

Understanding Health

Topic One – The Concepts of Health

- **What is the definition of health?**
 - Health can be defined as a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.
- **What is a theory?**
 - A theory is a set of assumptions, or propositions, or hypotheses or accepted facts that are assembled to provide a plausible or rational explanation of the cause and effect of observed occurrences or experience in the world.
- **What are the five conceptual frameworks of health?**
 1. Health as the absence of disease
 2. Health as holistic wellbeing
 3. Health as subjective experience
 4. Health as dynamic states of wellness and functional capacity
 5. Health as a population based concept
- **What are the 9 dimensions of health?**
 1. Emotional
 2. Spiritual
 3. Physical
 4. Intellectual
 5. Occupational
 6. Environmental
 7. Psychological
 8. Social
 9. Financial
- **How do we measure health?**
 - Health Status: for example, life expectancy
 - Life Expectancy: average years that you are expected to live
 - Burden of disease: used to compare the fatal and non-fatal effects of different diseases among population groups
 - Disability adjusted life years (DALY): one disability-adjusted life year is one year of healthy life lost due to disease or injury
- **What is the difference between inequality and inequity?**
 - Inequalities can be defined as differences in health status or in the distribution of health determinants between different population groups. Inequities is where the inequalities in health are deemed to be unfair or stemming from some kind of injustice. For Example - Someone who is wealthy getting the same amount of \$\$\$ from the government as someone who is not. I.e. AUSTUDY

Why is health political?

-Health is political because a) some social groups have more of it than others b) its social determinants are open and responsive to political interventions and are therefore dependent on political action and c) because it is a human right to have an adequate standard of living and wellbeing