



*Community Medicine*

# Determinants of health

## ● Objectives:

- 1- Understand the spectrum of health in relation to health and sickness
- 2- Define; health, disease, illness and wellbeing
- 3- Define and understand the determinants' of health; biological, behavioral, socio and cultural, environmental, socioeconomic, health services, and aging and gender
- 4- Understand the concepts of “right to health “ and “health for all”

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## **Resources :**

Slides

Doctors notes

# Spectrum of Health

Positive health is defined differently among different specialties

- 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 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.

There are many factors that interact to determine our health. WE CAN NOT quantify our health like saying your health is 40%. For example, you started your day feeling fresh and relaxed but then you started your work and you had argued with some colleagues and then your energy and mood went down so you took your coffee and that made you feel better!



## Definitions: Health, Disease, Illness, Sickness, Wellbeing

*Health is a relative concept!*

Definitions are super important!!!

### It is relative to

- Where on the spectrum of health the person is.
- The health dimensions (physical, mental, social, spiritual, emotional, vocational dimensions) e.g.: if someone's okay physically but not mentally he's not healthy.
- Local conditions and health standards.

If someone's at war, he wouldn't be worried about a flu. While in well-developed countries a person might go to the dermatologist just because of a pimple in their face. so it's important to consider the local conditions when talking about health.

E.g.: someone telling their mother they feel sick but the mother insists they're fine or a mother rushing her kid to the ER thinking they are not ok (according to the mother's perspective).

### Definitions: Health

- The oldest definition is that health is the "absence of disease".
- World Health Organization (1948): **Very important definition**
  - **"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"**

### Definitions: The trilogy of Disease, Illness, Sickness

The difference depends on who's reporting

	Disease	Illness	Sickness
	<ul style="list-style-type: none"> <li>• A condition that is <u>diagnosed by a physician</u> or other medical expert.</li> </ul> <p>→ (Physician)</p>	<ul style="list-style-type: none"> <li>• Ill health that the person identifies themselves with, often based on <u>self reported</u> mental or physical symptoms.</li> <li>• It can be Acute or Chronic</li> </ul> <p>→ (Patient)</p>	<ul style="list-style-type: none"> <li>• <u>Social &amp; cultural conception</u> of a person's condition.</li> </ul> <p>"When it interferes with your life"</p> <p>→ (Society)</p>
Example	Flu diagnosed by a physician	Flu reported by the patient	Missed class or work due to Flu (Sick leave)

# Definitions: Health, Disease, Illness, Sickness, Wellbeing

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

Well being			
Objective Components		Subjective Components	
<u>Standard</u> of Living	<u>Level</u> of Living	Quality of Life	
		PQLI	HDI

Indicator (معیار) Index (مؤشر): عدة معايير	Physical Quality of Life Index (PQLI)	Human Development Index (HDI)
<b>Indicators used in calculating this index</b>	<ol style="list-style-type: none"> <li>1. Infant mortality</li> <li>2. Life expectancy <u>at age one</u></li> <li>3. literacy</li> </ol>	<ol style="list-style-type: none"> <li>1. Life expectancy <u>at birth</u> (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>
<b>Scale</b>	From 0-100 0 is worst performance and 100 is best performance	Values from 0 to 1
<b>It measures</b>	<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
<b>Both allow for National and International Comparison</b>		
We have these indices to allow for national and international comparison		

Dr said "I don't expect you to know them but I want you to see how complex it is"

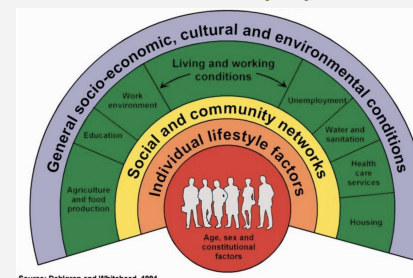
# Determinants of Health: Definition, Types, and Levels

Important for the exam

"Many factors combine together to affect the health of individuals and communities."

Health services are NOT health determinants and knowing the difference will create huge difference in the health care efficacy

pic is not important for the exam, you just need to know that health has many layers affecting it.



## 1) Biological:

Genetic predisposition

## 2) Behavioral and socio-cultural:

Cultural and behavior patterns, life long habits developed from socialization (eg: smoking, staying up late!)

## 3) Environment:

internal= your body

Internal – internal medicine! / external (macro-environment: things you're exposed to after conception)  
e.g. pregnant mother smoking

## 4) Socio-economic:

It has a positive impact especially on women

Economic status: Education, Employment, Housing

## 5) Health services:

notice it's not the same as health CARE services

Services for treatment of disease, prevention, and promotion of health.

## 6) Aging population:

Increased burden of chronic diseases

## 7) Gender:

Women health is having an increasing attention because of how complex it is

Women's health covering nutrition, reproductive health, the health consequences of violence, ageing, lifestyle related conditions and the occupational environment.

## 8) Other:

Information technology, health related systems like agriculture and food

Although technology is great, not everyone know how to use them + there are some places without network coverage

# Determinants of Health: Definition, Types, and Levels



Type of Determinant	Analysis
1) <b>Biological:</b>	Genetic predisposition / Obese parents
2) <b>Behavioral and socio-cultural:</b>	High TV, computer, electronic entertainment use Sedentary lifestyle Car-only mode of transportation
3) <b>Environment:</b>	<b>Internal:</b> Hypothyroidism, Syndromic / <b>External:</b> 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) <b>Socio-economic:</b>	Unemployment / Low disposable income / Rural area <span style="color: green;">Limited health services</span>
5) <b>Health services:</b>	Limited preventive services / Delayed access to treatment
6) <b>Gender</b>	Male obesity is more prevalent than females in Saudi Arabia
7) <b>Others</b>	Weak food policy & pricing High Cost of organized physical activity programs/sport

## “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".

### 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"

Unlikely to come in the exam, but if it comes the question will be about the definition

# Summary

## Spectrum of health

**Definition:** it is a dynamic phenomenon and a process of continuous change

## Health

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

## Definitions of Disease, Illness, Sickness

Disease	Illness	Sickness
<ul style="list-style-type: none"><li>A condition that is <u>diagnosed by a physician</u> or other medical expert.</li></ul> <p>→ (Physician)</p>	<ul style="list-style-type: none"><li>Ill health that the person identifies themselves with, often based on <u>self reported</u> mental or physical symptoms.</li><li>It can be Acute or Chronic</li></ul> <p>→ (Patient)</p>	<ul style="list-style-type: none"><li><u>Social &amp; cultural conception</u> of a person's condition.</li></ul> <p>→ (Society)</p>
Flu diagnosed by a physician	Flu reported by the patient	Missed class or work due to Flu (Sick leave)

## Determinants of Health

**Definition :** Many factors combine together to affect the health of individuals and communities .

- 1- biological
- 2- behavioral and socio-cultural
- 3- environment
- 4- socio-economic
- 5- health services
- 6- aging population
- 7- gender
- 8- other

## Health for All

**Definition:** 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.

# MCQs

1. social & cultural conception of a person's condition definition of ....?

- A- Illness
- B- sickness
- C- disease
- D- health

2. Which of the following health determinants has the highest impact on women?

- A- Genetic predisposition
- B- Education
- C- Information technology
- D- Race

3." 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" definition of ?

- A- Determinants of Health
- B- Health for all
- C- Right to Health
- D- Quality of Life

4. Which of the following it reflects achievements in the most basic human capabilities ?

- A- Human Development Index
- B- Physical Quality of Life Index
- C- Standard of living
- D- Level of living