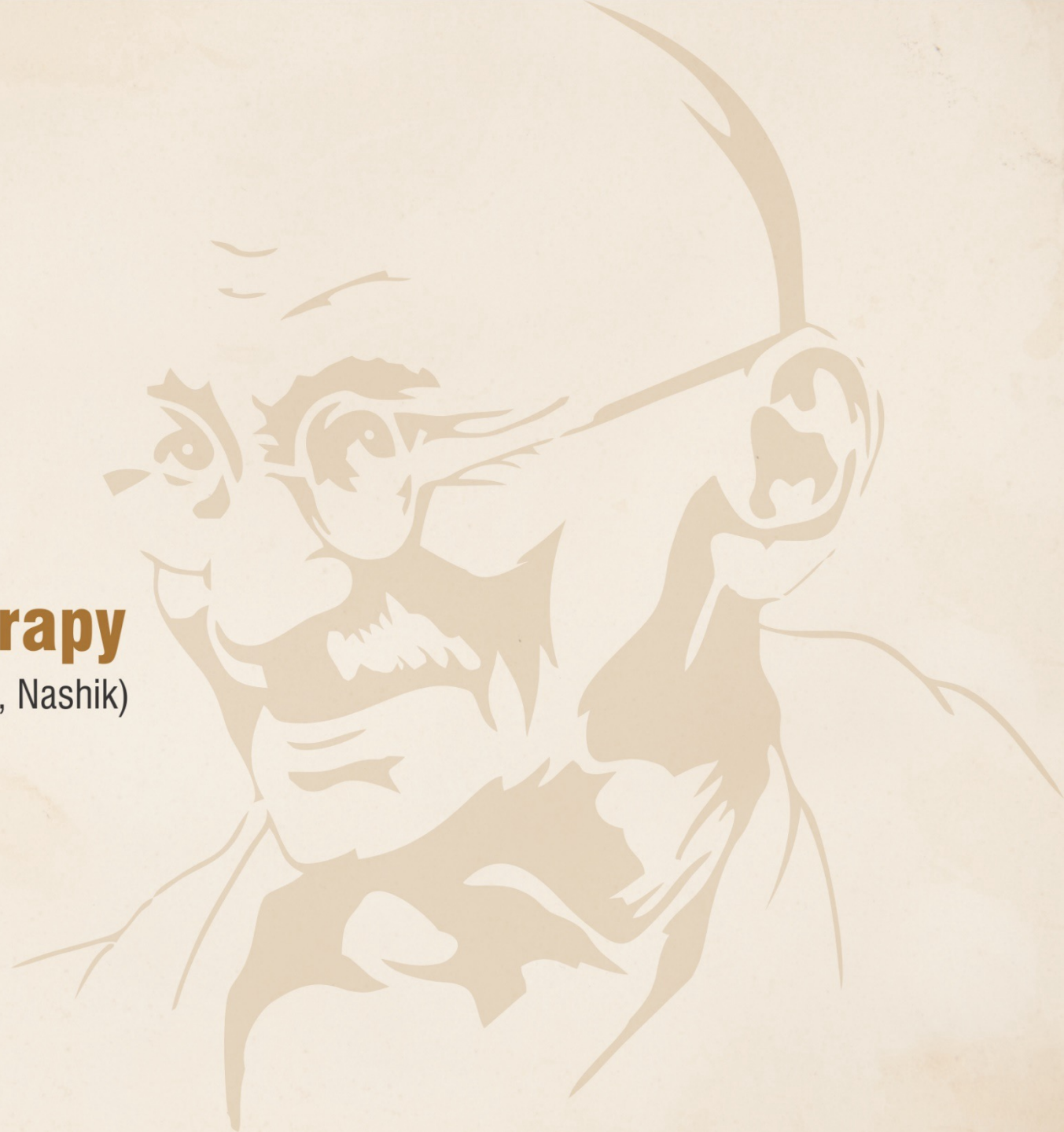




MAHATMA GANDHI MISSION

MGM Institute of Physiotherapy

Chh. Sambhaji Nagar, Maharashtra (Affiliated to MUHS, Nashik)



GENERAL CONCEPTS & DETERMINANTS OF HEALTH

Dr Srilatha Girish
Associate Professor

OBJECTIVES



By the end of the session students will be able to

- Define National & International of Health
- Role of Socio-Economic & Cultural Environment in Health & Disease

Contents



- Definition of health & disease
- Changing concepts of health, wellbeing & disease
- Dimensions & determinants of health
- Ecology & indicators of health
- Health service philosophies

REFERENCES

1. Park's Textbook of Preventive & Social Medicine - K. Park
2. Textbook of Preventive & Social Medicine - P.K. Mahajan & M.C. Gupta



TOPIC STRUCTURE



- Didactic lecture
- Demonstration
- Group assignment
- Journal writing
- Assessment : MCQ's

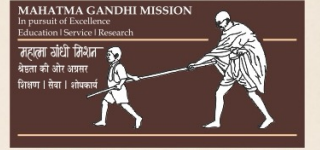
PRETEST

GROUP ASSIGNMENT

Define health & disease

List determinants of health

Mention natural history of disease



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CHANGING CONCEPTS OF HEALTH



- Biomedical: Absence of disease
- Ecological: Dynamic equilibrium between man & environment
- Psychosocial: Social, psychological, cultural, economic & political
- Holistic: Synthesis

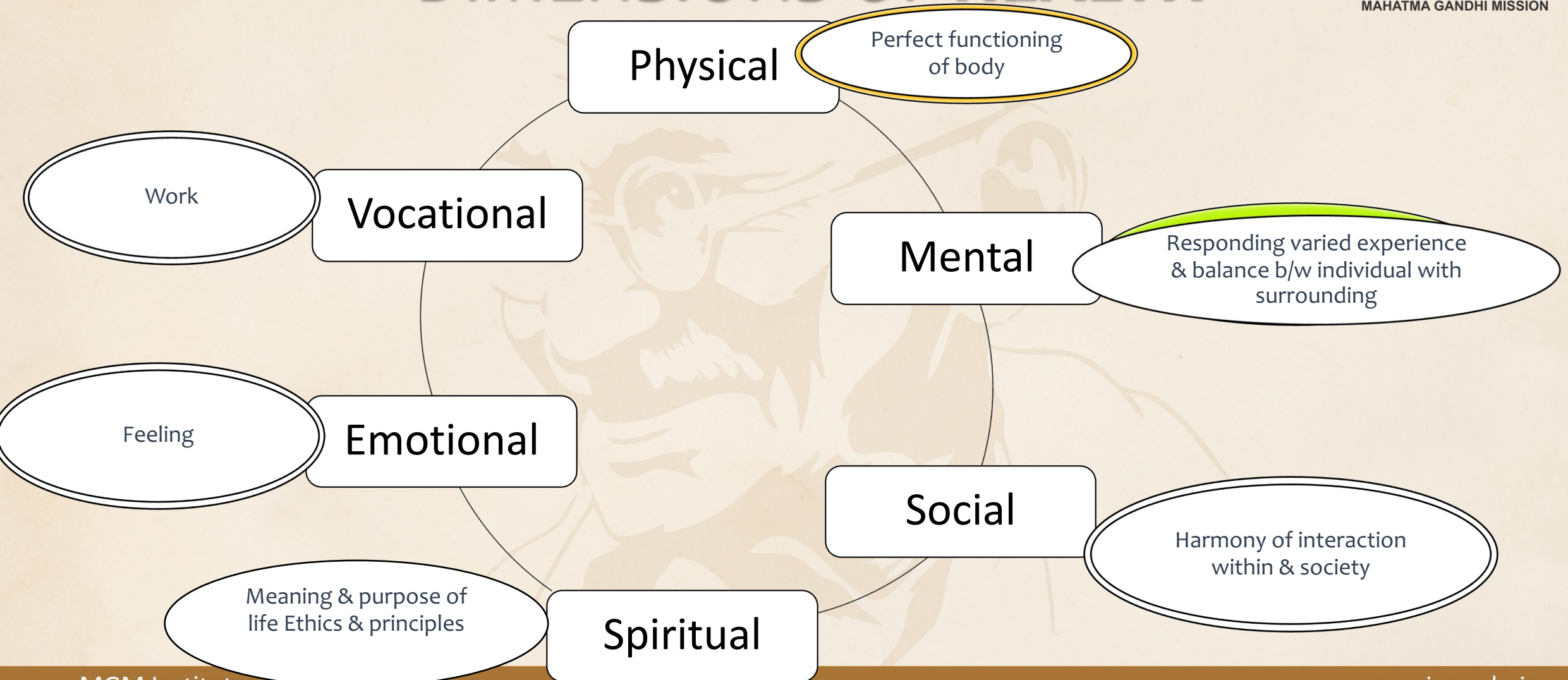
DEFINITION OF HEALTH



State of complete physical , mental & social well-being & not merely absence of disease or infirmity

- Biologically: Every cell & organ is functioning in optimum capacity
- Psychologically: A sense of perfect well-being
- Socially: Optimal participation in society

DIMENSIONS OF HEALTH



CONCEPT OF WELL BEING

OBJECTIVE

SUBJECTIVE

Standard of living
Level of living

Quality of life

CONCEPT OF WELL BEING



OBJECTIVE

- Standard of living:
 - Scale of our expenditure, goods we consume & services enjoy
 - Level of education, employment status, food, dress, house, amusements & comforts of modern living
- Level of living:
 - Parallel term for standard of living used in UN
 - Health, food consumption, education, occupation and working conditions, housing, social security, clothing, recreation and leisure & human rights

CONCEPT OF WELL BEING



SUBJECTIVE

- Quality of life: Condition of life resulting from combination of effects of complete range of factors such as those determining health, happiness education, social & intellectual attainments, freedom of action, justice & freedom of expression

DETERMINANTS OF HEALTH



Biological

- Nature of genes at conceptions
- State based on absence of genetic constitution : defective/ deranged genes

Behavioral/socio-cultural

- Lifestyle practices: Learnt through interactions with parents, peers & community
- Example: Obesity, coronary heart disease

Environment

- Internal: Make up of human body
- External: Outside body (physical, biological & psychosocial)

Socio economic status

Economic/education/occupation status: Pattern of health status (disease & health care)

DETERMINANTS OF HEALTH



Socioeconomic conditions

- Economic status
- Education
- Occupation
- Political system

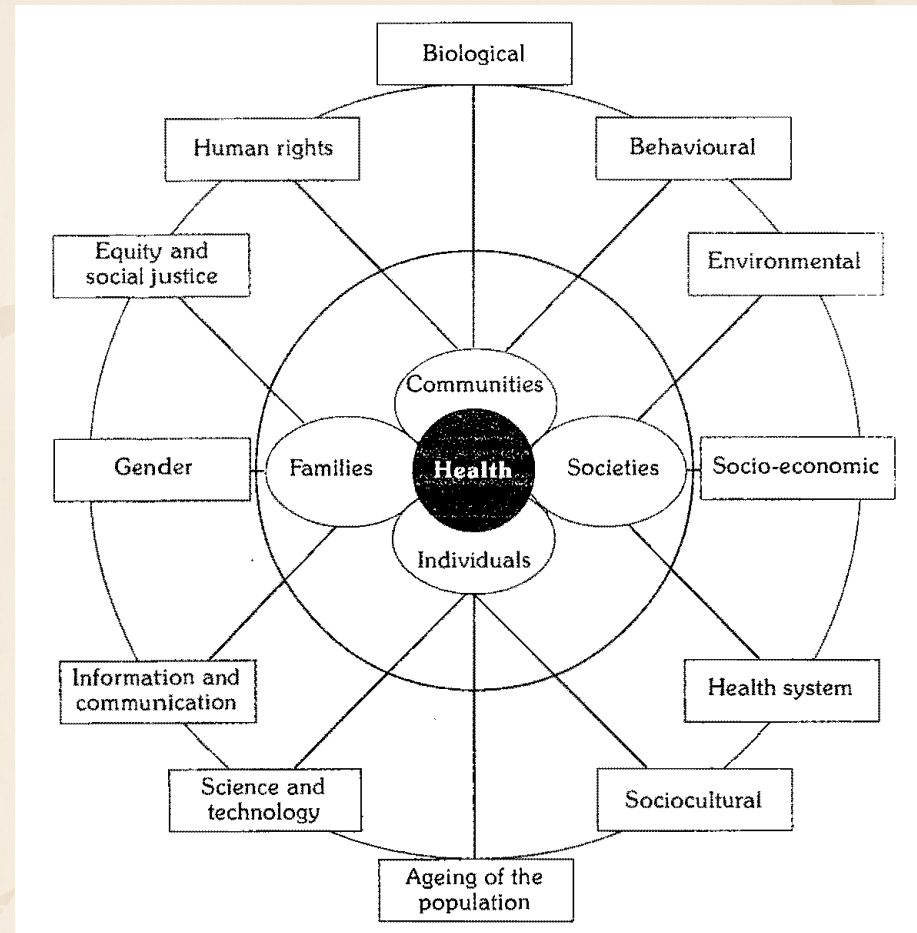
Health services

- Wide spectrum: Treatment, prevention & promotion

Ageing & Gender

- Varied need

DETERMINANTS OF HEALTH



RIGHT TO HEALTH



- Universal Declaration of Human Rights established a breakthrough in 1948 (Article 25):
"Everyone has the right to a standard of living adequate for the health and well-being of himself & his family
- Preamble to the WHO Constitution AFFIRMS

RESPONSIBILITY OF HEALTH



- Individual: Self care activities
- Community:
 - Demedicalize health & involve the communities in a meaningful way (for, by & to)
 - 3 ways: Facilities provision, planning & implementation & user
 - PHC & village health guides
- State responsibility:
 - Constitution of India:
 - Alma-Ata Declaration of 1978
 - Millennium Development Goals of 2000.
 - National Health Policy, approved by Parliament in 1983 and later on in 2002
- International: United Nations

INDICATORS OF HEALTH



- Definition:
 - Measure of health status at given time period
 - Only reflection
- Characteristics:
 - Valid: Measure what it is supposed to measure
 - Reliable: Consistency over the time & raters
 - Sensitive: Correctly identify & reflect changes in the situation concerned
 - Specific: Reflect only changes in the situation concerned
 - Feasible: Ability to obtain data needed
 - Relevant: Contribute to the understanding of the phenomenon of interest
- Example:
 - Mortality indicators
 - Morbidity indicators
 - Disability rates
 - Nutritional status indicators
 - Health care delivery indicators

INDICATORS OF HEALTH-Mortality indicators



- Death rate at certain group at certain period
- Example:
 - Crude death rate: Number of death/1000population/ year in each community
 - Child death rate: Number of death 1-4 years /1000 children / at mid point

INDICATORS OF HEALTH-Morbidity indicators



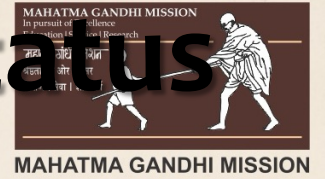
- Health status of population
- Burden of disease
- Examples:
 - Prevalence: Old & new cases in given time period
 - Incidence: New cases

INDICATORS OF HEALTH-Disability Rates



- Event type indicators
 - Number of days restricted activity
 - Bed disability days
 - Work loss days
- Person-type indicator
 - Limitation of mobility
 - Limitation of activity

INDICATORS OF HEALTH- Nutritional status indicators



- Anthropometric measurement of pre school children
- Height
- Prevalence of low birth weight

INDICATORS OF HEALTH- Health care delivery indicators



- Doctor-population ratio
- Doctor- nurse ratio
- Population-bed ratio

Health Service Philosophies



- Appropriateness: Relevance
- Comprehensive: Preventive+ curative + promotional services
- Adequacy: Proportional to need
- Availability: Ratio between population of administrative unit & health facility (population per center)
- Accessibility: geographic +cultural+ economic
- Affordability: Cost= Within means of individual
- Feasibility: Operational efficiency (man power , material)

References



Park K. Park's Textbook of Preventive and Social Medicine, 22nd ed. Banarsidas Bhanot; 2013. ISBN-13: 978-938-2219-026. Chapter 3 (Page number 75-80)

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