



# **CONCEPT OF HEALTH CARE AND HEALTH PROMOTION**

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# CONCEPT OF HEALTH

- Health is the precious possession of all human beings as it is an asset for an individual and community as well. Healthy individual or community can carry out daily living activities and life enriching goals .Health for all is the global goal to be achieved at the end of 20<sup>th</sup> century .An understanding of health concept is the basis for self care and community health practice.

# DEFINITION AND MEANING

- Historically the term health is derived from an old English word health meaning the condition of being safe and sound or whole .Health was considered as freedom from pain ,illness and disabilities.
- According to modern concepts health implies a sound mind , in a sound body ,in a sound family ,in a sound environment .Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

# Biomedical concept

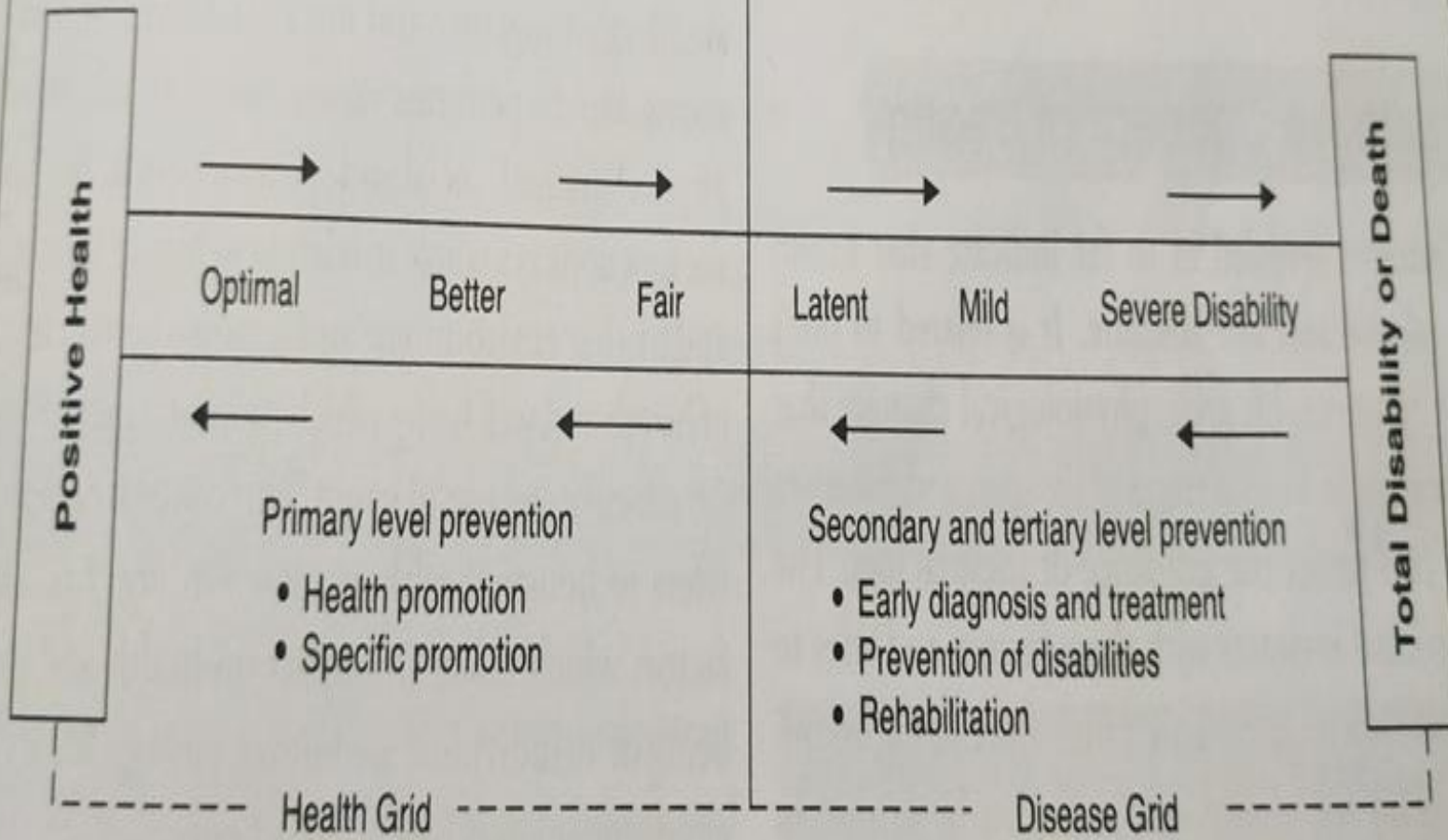
- Traditionally ,health has been viewed as an “ absence of disease “ ,and if one was free from disease ,then the person was considered healthy.This concept known ,as the “biomedical concept “has the .The biomedical model ,for all its spectacular success in treating disease ,was found inadequate to solve some of the major health problems of mankind (malnutrition ,chronic diseases ,accidents ,drug abuse, mental illness pollution basis in the germ theory disease

# Ecological concept of health

- .It is a state of dynamic equilibrium between man and his environmental forces including specific agents. The state of equilibrium will depend on the nature of interaction between the host, the agent ,and the environment .If this equilibrium lost due to any factor in the agent ,in an individual ,or his environment ,the individual is no more healthy.

# CONTINUUM OF HEALTH

- Health not only fluctuates depending upon the health equilibrium but also there are variations in the degrees or levels of health .It ranges from optimal health to total disability or death. This range of health refers to continuum of health. There are different levels or degrees of health like there are degrees or severity of diseases as shown in fig .

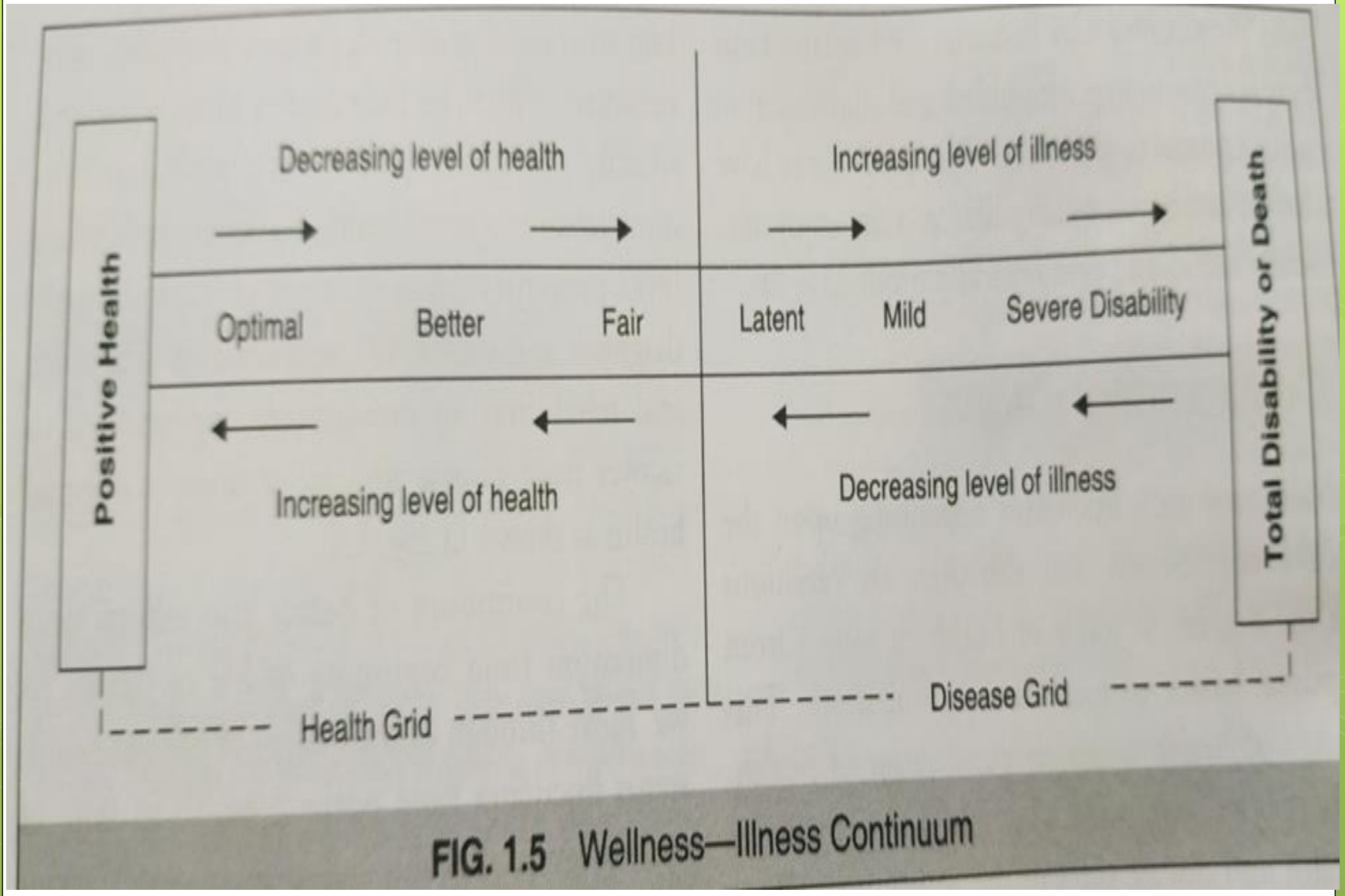


**FIG. 1.4** Health Continuum-Degrees of Health and Disease and Level of Prevention



# Wellness concept of health

- According to Dunn ‘ Health is defined as a dynamic state of wellness which exists on a continuum and ranges from a high level of illness .There is increasing or decreasing level of wellness comparable to degree of health or there in increasing or decreasing level of illness comparable to extent of disease. According to Dunn,wellness concept implies active participation of individual to develop and utilize his /her own potentials not only to promote health or regain lost health but to achieve a feeling of wellness, self-esteem and self-actualization .



**FIG. 1.5** Wellness—Illness Continuum

# Psychosocial concept

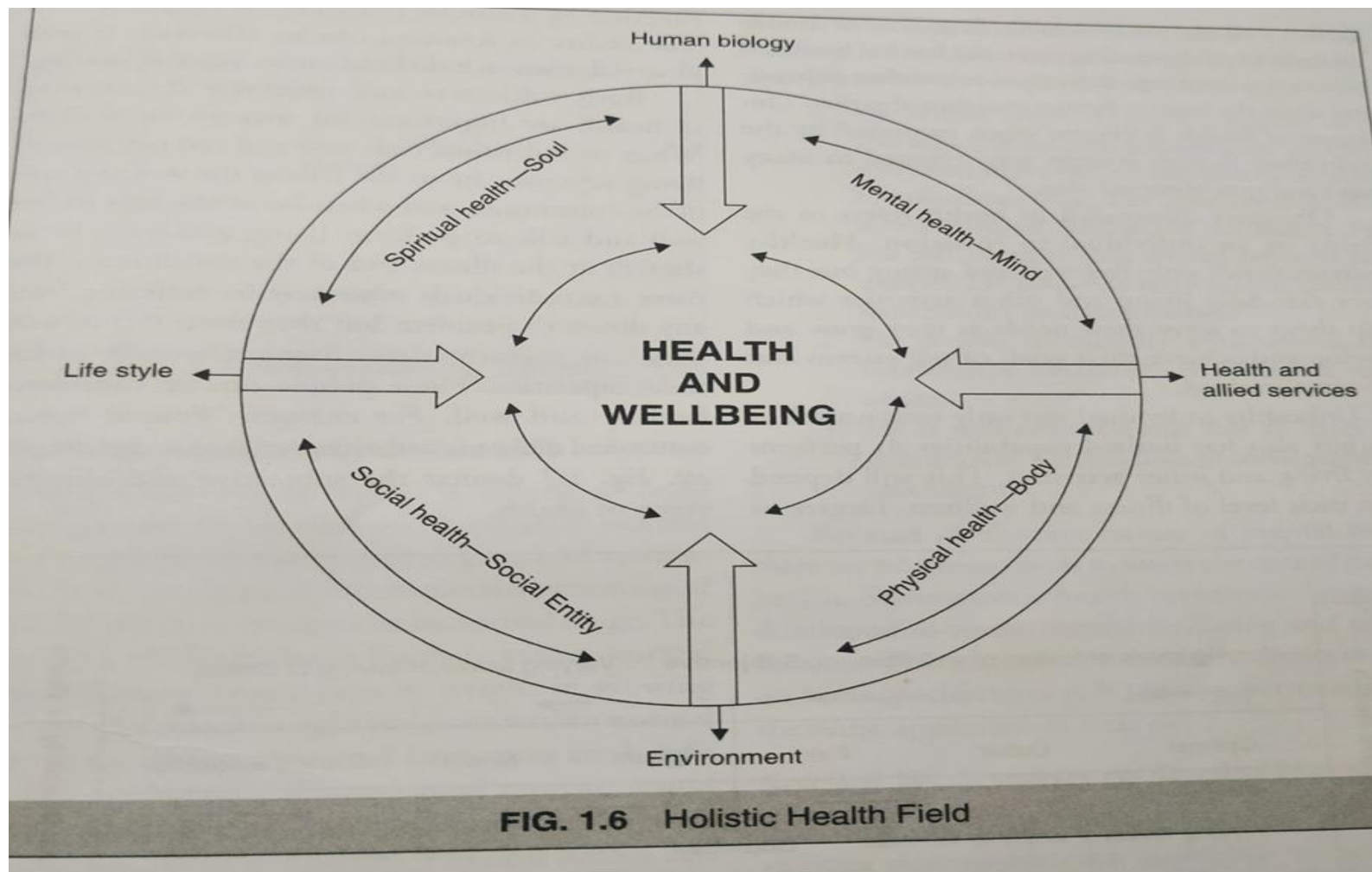
- Contemporary developments in social sciences revealed that health is not only a biomedical phenomenon ,but one which is influenced by social ,psychological ,cultural ,economic and political factors of the people concerned .These factors must be taken into consideration in defining and measuring health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

# Relative concept of health

- Health revealed in so far indicate that health is relative and not absolute .it is related to one's environment, life style physiological changes that takes place in various stages of life span and resources. The individual interact with these factors and tries to adjust and modify.

# Holistic concept of health

- Optimal health implies wellness in all dimensions of human ,being .The individual is one whole comprised of body ,mind ,soul and social entity which are blended together and not in isolated compartments .He /she performs various functions related to physical ,mental ,social and spiritual aspects. But he/she functions as a whole in relation to himself/herself and his/her environment and attains a certain level of health and well- being which promotes quality life



**FIG. 1.6** Holistic Health Field

## SUBJECTIVE AND OBJECTIVE ASPECTS OF HEALTH

- Subjectiveness of health refers to state of feeling well and liveliness. The healthy people are full of physical and mental strength .They are capable of performing all the activities which include physical ,intellectual ,social and spiritual .The state of feeling well and vital fluctuates from time to time in an individual depending upon the level of health .It also varies from one individual to another.

- Objective dimension of health refers to the ability of an individual to function .Healthy individuals not only feel well and strong but they carry out daily living and other activities which help them to serve their needs as they grow and develop and achieve their goals of self esteem self actualization .



- Both subjective and objective dimensions of health are important for man to be healthy. When an individual feels well and can perform living activities ,he/she falls at wellness end of the continuum and when he /she fails to feel well and fails to perform living activities ,he/she falls the illness end of the continuum.

# DIMENSIONS OF HEALTH

- Physical dimension
- Mental
- Social
- Spiritual
- Emotional
- Vocational
- Others

# DETERMINANTS OF HEALTH

- 1 Biological determinants
- 2 Behavioural and socio-cultural conditions
- 3 Environment
- 4 Soci-economic conditions
- 5. Health services
- 6. Ageing of the population
- 7. Gender
- 8. Other factors

# Indicators of Health

1. Mortality indicators
2. Morbidity indicators
3. Disability rates
4. Nutritional status indicators
5. Health care delivery indicators
6. Utilization rates
7. Indicators of social and mental health
8. Environmental indicators
9. Socio-economic indicators
10. Health policy indicators
11. Indicators of quality of life
12. Other indicators

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# Characteristics of health care

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- 1. Appropriateness: Whether the service is needed at all in relation to essential human needs, priorities, and policies.
- 2. Comprehensiveness: That is whether there is an optimum mix of preventive, curative, and promotional services.
- 3. Adequacy: If the service proportionate to requirement.
- 4. Availability: That is ratio between the population of an administrative unit and health facility.
- 5. Accessibility: This may be geographic accessibility, economic accessibility or cultural accessibility

- 6. Affordability: The cost of health care should be within the means of the individual and the state.
- 7. Feasibility: operational efficiency of certain procedures, logistic support, manpower, and material resources

# HEALTH SYSTEM

- The health system intended to deliver health services. It can be defined as ‘ the human and material resources that a nation or community deploys to protect ,preserve and restore health and to minimize suffering caused by disease and injury and the corresponding administrative and organizational arrangements. The components of health system include concepts(eg;health and disease),ideas(eg; equity ,courage,effectiveness,efficiency,impact) objects (eg; hospitals ,health centres ,health programs )and persons (providers and consumers).



# LEVELS OF HEALTH CARE

- PRIMARY HEALTH CARE
- SECONDARY HEALTH CARE
- TERTIARY HEALTH CARE

# HEALTH FOR ALL

- After three decades of trial and error and dissatisfaction in meeting people's basic health needs, the World Health Assembly, in May 1977, decided that the main social goal of governments and WHO in the coming years should be the attainment by all the people the world by the year 2000AD of a level of health that will permit them to lead a socially and economically productive life. This goal has come to be popularly known as 'Health for All by the year 2000'. The essential principle of HFA is the concept of 'equity in health', that is, all people should have an opportunity to enjoy good health.

# NATIONAL STRATEGY FOR HFA/2000

- Foremost among the goals to be achieved by 2000AD were
- Reduction of infant mortality
- To raise the expectation of life from the level of 52 to 64 years
- To reduce crude death rate from the level of 14 per 1000 to 9 per thousand
- To reduce the crude birth rate from the level of 33per 1000 to 21
- To provide potable water to the entire rural population

# Primary health care

- Primary health care is essential health care made universally accessible to individuals and acceptable to them ,through their full participation and at a cost the community and country can afford

# Elements of primary health care

- 1 Education concerning prevailing health problems and the methods of preventing and controlling them.
- 2 Promotion of food supply and proper nutrition
- 3 An adequate supply of safe water and basic sanitation immunization
- 4 Prevention and control of locally endemic diseases.
- 5 Appropriate treatment of common diseases and injuries
- 6 Provision of essential drugs

# Principles

- 1 Equitable distribution of health services
- 2 Community participation
- 3 Intersectoral coordination
- 4 Appropriate technology

# The Declaration of Alma-Ata (6) stated that primary health care includes at least

Education about prevailing health problems and methods of preventing and controlling them .

- Promotion of food supply and proper nutrition.
- An adequate supply of safe water and basic sanitation
- Maternal and child health care ,including family planning.
- Immunization against infectious diseases
- Prevention and control of endemic diseases
- Appropriate treatment of common diseases ,injuries and provision of essential drugs.

# HEALTH PROMOTION

- The first international conference on health promotion was held in Ottawa in November 1986, primarily in response to growing expectation for a new public health movement around the world



- The Jakarta Declaration on Health Promotion( the fourth conference held in July 1997) offered a vision and focus for health promotion into the 21st century.The determinants of health ,new challenges in the 21st century and the fundamental conditions and resources for health are peace , shelter ,education ,social security ,social relations,food ,income, the empowerment of women ,a stable ecosystem ,social justice and equity.

The Ottawa Charter Incorporates five key action areas in health promotion .They are :

- 1. Build healthy public policy
- 2. Create supportive environment for health
- 3. Strengthen community action for health
- 4. Develop personal skills and
- 5. Re-orient health services.

# HEALTH PROMOTION

- By American Journal of Health Promotion (1986) : The science and art of helping people change their lifestyle to move towards a state of optimal health.
- The latest definition of health promotion by WHO ,is the process of enabling people to increase control over their health and its determinants and thereby improve their health.

# MDGs

- In the Millennium Declaration of September 2000, Member states of the United Nations a most passionate commitment to address the crippling poverty and multiplying misery that grip many areas of the world.

# MDGs

1. eradicate extreme poverty and hunger
2. achieve universal primary education
3. promote gender equality and empower women
4. Reduce child mortality ,
5. improve maternal health
6. combat HIV/AIDS , malaria and other diseases
7. ensure environmental sustainability and
8. develop a global partnership for development

## ○ **Health-related Millennium Development Goals in India**

- GOAL 1. Eradicate extreme poverty and hunger
- Target 2 : Halve ,between 1990 and 2015 ,the proportion of people who suffer from hunger.
- GI.T2.14-prevalence of underweight children 1990 -53% to 33.7 in 2015
- GI.T2.15 –proportion of population below minimum level of dietary energy consumption 25 in 1991 to 17.5 in 2011

- Goal 4 : Reduce child mortality
- Under –five mortality rate 112 in 1990 to 47.5 in 2015
- Infant mortality rate 80 in 1990 to 38 in 2015
- Proportion of 1 year old children immunized for measles 32.7 in 1990 to 83 in 2015

## ○ **Goal 5 Improve maternal health**

- Maternal mortality ratio 420 in 1990 to 167 in 2015
- Target B
- Contraceptive prevalence rate NA in 1990 to 55 in 2010-15
- Adolescent birth rate NA in 1990 to 31.5 in 2013
- Antenatal care coverage NA in 1990 to 50 in 2006-13
- Unmet need for family planning NA in 1990 to 21 in 2006-2013



## Goal 6 Combat HIV , Malaria and other diseases

- Target 7 : Have halted by 2015 and begun to reverse ,the spread of HIV
- G6 T7 118 ;HIV prevalence among young people 15-24 years age group
- 1990 NA 2012 (M) 0.1 and 0.1 (F)
- G6 .T7119 :Condom use in high risk population NA in 1990
- 32 (M) in 2008-12 and 17 (F)

- G6 T8.121 Malaria death rate per 100,000 in children (0-4) NA in 1990 to 8 in 2006-2010

- Goal 7 :Ensure environmental sustainability
- Target 9 integrate the principles of sustainable development into country policies and programmes and reverse the loss of environmental resources
- G7.T9.129-Proportion of population using biomass fuels NA in 1990 to 64 in 2013
- .Target 10 Halve ,by 2015 , the proportion of people without sustainable access to safe drinking water
- G7 T10.130.Prportion of population with sustainable access to an improved water source ,rural 61 in 1990 to 87 in 2011
- G7 T10.130.Prportion of population with sustainable access to an improved water source ,urban 88 in 1990 to 93 in 2011

## ○ **SUSTAINABLE DEVELOPMENT GOALS**

- The 2030 Sustainable Development Agenda is of unprecedented scope and ambition ,applicable to all countries ,goes well beyond the MDGs.SDGs are a collection of 17 global goals designed to be a ‘ blueprint to achieve a better and more sustainable future for all’ .The SDGs ,set in 2015 by the United Nations General Assembly and intended to be achieved by the year 2030

- 1. No poverty : End poverty in all its forms everywhere
- 2. Zero hunger: End hunger achieve food security and improved nutrition and promote sustainable agriculture.
- 3. Good health and well-being ; Ensure healthy lives and promote well-being for all at all ages
- 4. Quality Education : Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all

- 5. Gender Equality : Achieve gender equality and empower all women and girls
- 6. Clean water and sanitation : Ensure availability and sustainable management of water and sanitation for all
- 7. Affordable and Clean Energy:Ensure access to affordable , reliable ,sustainable and modern energy for all
- 8. Decent work and Economic Growth : Promote sustained inclusive and sustainable economic growth ,full and productive employ,mmment and decent work for all.

- 9. Industry ,innovation,and infrastructure : Build resilient infrastructure ,promote inclusive and sustainable industrialization and foster innovation
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- 10. Reducing inequality : Reduce inequality within and among countries
- 11. Sustainable cities and communities :Make cities and human settlements inclusive ,safe ,resilient and sustainable.
- 12. Responsible consumption and production : Ensure sustainable consumption and production patterns

- 13. Climate Action : Take urgent action to combat climate change and its impacts.
- 14. Life below water : Conserve and sustainably use the oceans ,seas and marine resources for sustainable development.
- 15. Life on land : Protect ,restore ,and promote sustainable use of terrestrial ecosystem ,sustainably manage forests ,combat desertification and halt and reverse land degradation and halt biodiversity loss



- 16. Peace ,justice and strong institutions  
:Promote peaceful and inclusive societies for sustainable development ,provide access to justice for all and build effective .accountable and inclusive institutions at all levels
- 17.Partnerships for the goals :Strengthen the means of implementation and revitalize the global partnership for sustainable development.



**THANK YOU**