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| Practical assignment of computer |
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# Concept of health

* “The condition of being sound in body, mind or spirit, especially free from physical diseases and pain”.
* Health not only the absent of diseases but also the absence of non-manifest and undiagnosed diseases or impairment.

## Concept and definition of health

Health is one of those terms which most people find it difficult to define although they are confident of its meaning. Therefore many definition of health have been offered from time to time.

“Health is a state of complete physical, mental and social wellbeing and not merely an absent of diseases and infirmity”.

WHO, 1948

## New philosophy of health

* Health is fundamental human right.
* Health is the essence of productive life, and not the result of over increasing expenditure on medical care.
* Health is a worldwide social goal.
* Health is a intersectoral.
* Health is an integral part of development
* It is essential to the satisfaction of basic human needs.
* Health is a central to the concept of quality of life.
* Health involves individual state and international responsibility.
* Health and its maintenance is a major social investment.

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## Spectrum of health

* Health and diseases lie along a continuum and there is no single cut-off point. The lowest point on the health diseases spectrum is death and the highest point corresponds to the WHO definition of positive health. It is thus obvious that health fluctuates within a range of optimum wellbeing to various levels of dysfunction namely death. The transition from optimum health to ill health is often gradual and where one state ends and other begins is a matter of judgment.
* The spectral concept of health emphasizes that the health of an individual is not static it is dynamic phenomenon and a process of continuous change. What is considered maximum health today may be minimum tomorrow? That is a person may function maximum levels of health today and diminished level of health tomorrow. There is degree or “level of health” as there is degree or severity of illness.
* Positive health
* Better health
* Freedom from sickness
* Unrecognized sickness
* Mild sickness
* Severe sickness
* Death

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## Changing concept of health:

Health is not perceived the same way by all members of a community including various professional groups. In a world of continuous change, new concepts are bound to emerge based on new patterns of thought. health has evolved over the centuries as a concept from individual concern to a worldwide social goal and encompasses the whole quality of life.

### Biomedical concept

Traditionally , health has been viewed as an “absence of diseases” and if one was free from diseases, then the person was considered healthy. This concept known as the “biomedical concept” has the basis in the germ theory of diseases. The medical profession viewed the human body as a machine, diseases as a consequence of the breakdown of the machine and one of the doctor’s tasks as repair of the machine.

The criticism that is leveled against the biomedical concept is that it has minimized the role of environmental, social, psychological and cultural determinant of health. Biomedical model, for all its spectacular success in treating diseases was found inadequate to solve some of the major health problems of mankind (e.g malnutrition, chronic diseases, accident, drug abuse, mental illness, environmental pollution and population explosion) by elaborating the medical technologies. Developments in medical and social sciences led to the conclusion that the biomedical concept of health was inadequate.

### Ecological concept:

* Deficiencies in the biomedical concept gave rise to other concepts. The ecologist put forward an attractive hypothesis, which viewed health as a dynamic equilibrium between man and his environment and diseases a maladjustment of the human organism to environment. Dobus defined health as “health implies the relative absence of pain and discomfort and a continuous adaptations to determine not only the occurrence of diseases but also the availability of food and the population explosion. The ecological concept raises two issues viz. Imperfect man and imperfect environment. History argues strongly that improvement in human adaptation to natural environments can lead to longer life expectancies and a better quality of life ever in the absence of modern health delivery services.

### Psychological concept

* Contemporary developments in social science revealed that is not only a biomedical phenomenon, but one which is influenced by social, psychological, cultural economical and political factors of the people concerned. These factors must be taken in to consideration in defining and measuring health. Thus health is both a biomedical and social phenomenon.

### Holistic concept

* Concept is a synthesis of all the above concepts. It recognizes the strength of social, economic, political and environmental influences of health. It has been variously described as a unified or multidimensional process involving the wellbeing of the whole person in the contest of his environment. This view corresponds to the view held by the ancients that health implies a sound mind, in sound body, in a sound family, in sound environment. The holistic approach implies that all sectors of society have an effect on health, in particular agriculture animal husbandry, food, industry, education, housing, public works, communication and other sectors and the emphasis on the promotion and protection of health.

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## Determinant of health

* Health is multifactorial. The factors which influence health lie both within the individual and externally in the society in which he/she lives. It is true to say that what man is and what diseases he may fall victim depends on a combination of heredity and environment. These two factors interact and this interaction may be health promotion or detioration. Thus, conceptually, the health of individuals and whole communities may be considered to be
* Biological determinant(heredity)
* Environment :internal, external
* Behavioral / ways of living(life style)
* Socio- economic condition
* Economical status
* Education
* Occupation
* Political system
* Health services
* Gender
* Other factors

## Responsibility for health

* Health is on one hand, a highly personal responsibility and on the other hand a major public concern. It thus involves the joint efforts of whole social fabric, the individual, the community and the state to protect and to promote health.
* Individual responsibility
* Community responsibility
* State or nation responsibility
* International responsibility

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### Individual responsibility:

* Health is a fundamental human right. It is essentially an individual responsibility. It is not a commodity that one individual can bestow on another. No community or state programmed of health services can give health. It has to be earned and maintained by the individual himself, known as “self-care”.

Self-care in health

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### Community responsibility

* Health can never be adequately protected by health services without active understanding and involvement of the communities whose health is at stake.health care pattern has shifted from health care of the people, to health care by the people. The concept of primary health- care centers, round people’s participation in their own activities.

### Community participation can be in three ways;

* Can be provided in the shape of facilities, man power, logistic support and possible funds.
* Community can be actively involved in planning, management and evaluation.
* An equally important contribution that can make is by joining in and using health services.

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### Nation responsibility

The responsibility for health doesn’t end in the individuals and community effort. In all civilized societies the state assumes responsibilities for the health and welfare of its citizens. Pilot programs such as ‘ health for all by the year 2000 AD”. Have resulted in a greater degree of state involvement in the management of health services with emphasis on primary health care approach

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### International responsibility

* The health of mankind requires the cooperation of government, the people, national and international organization within and outside the united nations system in achieving our health goals. This cooperation covers such as exchange of experts, provi  
  sion of drugs and supplies, boarder meetings with regard to control of communicable diseases and achievement of “health for all” through primary health care. The TCDC (technical cooperation in developing countries), ASEAN(association of south – east Asian nation) and SAARC are important regional mechanisms for such cooperation.
* The eradication of smallpox, the pursuit of “health for all” and the campaign against smoking and AIDS are a few recent examples of international responsibility for the control of diseases and promotion of health.
* There is a wider international understanding on matters relating to health and “social injustices” in the distribution of health services. The WHO is a major factor in fostering international cooperation in health. In keeping with its constitutional mandate, WHO acts as a directing and coordinating authority on international health work.