
- High blood pressure is more common in blacks than whites