**HEALTH AND CARE**

**Mental Health**

There is a definition given by WHO for mental health: “Subjective well-being, perceived self-efficacy, autonomy, competency, inter-generational dependence, and self-actualization of one’s intellectual and emotional potential, among others.”

**Physical Health**

Physical well-being is of utmost importance. This is because it is most visible compared to all the other dimensions of health such as social, intellectual, emotional, spiritual and environmental well-being. Physical well-being is the state of body free from any diseases and abnormality.

**Some of the other factors impacting health are as follows:**

* **Physical environment**: Clean and safe water and air, hygienic workplace and safe houses – All of these contribute for a better health
* **Income and social status**: Higher income and higher social status leads to better health as those people can afford the expenses of having a better environment.
* **Genetics**: Inheritance plays a big role in a person’s health.
* **Gender**: Men and women suffer from different types of diseases at different ages because of difference in their immune systems and hormones in the body.
* **Education level**: The more educated the people are, the more they know about their well-being.
* **Social support and network**: Friends and family support helps in building better health. The kind of love and care taken particularly affects a person’s mental health.

