

Tishk International University
Pharmacy Faculty
4th grade



CONCEPT OF HEALTH

Lecture 2

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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

1.5 Globalization and Health

Globalization is the process of increasing political and social interdependence and global integration that takes place as **capital, traded goods, persons, concepts, images, ideas and Values** diffuse across the stated boundaries (Hurrel & woods 1995).

Globalization must ensure that people, particularly the poor, enjoy better health.

The effects of Globalization on health are diverse; these can be **positive, negative or mixed.**

Effects of Globalization on health includes

- Externalities of some diseases due to increased communication decreased human mobility
- Accelerated economic growth and technological advances have enhanced health and life expectancy in many population
- Increasing effects of international and bilateral agencies

Other health risks of Globalization includes

- Fragmentation and weakening of labour markets due to greater power of mobile capital (funds)
- Tobacco induced diseases
- Food markets & obesity as well as chemicals in food
- Rapid spread of infectious diseases
- Depression in aged and fragmented population
- Adverse effects on the environment

1.6 Model of disease causation theories

A model is a representation of a system that specifies its components and the relationships among the variables. E.g. includes graphs, charts, and decision trees

A. Nineteen-century models

Each effort to prevent disease in the 19th century was based on one or the other three theories of disease causality. These are:

1. Contagion theory (the communication of disease from one person to another by close contact)

2. Supernatural theory

3. Personal behavior theory

4. Miasma theory (a highly unpleasant or unhealthy smell or vapor)

1. Contagion theory

This theory was common at the beginning of the 19th century. Most official disease prevention activities were based on the hypothesis that illness is contagious. It required:

1. Contagion theory

- Keeping sick people away from well people.
- The institution of quarantine of ships (the traditional period was forty days *la quarantaine*) during which time ships, their crews and cargoes waited off shores or at some isolated islands.
- Setting up military around infected towns
- Isolation of households if they were infected, and
- Fumigating or washing the bedding and clothing of the sick people.

Problems confounded the acceptance of this theory were

- There were too many instances where people become ill regardless of their isolation from human contact and
- Too many others where brave souls nursed the dying and carried their bodies to the graveyard yet remained well.

2. Supernatural theory

- Proponents of this theory argue that supernatural forces cause disease.
- Disease prevention measures based on this theory were important to the religious people.
- The view among them was that disease is a punishment for transgression of God's laws.

3. Personal behavior theory

This theory held that disease results from wrong personal behavior it gave responsibility to individuals to control their own lives.

In this formulation the source of the disease was not tied up with the mysterious ways of God, instead people caused their own disease by living fully unhealthy.

Hence,

- improper diet,
- lack of exercise,
- poor hygiene and
- emotional tension

become the focus of preventive actions. This theory does not blame the poor for the illness and in many aspects; it was homage to middle-class life.

4. Miasma theory

This theory argues that disease is caused by the decaying of organic materials. It dates back to the Hippocratic idea that disease is related to climate. It contrasted sharply from the other three theories since it conceptually separated the source of the disease from the victim of the disease.

B. Twenty-century models

Although economic and ideological considerations influenced the 19th century disease prevention policy, sound research determines policy today.

The 20th century theory focuses on:

1. The Germ Theory
2. The Life Style Theory
3. The Environmental Theory
4. The Multi Causal Theory

1. The Germ Theory

- This theory rapidly overtook other explanations of disease causations.
- It held the notion that microorganisms cause diseases and it is possible to control diseases using antibiotics and vaccines.

There was criticism on this theory by *Thomas Mckeown* that stated as the incidence of all major infectious diseases begun to fall several decades before the introduction of vaccines and antibiotics. Thus rising of living standards was responsible for the reduction of disease not the discovery of antibiotics and vaccines.

2. The Life Style Theory

This holds that unhealthy lifestyles are causes for diseases. This hypothesis blames stress, lack of exercise, the use of alcohol, tobacco and improper nutrition for most chronic diseases.

3. The Environmental Theory

Environmental theory explains that significant number of chronic disease are caused by toxins in the environment and it implies that disease prevention, instead of requiring medical treatments or personal hygiene, demands change in the industrial production.

- The first aspect of the environmental hypothesis is occupational hazards,
- the second concentrates on toxic substances in the air, water and soil (advocates of this theory places particular emphasis on radioactivity), and
- the third aspect focus on synthetic additives to foods “organic foods”.

4. The Multi Causal Theory

It is also called the web of disease causation. The theory express that there are multiple factors for a cause of a single disease entity. But it is incapable of directing a truly effective disease prevention policy as the theories it replaces.

End of lecture