

# Concept of HEALTH

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# Agent Factors

1. Biological Agents.  
e.g. viruses, bacteria, fungi etc.
2. Nutritional Agents.  
e.g. proteins, fats, calories, vitamins, minerals etc.
3. Physical Agents.  
e.g. heat, cold, humidity, radiation etc.
4. Chemical Agents.  
e.g. *bilirubin*, *ketones*, *uric acid*, allergens, dust, gases etc.
5. Mechanical Agents.  
e.g. chronic friction, mechanical forces.
6. Absence or insufficiency or excess of factors necessary to health.  
e.g. hormones, thymus, cardiac defect, chromosomal etc.

# Host Factors

1. Demographic characteristics  
e.g. age, sex, ethnicity.
2. Biological characteristics  
e.g. genetic factors, blood groups etc.
3. Social and Economic characteristics  
e.g. education, occupation, income, marital status etc.
4. Lifestyle factors  
e.g. personality pattern, alcohol, smoking etc.

# Environmental Factors

## 1. Physical environment.

e.g. air, water, soil, housing etc.

## 2. Biological environment.

e.g. insects, rodents, animals, plants etc.

## 3. Psychosocial environment

e.g. cultural values, customs, beliefs, attitudes,  
social and political organizations etc.

Age, sex, race, genetic profile, previous diseases, immune status, religion, customs, occupation, marital status, family background

## Host

## Environment

Temperature, humidity,  
altitude

Crowding, housing,  
neighborhood

Water, milk, food

Radiation, pollution, noise

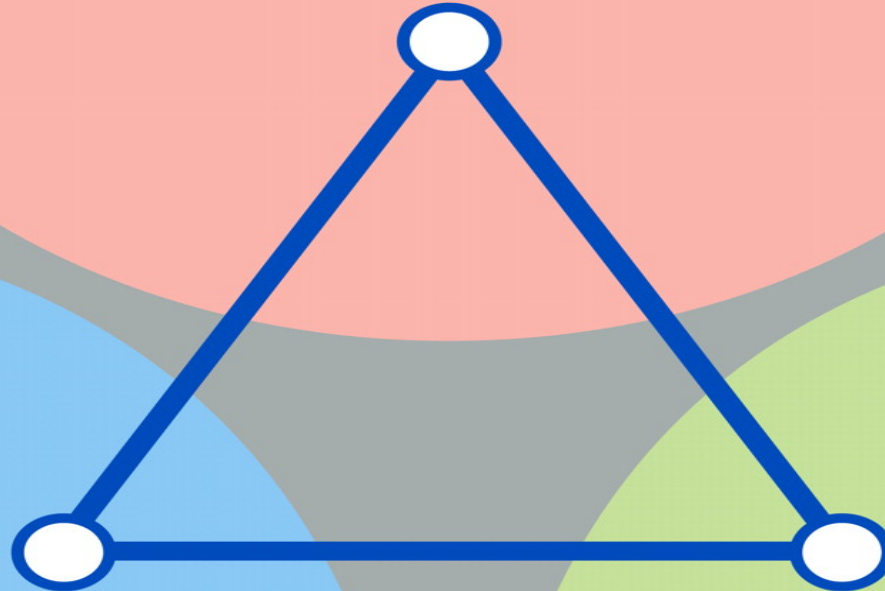
## Agent

Biologic  
(bacteria, viruses)

Chemical  
(poison, alcohol, smoke)

Physical  
(trauma, radiation, fire)

Nutritional  
(lack, excess)

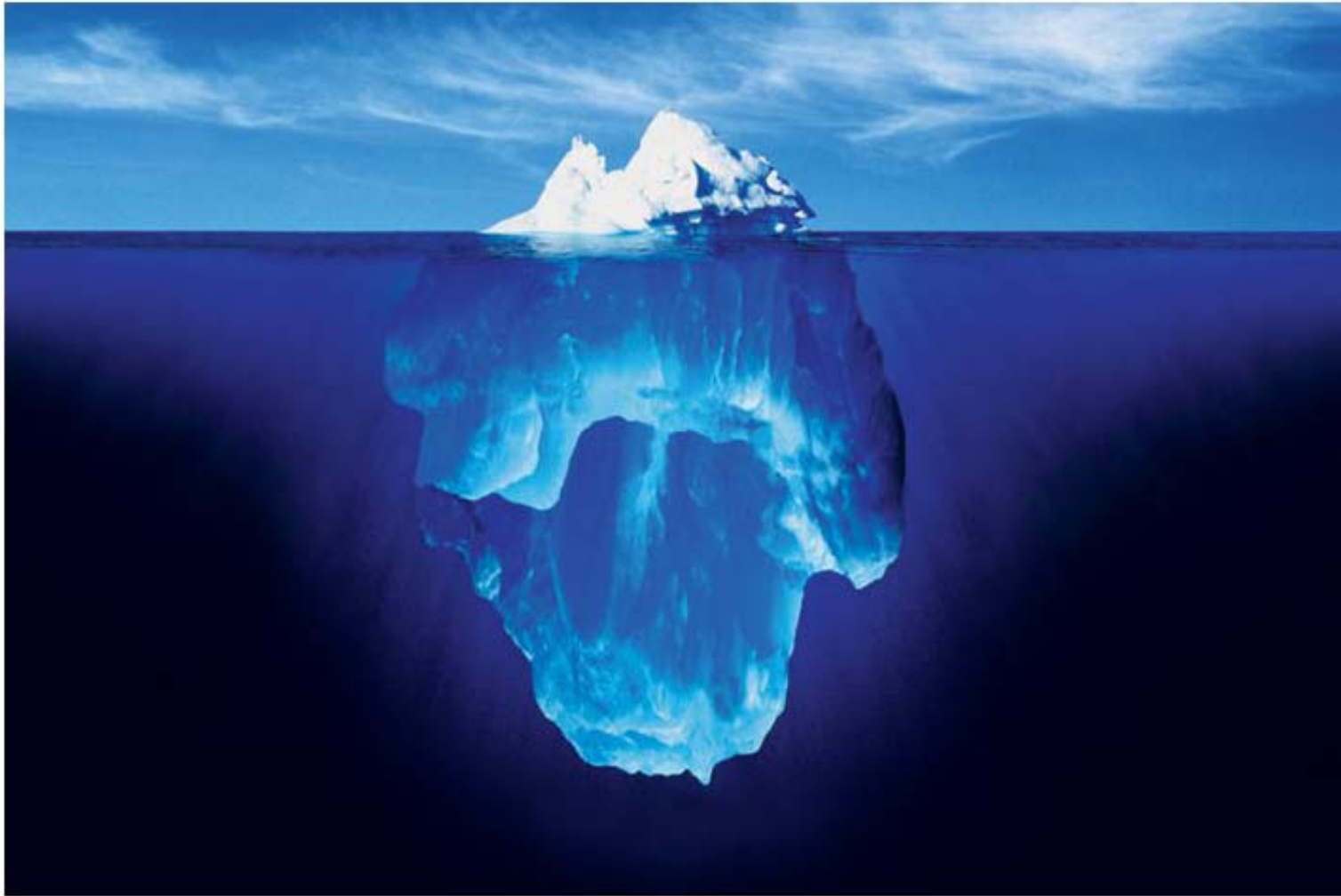


# Risk Factor

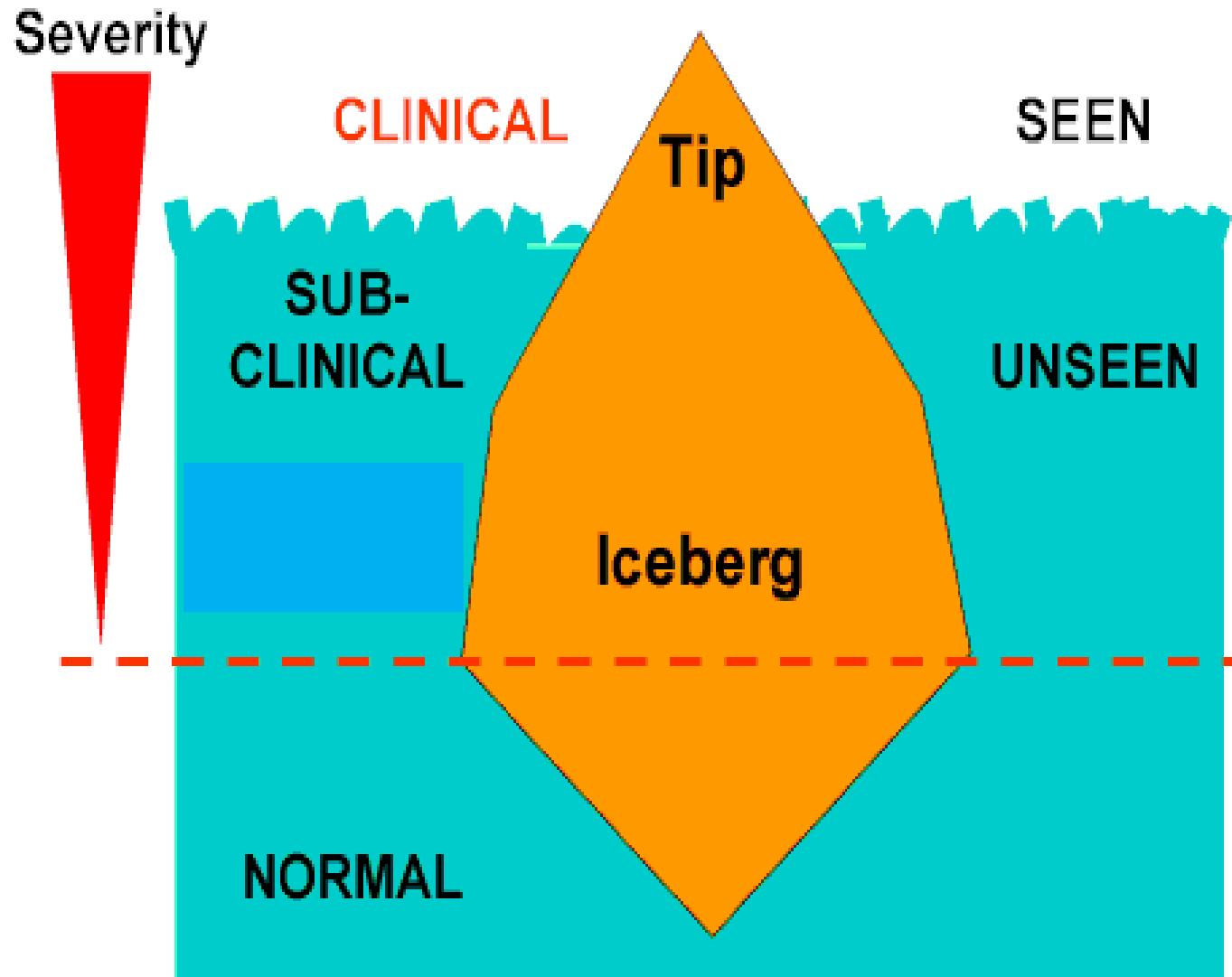
The term “**Risk Factor**” is used as:

- a) An attribute or exposure that is significantly associated with the development of disease.
- b) A determinant that can be modified by intervention, thereby reducing the possibility of occurrence of disease or other specified outcomes.

# Iceberg of Disease



# Iceberg of Disease

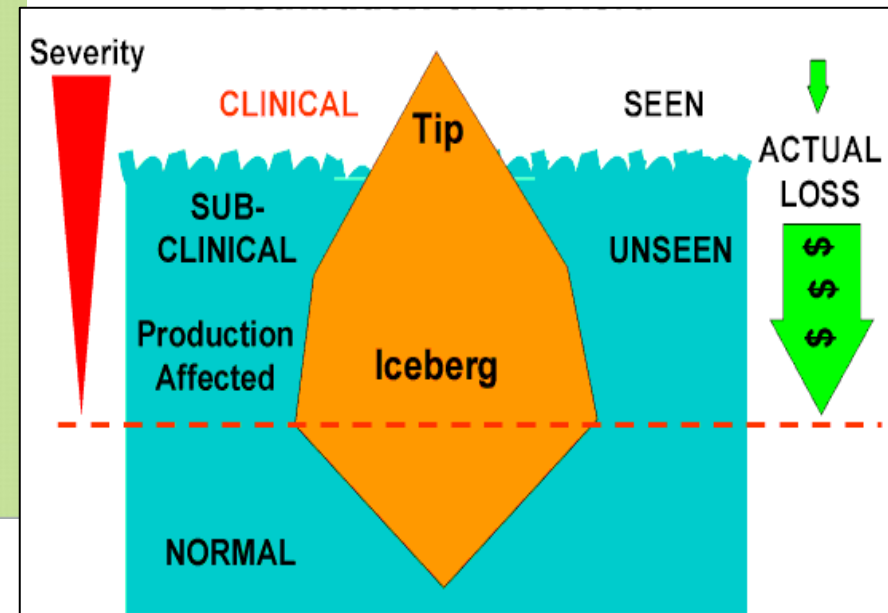
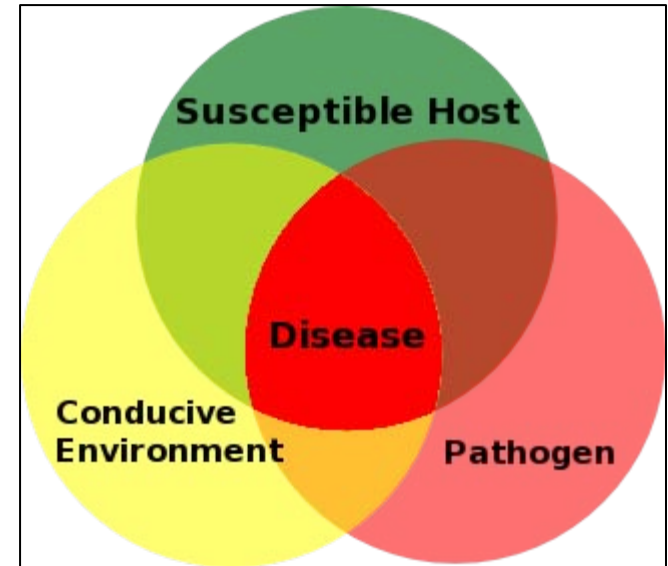
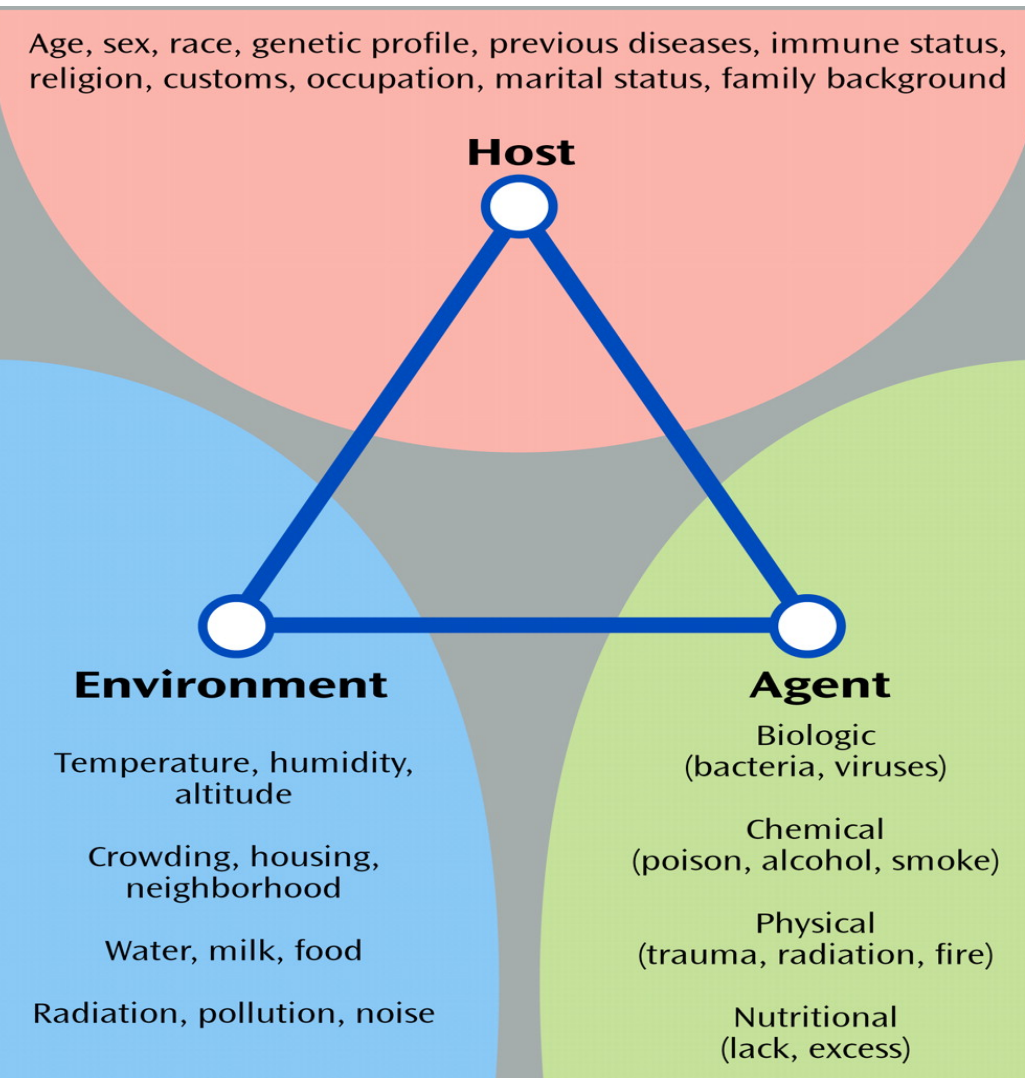




# Iceberg of Disease

- Disease in a community may be compared with an iceberg.
- The floating tip of the iceberg represents what the physician sees
  - i.e. clinical case.
- The vast submerged portion represents the hidden mass of casuals
  - i.e. unapparent, pre-symptomatic and undiagnosed cases and carrier in the community.

# Take Home Message....



# **Changing Concepts**

- 1. Biomedical concept**
- 2. Ecological concept**
- 3. Psychosocial concept**
- 4. HOLISTIC concept**

# Definition of Health

- Health is a state of complete **physical, mental** and **social** well-being and not merely an absence of disease or infirmity.

*W.H.O. (1948)*

## ***Criticism:***

- Too broad
- Can not be a “state”
- An ‘idealistic’ goal

# Operational definition of Health

- More useful for measuring purpose:
  - No obvious evidence of disease,
  - A person is functioning normally
    - i.e. conforming within normal limits of variations to the standards of health criteria
  - Several organs of body functioning adequately
    - in themselves and in relation to one another (equilibrium or homeostasis)

# New philosophy of Health

- **HEALTH** is a fundamental human right.
- **HEALTH** is the essence of productive life.
- **HEALTH** is inter sectoral.
- **HEALTH** is an integral part of development.
- **HEALTH** is central to the concept of quality of life.
- **HEALTH** involves individual, state and international responsibility.
- **HEALTH** and its maintenance is a major social investment.
- **HEALTH** is a worldwide social goal.

# Dimensions of Health

- 1. Physical dimension**
- 2. Mental dimension**
- 3. Social dimension**
- 4. Spiritual dimension**
- 5. Emotional dimension**
- 6. Vocational dimension**
- 7. Others**
  - Philosophical, cultural, socio-economic, environmental, educational, nutritional, curative, preventive dimension.

# Positive Health

- It conceptualizes health
  - Biologically
  - Psychologically
  - Socially

**MIRAGE**



# Health – A relative concept

- Health not as an ‘ideal’ state
- Biologically ‘normal’ state based on statistical averages.
  - e.g. Birth weight in LMIC vs. HIC.

# **Concept of Well-being**

- **Standard of living**
- **Level of living**
- **Quality of life**

# Physical Quality of Life Index (PQLI)

- i. Infant mortality rate
  - ii. Life expectancy at age one
  - iii. Literacy
- 
- PQLI: 0 (Worst) to 100 (Best)
  - Not taken per capita GNP into consideration.  
***‘Money is not everything’***

# Human Development Index (HDI)

- Longevity
  - life expectancy at birth
- Knowledge
  - adult literacy rate and
  - mean years of schooling
- Income
  - real GDP per capita in purchasing power parity in US dollars
- HDI : 0 to 1

# Spectrum of Health



Positive Health  
Better Health  
Freedom from Sickness



Unrecognized Sickness  
Mild Sickness  
Severe Sickness  
Death