

Determinants of Health

- 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
- Doctor notes
- Golden notes
- Important
- Extra



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 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

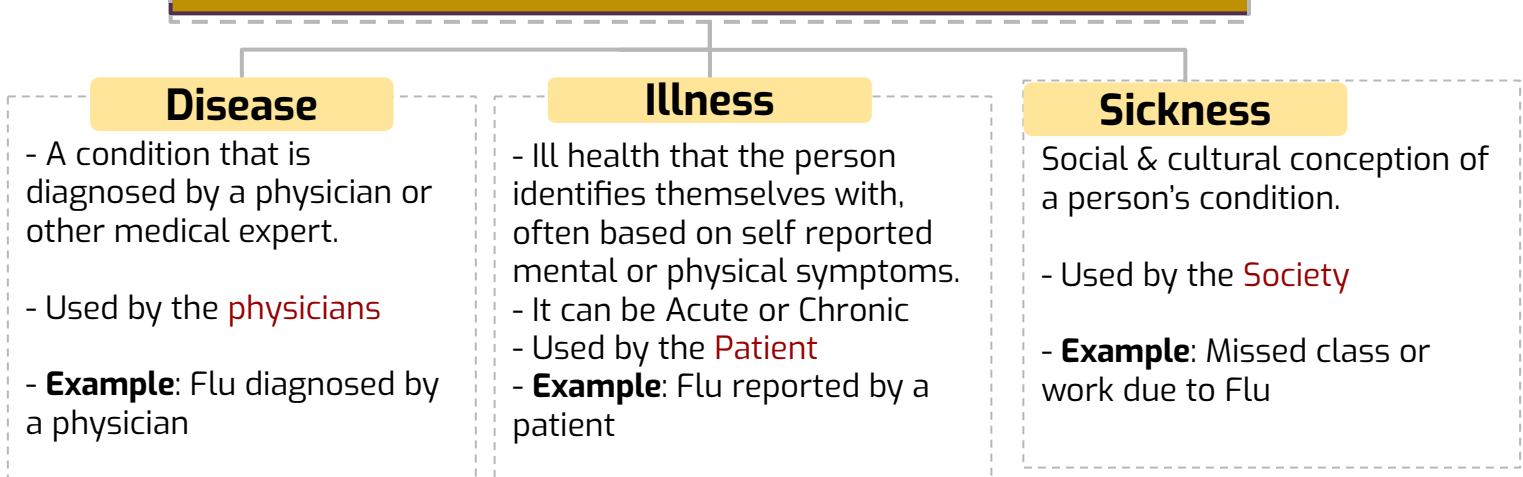
Health is a relative concept; It is relative to

1. Where on the spectrum of health the person is
2. The health dimensions (physical, mental, social, spiritual, emotional, vocational dimensions)
3. **Local conditions and health standards**¹ (what is acceptable in a developing country may not be acceptable by a developed country)

Definitions of Health

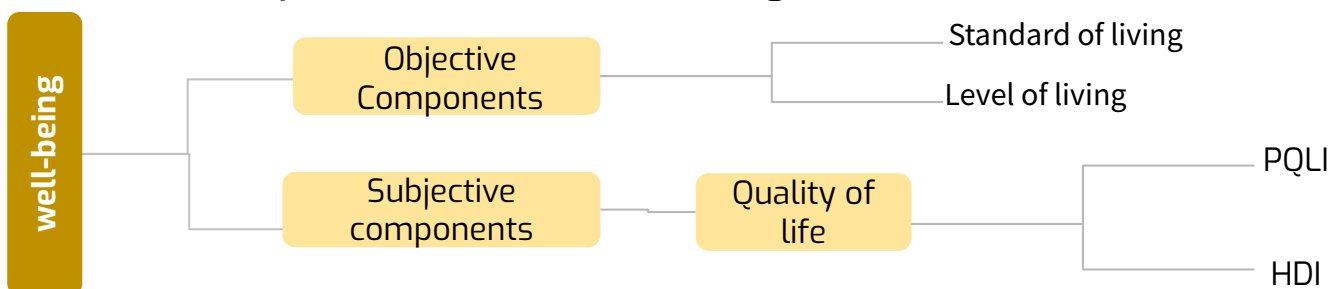
- The oldest definition is that health is the **"absence of disease."**
- World Health Organization (1948):
 - **"Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity"**
- In recent years, this statement has been amplified to include the ability to lead a **"socially and economically productive life"**¹

Disease, illness and sickness



Will-being

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



¹- 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

Quality of life

	Physical Quality of Life Index (PQLI)	Human Development Index (HDI)
Indicators used in calculating this index	<ol style="list-style-type: none"> 1. Infant mortality 2. Life expectancy at age one 3. literacy 	<ol style="list-style-type: none"> 1. Life expectancy at birth (longevity) 2. Mean years of schooling (knowledge) 3. Expected years of schooling (knowledge) 4. GNI, gross national income, per capita (income/ decent standard of living)
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"> • The results of social, economic, and political policies. • Does NOT measure economic growth 	It reflects achievements in the most basic human capabilities
<p>Both allow for National and International Comparison dr note: you will not be asked about what is in the table</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".⁵
- 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

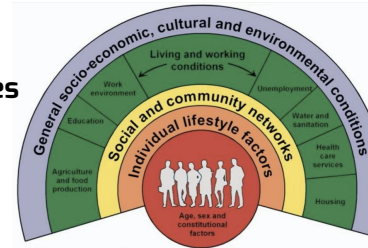
- The right to health is an inclusive right
- The right to health contains freedoms.
- The right to health contains entitlements.
- Health services, goods and facilities must be provided to all without any discrimination.
- All services, goods and facilities must be available, accessible, acceptable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

Determinant of health: definition, types and levels

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



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.

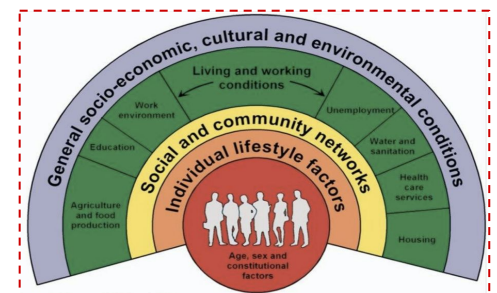


Definitions:

- **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".
- **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.

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	<u>Being a woman makes you more susceptible</u>
Other	Information technology, health related systems like agriculture and food



Practice Questions

Q1: social & cultural conception of a person's condition definition of :

A. Illness

B. Sickness

C. Disease

D. Health

Q2: Which of the following it reflects achievements in the most basic human capabilities ?

A. level of living

B. standard of living

C. human development index

D. physical quality of life index .

Q3: Which of the following health determinants has the highest impact on women?

A. genetic predisposition

B. Education

C. Race

D. information technology .

Q4: A condition that is diagnosed by a physician or other medical expert.

A. Disease

B. illness

C. sickness

D. none

Q5:Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity" is the health definition by

A. doctors

B. World Health Organization

C. community

D. none

Q6: Level of living is a component of well-being

A. objective

B. subjective

C. both

D. none

Answer key:

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

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ومن طلب العُلا من غير كدٍ
أضاع العُمر في طلب المُحالِ