

Concept of Health



Medicine:

History → Modern Medicine
(Curative; preventive)

Why Modern??

SCOPE

- Preventive medicine:
 - Vaccines, anti-sera, quarantine
 - Later on.. Nutritional discoveries, insecticides, chemoprophylaxis, mass drug therapy, eradication...
 - SCREENING

Vaccines & Anti-sera



Quarantine



Nutritional discoveries



Nutritional discoveries

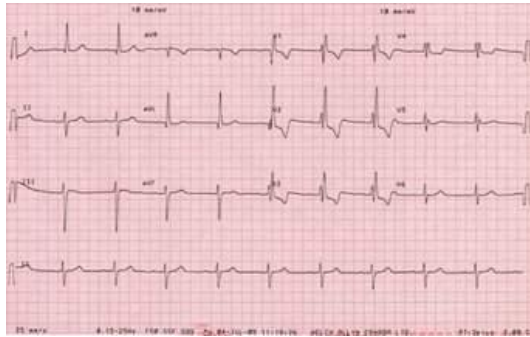


Insecticides



Mass Drug Administration; Chemoprophylaxis





Screening



Full circle! (Health → Disease → Health)

- Health: absence of disease
concept of well being
productive life

Dimensions of health

Philosophy of Health

- Changing concepts of Health
 - Biomedical
 - Ecological
 - Psychosocial
 - Holistic
- Definitions of health
 - Operational definition

***Health is a
fundamental
human right***

**Health is the essence of
productive life, and not
the result of ever
increasing expenditure
on medical care**

**Health is inter-sectoral
and is an integral part of
development**

**Health is central
to the concept of
quality of life**

**Health involves
individual, state, national
and international
responsibility**

**Health and
its maintenance is a
major social
investment**

**Health is
the ultimate world-wide
social goal**

Health

- **Definition**
- **Dimensions**

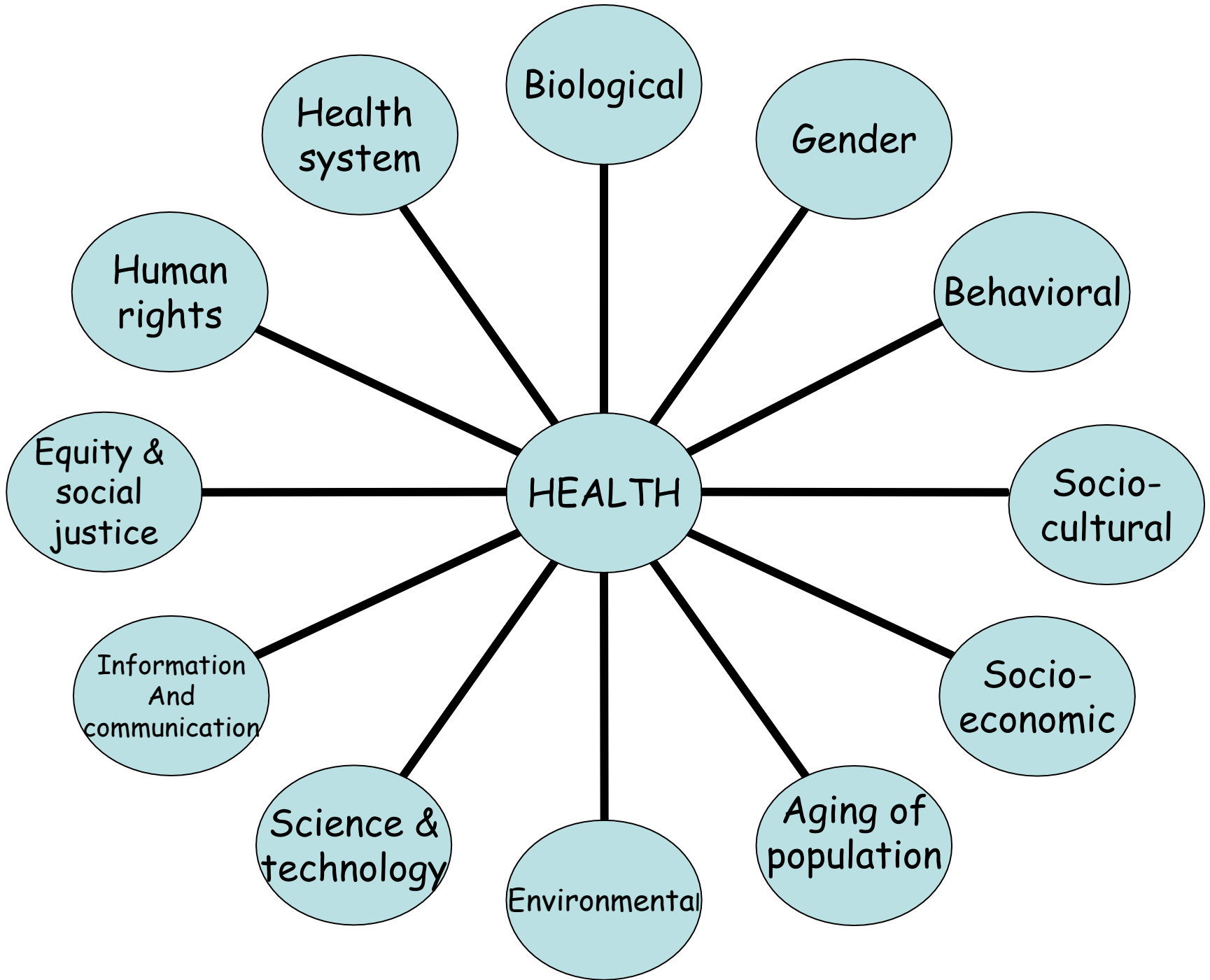
Determinants of Health

LEARNING OBJECTIVES

- To define and enumerate determinants of health
- To classify and describe these determinants
- To describe the importance of inter- sectoral contributions to the health of the people
- To describe the concept of “Right to health” and “Responsibility for health”

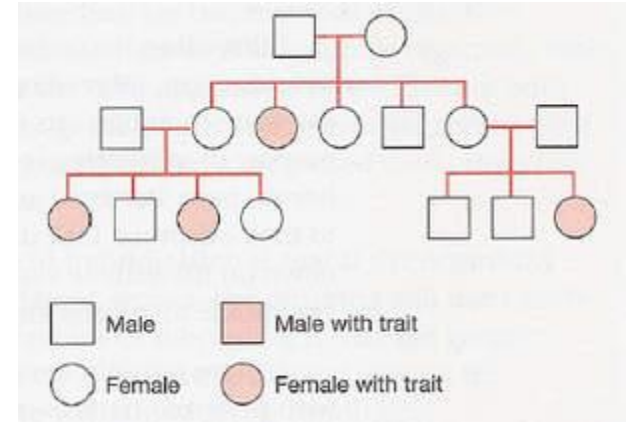
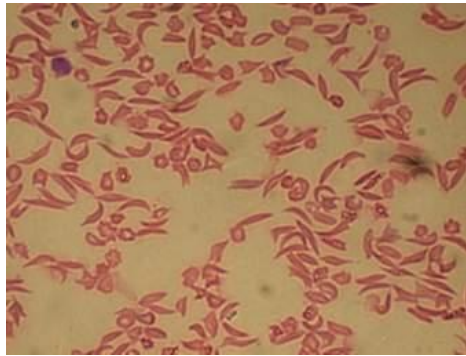
What are determinants?

- Many influences have a bearing on health
- The influences which affect our health and well-being are called the “Determinants” of health



Biological Determinants

- Physical & mental traits are genetically determined to some extent.
- Genetic make-up is unique...
- Diseases known to be of genetic origin...
- Role of genetic screening and gene therapy



Biological Determinants

- **Positive Health...**

implies that a person should be able to express as completely as possible the potentialities of his Genetic Heritage

- An environment that transforms Genetic potentialities into Phenotypic Realities

Behavioral & Socio-cultural conditions

- Life style: the way people live







Behavioral & Socio-cultural conditions

- Life style: the way people live
- Reflects Whole range of social values, attitudes and activities developed through the processes of socialization and learnt through social interaction
- Life style related disorders: developed, developing countries...
- Useful life style factors: adequate nutrition, enough sleep, sufficient physical activity, etc.

Environmental Determinants

- Environment - Internal
 - External
- Internal environment: each and every component part, every tissue, organ and organ – system and their harmonious functioning within the system.

Environmental Determinants

- Environment - Internal
 - External
- External or macro environment: that which is external to the individual human host.



Socio-economic conditions

- Education, per capita GNI, nutrition, employment, housing, political system of the country...

WHO's target - 5% of GNI on health care

Health Services

- For prevention of illness, promotion of health and treatment of diseases
- E.g. immunization, safe water supply, care of pregnant women, etc...
- Equitably distributed, accessible, affordable and acceptable (Primary Health Care)

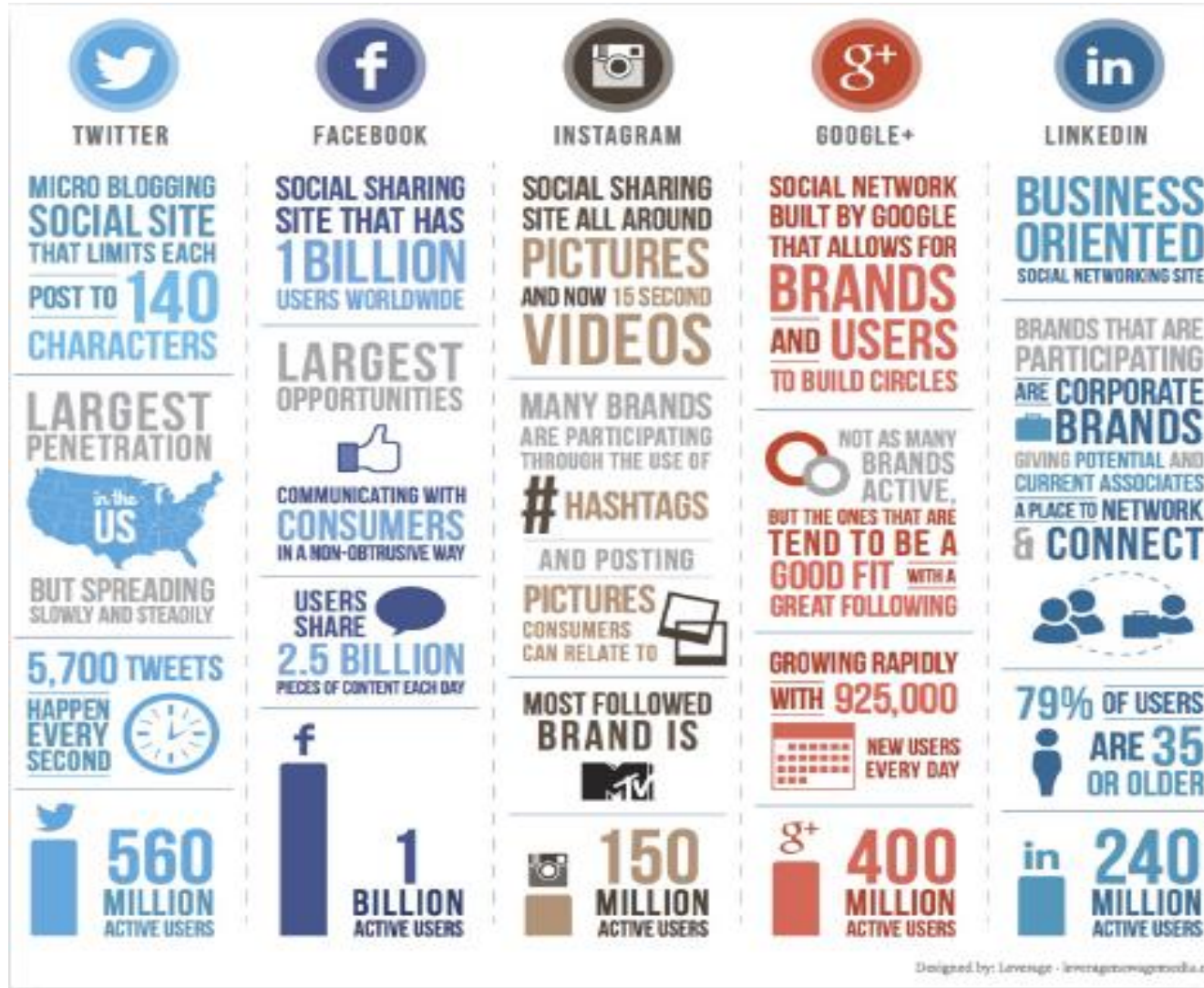
Aging of the population

- By 2020, >1 bill. people aged 60+
- > two – third in developing countries
- Increase in prevalence of chronic diseases and disabilities
- Geriatric health services

With Age comes skills
It's called MultiTasking
I CAN
LAUGH, COUGH,
SNEEZE, AND PEE ALL
AT THE SAME TIME.



Others...



Others...

- Transition from post industrial age to an era of information and communication
- Tremendous opportunities in providing an easy and instant access to medical information
- Dissemination of information worldwide...

- Strengthening and development of other departments like food and agriculture, education, industry, social welfare, rural development...
- Adoption of policies like employment opportunities, increased wages, prepaid medical programs, family support system...

Determinants of health

- Personal
- Environmental
- Governmental

Personal

- Genetic endowment
- Health awareness
- Healthy lifestyle
- Sound philosophy of life

Environmental

- Healthy family environment
- Healthy physical environment
- Healthy social environment
- Healthy occupational environment

Governmental

- All round socio-economic development
- Appropriate health care
- Political commitment

Right to health

- Universal declaration of Human Rights: “Everyone has a right to a standard of living adequate for the health of himself and his family...” (1948)
- Preamble to WHO constitution: one of the fundamental rights of every human being is to enjoy “the highest attainable standard of health”

Responsibility for Health

- Individual responsibility
self care
- Community responsibility
demedicalization of health
(involvement of communities in
planning, implementation,
utilization...)

Henry Sigerist, the medical historian stated:

“People’s health ought to be the concern of the people themselves. They must struggle for it and plan for it. The war against disease and for health can not be fought by physicians alone. It is a people’s war in which the entire population must be mobilized permanently.”

- State responsibility

- International responsibility
 - a) international cooperation: exchange of experts, provision of drugs and other supplies, border meetings with regard to control of communicable diseases...
 - b) International organizations

Indicators of Health

- How healthy is a given community...
- Measure, compare
- Assess needs
- Resources allocation
- M & E of health services

Index vs indicator

Mortality indicators

- Crude death rate
- Life expectancy
- Infant mortality rate
- Maternal mortality rate
- Ds specific death rate
- Proportional mortality rate

Morbidity indicators

- Incidence and prevalence
- Disease notification
- OPD attendance
- Admission, readmission, discharge rates
- Duration of hospital stay
- Sickness spells
- Absenteeism

Other indicators

- Disability rates
- Nutritional status indicators
- Health care delivery indicators
- Utilization rates
- Environmental, socio-economic indicators

THANK YOU

