

Week1:

Concept of health:

- Health is complex and political, everyone have different prospective toward health and they practice it differently.
- Health is medium that allow people to lead independently, socially and economically productive lives. It is a positive approach that works through social and personal resources as well as physical capabilities.
- Health is a dynamic state of wellbeing, free of disease or infirmity and a basic and universal human right.
- Health is a state where an individual able to well function physically, mentally, spiritually and socially in order to show their potential within their environment.
- According to the world health organisation health is state of complete social, physical and mental wellbeing and not merely the absence of disease.
- According to the aboriginal belief health is not just physical wellbeing of an individual, but the social, emotional and cultural wellbeing of the community in which each individual get their full potential and bring the wellbeing to the community.

Framework of health:

Tyler 2008 suggests five frameworks that are as:

- Health is absence of disease in an individual.
- Health is holistic wellbeing of an individual.
- Health is a subjective experience.
- Health id dynamic state of wellness and function along a continuum.
- Health is a population based concept.

Dimensions of health:

There are 9 dimensions of health that are as:

- Emotional
- Spiritual
- Physical

- Intellectual
- Occupational
- Environmental
- Psychological
- Social
- Financial

Dimensions of wellness:

- Physical
- Social
- Psychological
- Intellectual
- Emotional
- Spiritual

Measuring health: Health status often measured by life expectancy and depends on its physical and mental functions.

Life expectancy: The average number of years of life that someone can expect to live.

Burden of disease: An analysis used to compare the fatal and non-fatal effect of diseases among population groups overtime.

Disability adjustment life years (DALY): DALY is someone's healthy life years lost due to disease and injury.

Inequality: An observable often measurable difference in the health status of individuals, group of population, whatever the cause. For eg. You can measure