

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



## Teaching Method:

- Lectures.
- Discussion

## Evaluation:

- Midterm exam .....40%
- Participation and attendance.....10%
- Final exam.....50%



# CONCEPT OF HEALTH





# Health

## Many definitions of health

- The condition of being sound in body, mind or spirit, especially freedom from physical disease or pain (**Webster**)
- Soundness of body or mind: that condition in which its functions are duly and efficiently discharged (**Oxford**)



# WHO Definition of Health (1948)

Health is a state of complete **physical**, **mental** and **social** wellbeing and not merely absence of disease or infirmity



# New philosophy of Health

In recent years we acquired new philosophy of health

- Health is a fundamental human right
- Health is intersectoral
- Health is an integral part of development
- Health is central to the concept of quality of life
- Health involves individuals, state and international responsibility
- Health is the essence of productive life, and not the result of ever increasing expenditure on medical care
- Health and its maintenance is a major social investment



# Dimensions of health

April 3, 2021





# Dimensions of health

- Health is multidimensional
- WHO definition has three dimensions-physical, mental and social
- Other dimensions are, spiritual, emotional, vocational and political





# Physical Dimensions

- The physical dimension of health is probably the easiest to understand
- The state of physical health implies the notion of perfect functioning of the body
- The **sign of physical health** are  
A good complexion, clean skin, bright eyes, lustrous hair, good appetite, sound sleep, coordinated body movements, all special senses are intact



# Physical Dimensions



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# Mental Dimension

- Mental health is not mere absence of mental illness
- Good mental health is the ability to respond to the varied experiences of life with flexibility and a sense of purpose
- A state of balance between the individual and the surrounding world
- Psychological factors can induce all kind of illness, not simply mental ones.



# Mental Dimension

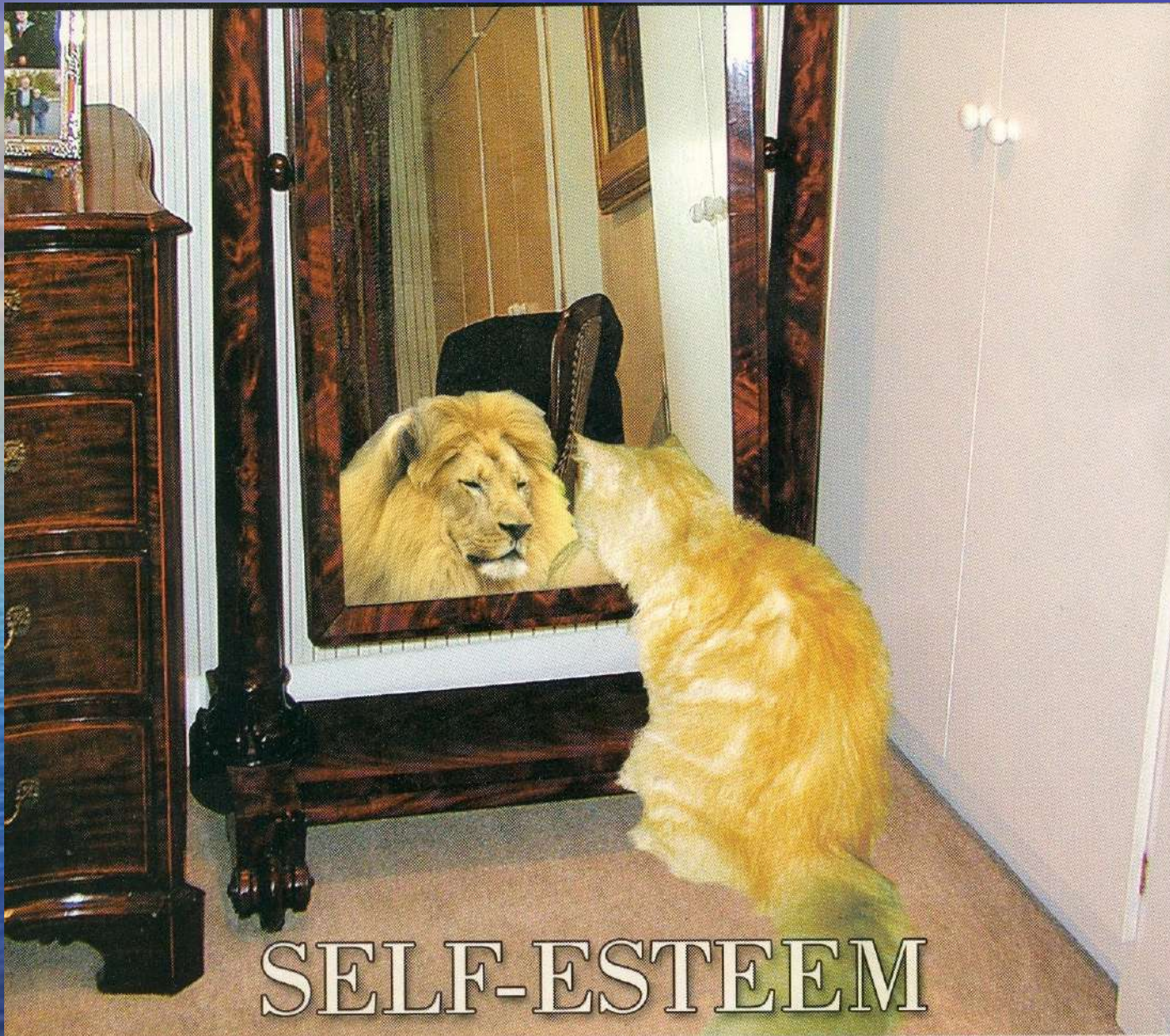
- Mental health has been defined as “a state of balance between the individual and the surrounding world”
- A state of harmony between oneself and others, a coexistence between the realities of the self and that of other people and that of the environment
- Psychologists have mentioned certain characteristics as attributes of a mentally healthy person:

# Mentally Healthy

## Person

- He is **free from internal conflicts**; he is not at war with himself
- He is **well adjusted**, is able to get along well with others
- Has good **self control**, balances rationality and emotionality
- **Faces problems** and tries to solve them intelligently
- Has a strong sense of **self esteem**





# SELF-ESTEEM

What matters most is how you see yourself.

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# Social Dimension

- Social well being implies **harmony and integration** within the individual, between each individual and other members of society and between individuals and the world in which they live
- The social dimension of health includes the levels of social skills one possesses, social functioning and the ability to see oneself as a member of a larger society

# Spiritual Dimension

- Spiritual health has a role in health and disease
- Intangible
- Spiritual health refers to that part of the individual which reaches out and strives for **meaning and purpose in life**. It includes integrity, principles and ethics, the purpose in life, commitment to some higher being and belief in concepts that are not subject to “state of the art”  
**explanation**

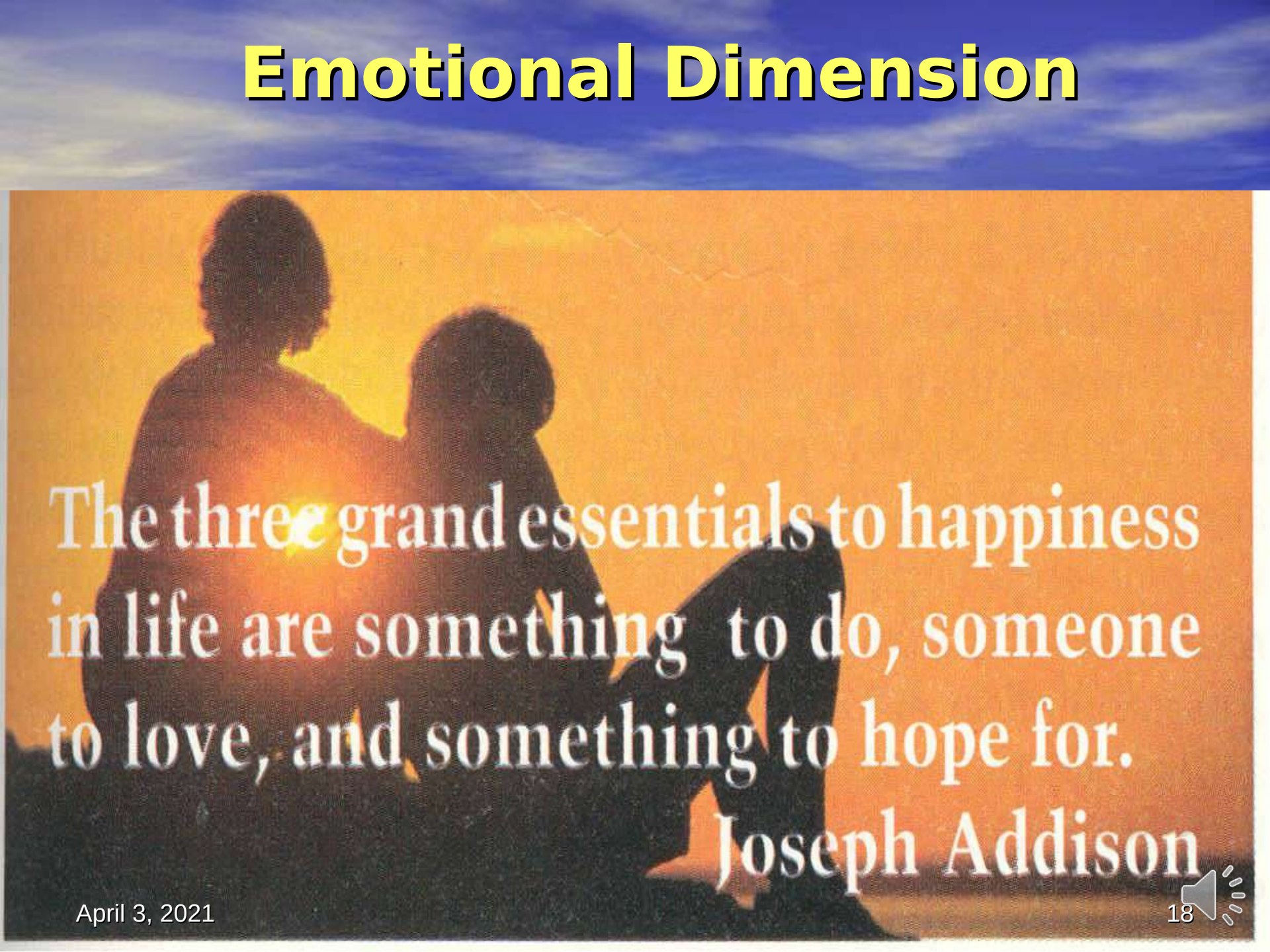


# Emotional Dimension

- Historically mental and emotional dimensions have been seen as one element or two closely related elements
- Mental health can be seen as knowing or cognition and emotional health relates to feeling
- Mental and emotional aspect are two separate dimensions of human health



# Emotional Dimension

The background of the slide features a warm, golden sunset over a body of water. In the foreground, the dark silhouettes of two people are visible, sitting on a beach and looking out towards the horizon. The overall mood is peaceful and contemplative.

The three grand essentials to happiness in life are something to do, someone to love, and something to hope for.

Joseph Addison

# Vocational Dimension

- Vocational aspect of life is part of human existence
- Importance of this dimension is exposed when individual suddenly lose job or faced with mandatory retirement



# Vocational Dimension

- **The Vocational output of life is a new dimension.**
- **When work is fully adapted to human goals, capacity & limitation.**
- **Work often plays a role in promoting both physical and mental health.**
- **Physical work is associated with an improvement in physical capacity.**
- **While goal achievement and self realization increases mental satisfaction and self esteem.**

# Other Dimensions

- **Philosophical dimension**
- **Cultural dimension**
- **Socio-economic dimension**
- **Environmental dimension**
- **Educational dimension**
- **Nutritional dimension**
- **Curative dimension**
- **Preventive dimension**



# Spectrum of health

# Spectrum of health

- Health and disease lie along a continuum, and there is no single cut off point
- The lowest point on the health-disease spectrum is death and the highest point positive health

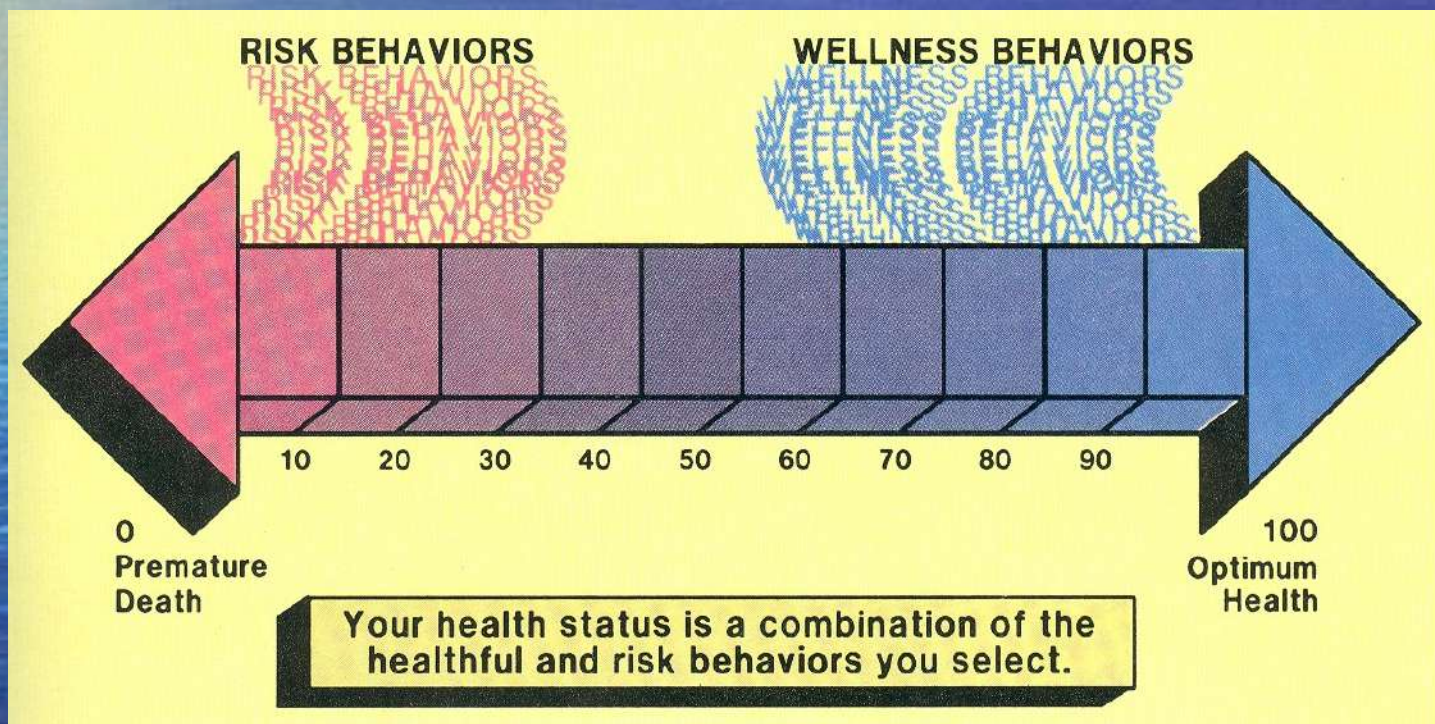




# Positive health

- **“Perfect Functioning”** of the body and mind
- Biologically as a state in which every cell and every organ is functioning at **optimum** capacity and in perfect harmony with each other and the rest of the body
- Psychologically as a state in which the individual feels a **sense of perfect well being** and of mastery over his environment
- Socially as a state in which the individuals capacities for participation in the social system are optimal

# OPTIMUM HEALTH





# COMPREHENSIVE VIEW OF HEALTH TODAY



# Responsibility For Health



# Responsibility For Health

- Individual responsibility
- **Community responsibility**
- **State responsibility**
- **International responsibility**

# Individual Responsibility

- Although health is now recognized a fundamental human right, it is essentially an individual responsibility. It is to be **earned and maintained** by the individual himself
- **Self care** - all activities individuals undertake in promoting own health, preventing their own disease, limiting their illness and restoring their own health
- Self care activities relating to diet, sleep, exercise, weight, smoking, **drugs**



# Community Responsibility

- Health can never be adequately protected by health services without active **involvement** of communities whose health is at stake
- The people's health ought to be the **concern of the people themselves.** They must struggle for it and plan for it.

# State Responsibility

- **State assumes responsibility for the health and welfare of its citizen**
- **Health is a state responsibility**



# International Responsibility

- **Governments and international organizations cooperate in achieving the health goals- WHO, UNICEF, FAO**
- **Cooperation covers exchange of experts, provision of drugs and supplies, control of communicable diseases and achievement of Health For All**

# Introduction

- In global terms, several health problems threaten human health.
- Communicable diseases (CDs) have affected the health of a population significantly since the beginning of humanity.
- AIDS, tuberculosis, malaria, cholera, measles, foodborne diseases and meningitis have increased the levels of morbidity and mortality, mainly in developing countries.





- Communicable diseases alone are **not the main cause** of death.
- Non-communicable diseases (NCDs) – such as heart disease, strokes, respiratory diseases, cancers and diabetes – are currently **the main cause** of death worldwide.



- 36 million people die annually due to NCDs.
- In fact, four groups of NCDs currently cause around 80% of all deaths.
- According to the report, cardiovascular diseases cause the majority of deaths, followed by cancer, respiratory disease, and diabetes. These four groups of diseases are associated with four common risk factors:
  - Poor diet
  - Lack of physical activity
  - Tobacco use
  - Alcohol abuse





- Medical treatment alone **is not** always an effective method of controlling these diseases.
- This is often because of the **high cost** of medical care and the **shortage of facilities** mainly in low- and middle-income countries.
- Health promotions and the educating of whole populations **will** help individuals and communities to improve their health thus supporting efforts to control these diseases.



# The basic functions of Public Health

include

- health promotion and protection,
- health assessment,
- disease prevention, and
- disease surveillance.





## ***Public Health refers to***

- a multidisciplinary field that focuses on improving the health of individuals and groups through conducting research into illness prevention.
- It also does this through the promoting of healthier lifestyles



- Public health functions are not just limited to providing treatment and improving healthcare services.
- It includes all other issues linked to communities' health such as environmental health matters, social care for people with special needs and community health education





In the United States, the Institute of Medicine accepts the definition that **"the mission of public health is to fulfil society's interests in assuring conditions in which people can be healthy"**

whereas, in the United Kingdom public health can be defined as: **"the art and science of preventing disease, promoting health, and prolonging life through the organized efforts of society"**.



**WHO** defines public health as  
“all organized measures (whether  
public or private) to prevent  
disease, promote health, and  
prolong life among the population  
as a whole.”





# Public Health

**Collective actions to improve  
population health**



# Elements of modern public health

In a modern interpretation of Winslow's definition, Beaglehole and Bonita (1997) identified the following essential elements of modern public health:

- Collective responsibility;
- Prime role of the state in protecting and promoting the public's health;
- Partnership with the population served;
- Emphasis on prevention;
- Recognizing underlying socio-economic determinants of health and disease;





There are different disciplines under the umbrella of the public health, such as

- Family and community medicine specialists,
- Health promoters and educators,
- Public health nurses,
- Public health informatics,
- Infection control officers,
- Public health nutritionists,
- Policy analysts,
- Epidemiologists, and
- Environmental health officers.



- The roles and responsibilities of public health workers certainly overlap and there are common tasks between them.
- All public health workers should have a suitable educational background and a high level of competencies to meet their job requirements and duties.





<b>Public health disciplines</b>	<b>Main Responsibilities</b>
<b>Epidemiologist</b>	Carry out simple data collection, analysis, and reporting in support of surveillance and epidemiologic investigations
<b>Health Administration Specialist</b>	Plan and monitor all healthcare strategies and develop policies, plans, and programs that support individual and community health efforts, evaluating effectiveness, accessibility and quality of personal and population-based health services



- **Public health** shares with the clinical professions a fundamental caring for humanity through concern for health.
- For this reason, **public health** is sometimes viewed as a type of clinical profession.
- However, **public health** is complementary to the clinical professions, but not subsumed by them.
- The table below illustrates some differences between Medicine/Medical Sciences and Community/ Public Health.





<b>Criterion</b>	<b>Medicine / Medical Sciences</b>	<b>Public Health</b>
<b>Concern</b> <b>Differences between Medicine/Medical Sciences</b> <b>Focus</b>	The individual Treating diseases	The community <b>and Community/ Public Health.</b> Preventing disease and promoting good health
<b>Responsibility</b>	Patient is freed of responsibility	Community members participate in finding solution to the problems
<b>Basic Sciences</b>	Anatomy, physiology, pathology , biochemistry, pharmacology, and microbiology	Biostatistics, epidemiology, social and behavioural sciences ,managerial sciences, and environmental health
<b>Priority</b>	Helping one patient, no matter how expensive it may be	Dealing with conditions that will benefit a large number of individuals in the community
<b>Cost</b>	High	Low
<b>Technology</b>	Usually sophisticated	Simple



- Currently, the health of a population faces many challenges from emerging infectious diseases and outbreaks.
- Thus, Public Health practitioners should have an educational background, sufficient training and the tools with which to confront these challenges.





- The work of public health professionals is important because public health initiatives affect people every day in every part of the world.
- It addresses broad issues that can affect the health and well-being of individuals, families, communities, populations, and societies both now, and for generations to come.



**Public health programs** help keep people alive. These programs have led to...

- Increased life expectancies.
- Worldwide reductions in infant and child mortality.
- Eradication or reduction of many communicable diseases.





A close-up photograph of a hand holding a vibrant yellow daffodil flower. The hand is positioned in the lower right, with fingers gently gripping the green stem. The flower is in full bloom, with several bright yellow petals. The background is a soft, out-of-focus white, suggesting a clean, bright environment. The overall mood is warm and appreciative.

# Thank You

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