

Tishk International University
Pharmacy Faculty
4th grade



CONCEPT OF HEALTH

Lecture 01

Dr. Nabeel A. Fattah

PhD - Biomedical engineer, England

Diploma – Nursing and Patient care, Ireland

CHAPTER ONE
CONCEPT OF HEALTH

1.1 Learning objectives

- Define health
- Describe the different concepts and perspectives of Health
- Describe determinants of health
- Define globalization
- Describe the different models of disease causation theories

1.2 Health

- The word health is widely used in public communication, and yet its meaning looks simple. However, closer looks show various and diverse meanings.
- For the purpose of this monograph, we consider definitions from
 - **lay point of view,**
 - **professional lay point of view,**
 - **World Health Organization (WHO).**

Lay Point of view:

- Persons are healthy when they are doing their activities with no apparent symptoms of disease in them.
- The New oxford Dictionary of English describes health as '**the state of being free from illness or injury**'.

Professional points of view:

From this point, **health** is defined as a measure of the state of the physical bodily Organs, and the ability of the body as a whole to function. It refers to freedom from medically defined diseases.

WHO definition:

The World Health Organization (WHO) described **health** in 1948, in the preamble to its constitution, as “**A state of complete physical, mental, and social well-being and not merely (just) the absence of disease or infirmity**”.

- Recently this statement has been expanded to include the ability to lead a **“socially and economically productive life”**.
- The World Health Organization definition of health cannot be considered as an operational definition because it does not lend itself to direct measurement.

- In broader sense **health** can be defined as:
- “a condition or quality of the human organism expressing the enough functioning of the organism in given conditions, genetic or environmental”.
- As evident from the above definitions, health is **multidimensional**.

- The WHO definition predict three specific dimensions (**physical**, **mental**, and **social**), some other dimensions like **spiritual**, **emotional** may also be included.

Physical health;

Is concerned with anatomical safety and physiological functioning of the body. It means the ability to perform routine tasks without any physical restriction. e.g., Physical fitness is needed to walk from place to place.

Mental Health;

is the ability to learn and think clearly and coherently.

e.g., a person who is not mentally fit (retarded) could not learn something new at a quickness in which an ordinary normal person learns.

Social health;

Is the ability to make and maintain acceptable interaction with other people.

e.g.

- to celebrate during festivals;
- to create and maintain friendship

Emotional health;

- Is the ability of expressing emotions in the appropriate way, for **example to fear, to be happy, and to be angry.**
- The response of the body should be identical with that of the stimuli.
- Emotional health is related to mental health and includes feelings.

Spiritual Health;

Some people relate health with religion;
for others it has to do with

- personal values,
- beliefs,
- principles and
- ways of achieving mental satisfaction,

in which all are related to their spiritual wellbeing.

1.3 Different perspectives on health

Health is viewed **as a right**, **as consumption good**, and **as an investment**. Some view health as a right similar to justice or political freedom.

These different views indicate differences in the emphases given to health by governments.

1.4 Determinants of health

Health is the result of a combination of different factors.

There are different perspectives in expressing the determinants of health of an **individual** or a **community**.

According to the “**Health field**”
concept. There are four major
determinants of health or ill
health.

A. Human Biology

- Every Human being is made of genes.
- There are factors, which are genetically transmitted from parents to offspring.
 - a. Genetic Counselling: For instance during marriage parents could be made aware of their genetic component in order to overcome some risks that could arise.
 - b. Genetic Engineering: may have a role in cases like Breast cancer.

B. Environment:

Those are factors outside the human body. **Environmental factors that could influence health include:**

- a. Life support, food, water, air, ...
- b. Physical factors, climate, rain fall, ...
- c. Biological factors: microorganisms, toxins, Biological waste, ...
- d. Psycho-social and economic: crowding, income level, access to health care, ...
- e. Chemical factors: industrial wastes, agricultural waste, air pollution, ...

C. Life style (Behavior):

- Is an action that has a specific frequency, duration, and purpose, whether
- conscious or unconscious.
- It is associated with **practice**.
- It is what we do and how we act.

For example:

Cigarette smoking

Unsafe sexual practice

Eating contaminated food

D. Health care organization

Health care organizations in terms of their resource in human power, equipment, money and so on.

Determine the health of people. It is concerned with:

- a. Availability of health service:** People living in areas where there is no access to health service are affected by health problems and have lower health status than those with accessible health services.

- b. Scarcity (rare) of Health Services** leads to inefficient health service and resulting in poor quality of health status of people.
- c. Acceptability** of the service by the community
- d. Accessibility** in terms of physical distance, finance, ...
- e. Quality of care** that mainly focuses on the comprehensiveness, continuity and integration of the health care.

The other view of the determinants of **health** is from the **ecological perspective**.

Accordingly, there are **four** different factors affecting health.

Factors affecting health of a community



1. Physical Determinants;

The physical factors affecting the health of a community include:

- the **geography** (e.g. high land versus low land),
- the **environment** (e.g. manmade or natural catastrophes) and,
- the **industrial** development (e.g. pollution occupational hazards)

2. Socio – cultural determinants;

The socio- cultural factors affecting the health of a community include:

- the beliefs,
- traditions,
- social customs in the community.

It also involves the **economy**, **politics** and **religion** in the community.

3. Community organization;

Community organization include:

- the community size,
- arrangement
- distribution of resources (“relations of productions’)

4. Behavioral determinants;

The behavioral determinants affecting health include:

- individual behavior
- life style

affecting the health of an individual and the community.

E.g. smoking, alcoholism, ...

End of lecture