



# Determinants of Health

## Objectives:

- Discuss the spectrum of health in relation to health and sickness.
- Define: health, disease, illness, sickness, and wellbeing.
- Define “determinants of health”.
- List different types of determinants of health (biological, behavioral, social and cultural, environmental, socioeconomic, health services, aging and gender).
- Discuss the concepts of “right to all” and “health for all”.

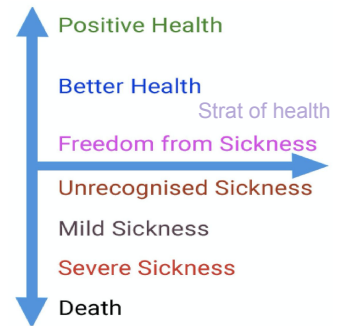
## Color index:

- Main text
- Males slides
- Females slides
- Doctors notes 442
- Doctor notes
- Golden notes
- Important
- Extra



## Spectrum of health = Gradients

- Health and disease lie along a **continuum**, and there is no single cut-off point (Different definitions and measurements + fluctuation of health status during the day)
- ★ The **lowest** point on the health-disease spectrum is **death** and the **highest** point corresponds to the WHO definition of **positive health**.
- The **health** of an individual is not static; it is a **dynamic** phenomenon and a process of continuous change.
- There are degrees or "levels of health" as there are degrees or severity of illness. As long as we are alive there is some degree of health in us.



## Health

Health is a relative concept; It is relative to:

- Where on the spectrum of health the person is.
- The health dimensions (physical, mental, social, spiritual, emotional, vocational (related to occupation) dimensions)
- Local conditions and health standards (what is acceptable in a developing country may not be acceptable by a developed country)
  - The **oldest** definition is that health is the "**absence of disease**".
  - World Health Organization (1948): ★  
**"Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity"**
  - In recent years, this statement has been amplified to include the ability to lead a "**socially and economically productive life**" (ex. being unemployed for a longtime may lead to the practice of bad health behaviors such as smoking and the development of mental diseases like anxiety /depression which ends up by being sick).

### The trilogy of Disease, Illness and Sickness

#### Disease

- A condition that is diagnosed by a physician or other medical expert.
- Used by the **physicians**
- **Example:** Flu diagnosed by a physician

#### Illness ★

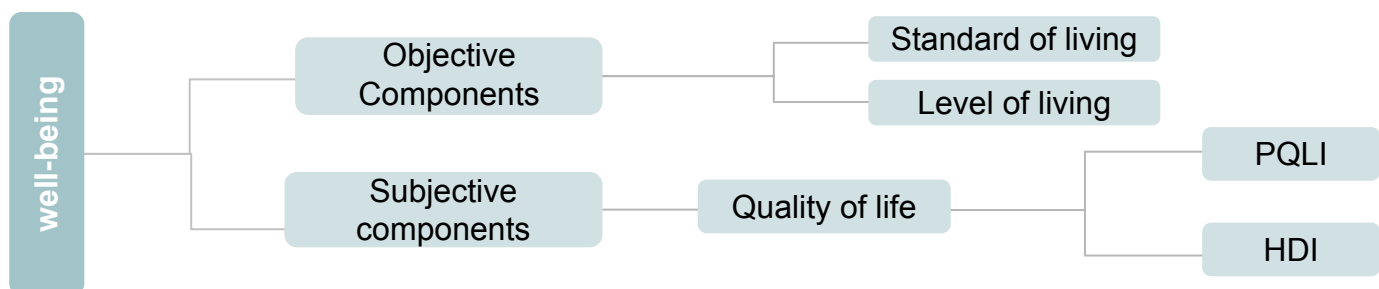
- Ill health that the person identifies themselves with, often based on self reported mental or physical symptoms.
- It can be Acute or Chronic
- Used by the **Patient**
- **Example:** Flu reported by a patient

#### Sickness

- Social & cultural conception of a person's condition.
- Used by the **Society**
- **Example:** Missed class or work due to Flu

## Will-being (د. نوره: معقد ما حنسالكم عنه) Just know it's about standards and levels of living

There is no satisfactory definition of the term well-being!



## Quality of life (د. نوره: ما حنسال عنه)

	Physical Quality of Life Index (PQLI)	Human Development Index (HDI)
Indicators used in calculating this index	<ol style="list-style-type: none"> <li>1. Infant mortality</li> <li>2. Life expectancy at age one</li> <li>3. literacy</li> </ol>	<ol style="list-style-type: none"> <li>1. Life expectancy at birth (longevity)</li> <li>2. Mean years of schooling (knowledge)</li> <li>3. Expected years of schooling (knowledge)</li> <li>4. GNI, gross national income, per capita (income/ decent standard of living)</li> </ol>
Scale	From 0-100 (0 is worst performance and 100 is best performance)	Values from 0 to 1
It measures	<ul style="list-style-type: none"> <li>• The results of social, economic, and political policies.</li> <li>• Does NOT measure economic growth</li> </ul>	It reflects achievements in the most basic human capabilities
<p>Both allow for National and International Comparison  <i>dr note: you will not be asked about what is in the table</i></p>		

## Right to Health & Health for All

### Right to Health

- Historically, the right to health was one of the last to be proclaimed in the Constitutions of most countries.
- Universal Declaration of Human Rights (1948): "Everyone has the right to a standard of living adequate for the health and well-being of himself and his family".
- WHO Constitution introduction affirms that it is one of the fundamental rights of every human being to enjoy **"the highest attainable standard of health"**.

#### Key aspects of the right to health

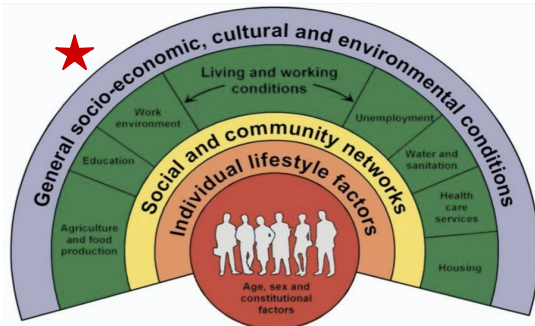
- The right to health is an inclusive right
- The right to health contains freedoms.
- The right to health contains entitlements.
- Health services, goods and facilities must be provided to all without any discrimination.
- All services, goods and facilities must be available, accessible, acceptable and of good quality.

### ★ Health for All

- Decided by the 30th World Health Assembly in year 1977.
- They decided that the main social target of governments and WHO in the coming decades should be "the attainment by all citizens of the world by the year 2000 of a level of health that will permit them to lead a **socially and economically productive life"**

# Determinants of Health: definition, types and levels

- Many factors combine together to affect the health of individuals and communities
- (the doctors focused on it)



- **Constitutional factors:** things we cannot change as genetics.
- **Individual lifestyle factors:** family of smokers, family who used to sleep late.
- **Social and community networks:** your family, school, college and job are networks that can affect your health.
- **General socio-economic, cultural and environmental conditions:** start with Agriculture and food production > education > work environment..etc.

- 1 Biological:** Genetic predisposition.  
*Analysis:* Genetic predisposition and obese parents.
- 2 Behavioral and socio-cultural:** Cultural and behavior patterns, life long habits developed from socialization (eg: smoking, staying up late)  
*Analysis:* High TV, computer, electronic entertainment use | Sedentary lifestyle | Car-only mode of transportation
- 3 Environment:** Internal – internal medicine / external (macro-environment: things you're exposed to after conception)  
*Analysis:*
  - **Internal:** Hypothyroidism, Syndromic
  - **External:** High consumption of fatty takeaway foods / Low consumption of fruits, vegetables and fiber rich foods / Poor walkable environment / Easy access to convenience stores / Extensive unhealthy food marketing
- 4 Socio-economic:** Economic status; Education, Employment, Housing.  
*Analysis:* Unemployment / Low disposable income / Rural area
- 5 Health services:** Services for treatment of disease, prevention, and promotion of health.  
*Analysis:* Limited preventive services / Delayed access to treatment
- 6 Aging population:** Increased burden of chronic diseases.
- 7 Gender:** Women's health covering nutrition, reproductive health, the health consequences of violence, ageing, lifestyle related conditions and the occupational environment.  
*Analysis:* Male obesity is more prevalent than females in Saudi Arabia
- 8 Other: Information technology,** health related systems like agriculture and food.  
*Analysis:* Weak food policy & pricing | High Cost of organized physical activity programs/sport

# Summary

## Spectrum of Health:

- Health and disease lie along a **continuum**, and there is no single cut-off point
- Health is a **dynamic** phenomenon and a process of continuous change and there are levels of health.

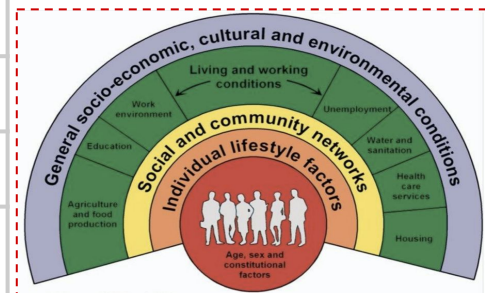


## Definitions:

- **Health:** “Is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity”. Then they added the ability to lead a “socially and economically productive life”.
- **Determinants of health:** Many factors combine together to affect the health of individuals and communities.
- **Disease:** condition that is diagnosed by a **physician** .
- **Illness:** When the **patient** self reported mental or physical symptoms.
- **Sickness:** **Social & cultural conception** of a person’s condition.
- **Health for all:** the attainment by all citizens of the world by the year 2000 of a level of health that will permit them to lead a **socially and economically productive life**.

## Determinants of Health:

Biological	Genetic predisposition
Behavioral and socio-cultural	Cultural and behavior patterns and life long habits
Environment	internal medicine and external environment
Socio-economic	Education, Employment and housing
Health services	Treatment of disease, prevention, and promotion of health
Aging population	Increased burden of chronic diseases
Gender	<b><u>Being a woman makes you more susceptible</u></b>
Other	Information technology, health related systems like agriculture and food



## Practice Questions

Q1: what is the lowest point of health-disease spectrum?

- |                    |                       |            |          |
|--------------------|-----------------------|------------|----------|
| A. Positive health | B. Absence of disease | C. Illness | D. Death |
|--------------------|-----------------------|------------|----------|

Q2: “genetic predisposition” is under which type of health determinants?

- |               |                |           |          |
|---------------|----------------|-----------|----------|
| A. Biological | B. Environment | C. Gender | D. Other |
|---------------|----------------|-----------|----------|

Q3: “the attainment by all citizens of the world by the year 2000 of a level of health that will permit them to lead a socially and economically productive life” is the definition of?

- |                  |                    |                   |                           |
|------------------|--------------------|-------------------|---------------------------|
| A. Global health | B. Right to health | C. Health for all | D. Determinants of health |
|------------------|--------------------|-------------------|---------------------------|

Q4: what is the oldest definition of health?

- |                  |            |             |                       |
|------------------|------------|-------------|-----------------------|
| A. Better health | B. illness | C. sickness | D. Absence of disease |
|------------------|------------|-------------|-----------------------|

Q5: hypothyroidism is an example of which type of health determinants?

- |                     |                         |                         |           |
|---------------------|-------------------------|-------------------------|-----------|
| A. Aging population | B. Internal environment | C. External environment | D. Gender |
|---------------------|-------------------------|-------------------------|-----------|

Q6: Depression diagnosed by a psychiatrist considered as:

- |            |             |            |         |
|------------|-------------|------------|---------|
| A. Disease | B. Sickness | C. Illness | D. none |
|------------|-------------|------------|---------|

Answer key:

1 (D) , 2 (A) , 3 (C) , 4 (D) , 5 (B) , 6 (A)

Thanks to all leaders and members  
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