

## CONTENT

Week 1: Accessing your health

Week 2: Weight and obesity/ weight management

Week 3: Nutrition/ diabetes

Week 4: Addiction/ tobacco

Week 5: Drugs

Week 6: Alcohol

Week 7: Stress

Week 8: Psychological health

Week 9: Sexual health

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Seminar content: health behaviour change

## Week 1: Accessing your health

- Top deaths in the past: Tuberculosis, diarrhoea (because of poor diets, low safety, poor environment)
- Top deaths now: chronic diseases (e.g. heart disease, Alzheimer's, Cardiovascular, lung cancer, pulmonary disease)
- 50% of Australians have chronic disease (1 in 8)
- 85% of Australians rated their health as good or better
- Only 39% of Indigenous rated their health as very good, excellent
- Life expectancy in AUS is increasing

### Models of health

1. **Medical model:** *treating/curing* the diseases e.g. surgery, medication
2. **Public health model/ ecological model:** *preventing* diseases
  - Health promotion: identifying risk behaviours, motivating people to change

### Dimensions of health

Wellness = trying to achieve one's potential in each dimension

1. **Physical;**
  - Ability to perform normal 'activities of daily living' (ADL)
2. **Social health;**
  - Ability to have a broad social network and maintain relationships
3. **Intellectual;**
  - Ability to think clearly, reasoning, analyse, making decisions
4. **Emotional;**
  - Ability to express emotions and control them when appropriate
5. **Spiritual;**
  - Having a sense of meaning and purpose in life
  - Belonging to a religion
6. **Environmental;**
  - Understand how the environment can affect health

### Determinants of health (factors that influence health)

1. **Behavioural** = *modifiable* determinants
  - E.g. lack of physical activity, poor nutrition, excessive alcohol consumption, tobacco use, illegal drugs, sexual behaviours
2. **Biology and genetics** = *nonmodifiable*, can be improved
  - Inherited conditions and predispositions to disease
  - Characteristics: age, race, ethnicity, metabolic rate, body structure, sex
3. **Social factors**
  - Social conditions
    - Exposure to crime, violence, technology
    - The availability of education, jobs, healthy foods, transport
    - Social support
  - Physical conditions
    - Natural environment; trees
    - Buildings
    - Exposure to toxic substances

- Economic factors
    - Lacking access to quality education
    - Poor housing
    - Can't afford good food, warm clothes, medication
    - Insecure employment
  - The built environment
    - Buildings, roads, transport
  - Pollutants and infectious agents
    - Air, land, water
    - Exposure to toxins, radiation
4. **Access to quality health services:** e.g. Medicare
5. **Policy making**

### Models of behaviour change

1. **Health belief model (HBM):** when beliefs affect behaviour change
  - **Perceived severity/ seriousness:** one's opinion of how *serious* a condition and its consequences are,
    - if they think it's more serious-> more likely to take effect
  - **Perceived susceptibility:** one's opinion of *chances of getting a condition*
    - Thinking that they're at higher risk -> more likely to take preventive action
  - **Perceived benefits:** believing in the *benefits* of the action->
    - Thinking it's beneficial -> more likely to change
  - **Perceived barriers:** identifying *barriers* and think if they can/can't overcome them
  - **Cues to action:** alerted about the problem -> *readiness, awareness*
    - e.g. banners, campaign, reminders
2. **Social cognitive model (SCM):** the role of social factors and cognitive process in behaviour change
  - Social environment
  - Cognition (inner thoughts and feelings)
  - Behaviours
3. **Transtheoretical model (TTM):** stages people go through in changing their behaviours
  - **Precontemplation:** no current intention, *not aware* of their behaviour, denial, given up
  - **Contemplation:** *thinking* about changing, not motivated enough, not ready to change
  - **Preparation:** *making a plan* associated with the change
  - **Action:** *following the plan* (less than 6 months)
  - **Maintenance:** the behaviour is *established* (more than 6 months)
  - (could include) **Termination;** the new behaviour is a part of daily life
  - Limitations:
    - Ignores the social context in which change occurs
    - No set time or rules
    - Assumes that the individuals make coherent and logical plans in their decision-making progress