



# SNS COLLEGE OF NURSING

Saravanampatti (po), coimbatore.



## DEPARTMENT OF NURSING

COURSE NAME : Bsc (Nursing) II Year.

SUBJECT : COMMUNITY HEALTH NURSING

UNIT : I INTRODUCTION

TOPIC : HEALTH



# What is Health



**Health**, is the combination of your physical, mental, emotional and social well-being.

**Your personal level of health effects everything about you!**

- How you look
- Feel
- Act
- Perform (school, work, with family)
- How you feel about yourself (attitude)
- Relationships



# DEFINITION OF HEALTH



According to WHO, World Health Organization, Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

In recent years, this definition has been amplified to include the ability to lead socially and economically productive life.



# PHYSICAL HEALTH



It means adequate bodyweight, height and circumference as per age, sex with acceptable level of vision, hearing, locomotion or movements, acceptable levels of pulse rate, blood pressure, respiratory rate, chest circumference, head circumference, waist hip ratio.





# PHYSICAL HEALTH



It means the body structure and functions confirming to laid down standards within the range of normal development and functions of all the systems.





# MENTAL HEALTH



Mental health is defined “as a state of well being in which the individual realized his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community”.

A mentally normal person has the ability to mix up with others, he/she makes friendship, behaves in a balanced manner, keeps himself tidy and observes adequate personal hygiene, well oriented to time, place and person and environments and he is unduly not suspicious of others.

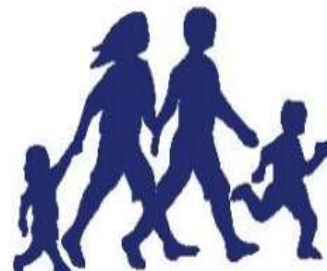




# SOCIAL HEALTH



It means ability of a person to adjust with others in his social life, at home, at work place and with people. Men interact with men and they inter-relate and inter depend on each other and pay their effective role in accordance with a situation.





Social wellbeing can be measured on scale by taking in to consideration of indicators like income, literacy and occupation (as discussed under socio economic status of family).



# CONCEPT OF HEALTH



Health is difficult to define but easier to understand. To many of us it may mean absence of disease or infirmity and to many it may mean sound body and sound mind and sound function of the body



# CONCEPT OF HEALTH

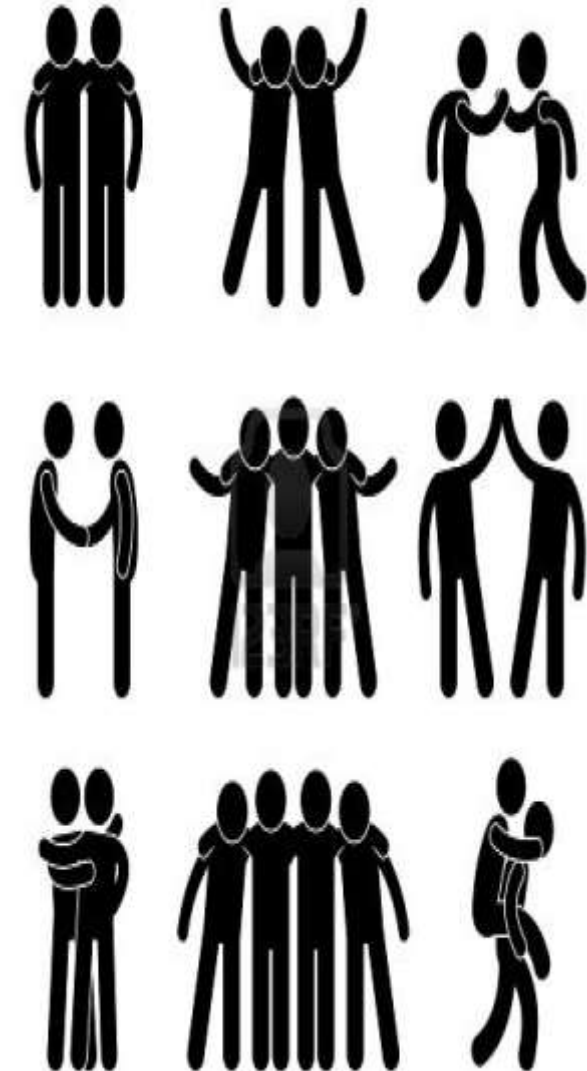


- An understanding of health is the basis of all the health care.
- Health is not perceived the same way by all the members of a community including various professional groups (like biomedical scientists, social scientists, health administrators, ecologists) giving rise to confusion about the concept of health



\*To an Anatomist,  
Healthy body means it should  
confirm to normal anatomical  
structures.

\*To a Physiologist  
Health means normal  
body functions





# Continued.....



- \* To a biochemist  
It means normal biochemical levels / values
- \* To a pathologist  
It means normal cellular make up



# Continued.....



- To a psychiatrist

It means well adjusted and a balanced personality





# CONCEPT OF HEALTH



## DIFFERENT CONCEPT:

Health has evolved over the centuries from the concept of individual concern to a worldwide social goal

The various changing concepts of health as follows:

1. Biomedical concept
2. Ecological concept
3. Psychosocial concept
4. Holistic concept

# BIOMEDICAL CONCEPT

## 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.
- The medical profession viewed the human body as a machine, disease as a consequence of the breakdown of the machine and one of the doctor’s task as repair of the machine.



# Ecological point of view



Health is viewed as a dynamic equilibrium between human being and environment, and disease a maladjustment of the human organism to environment.

The ecological concept raises two issues, viz. imperfect man and imperfect environment.

# Psychosocial concept

## SOCIAL HEALTH



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Health is not only biomedical phenomenon, but is influenced by social, psychological, cultural, economic and political factors of the people concerned.”



# HOLISTIC HEALTH



- This concept is the synthesis all the above concepts.
- It recognizes the strength of social, economic , political and environmental influences on health.
- It described health as a unified or multidimensional process involving the wellbeing of whole person .



# QUESTIONS



1. How many concepts of health?
  - a. 1
  - b. 2
  - c.3
  - d. 4
2. What is bio-medical concept?
  - a. germ theory
  - b. environment
  - c. all of above
  - d. none of above



# QUESTIONS



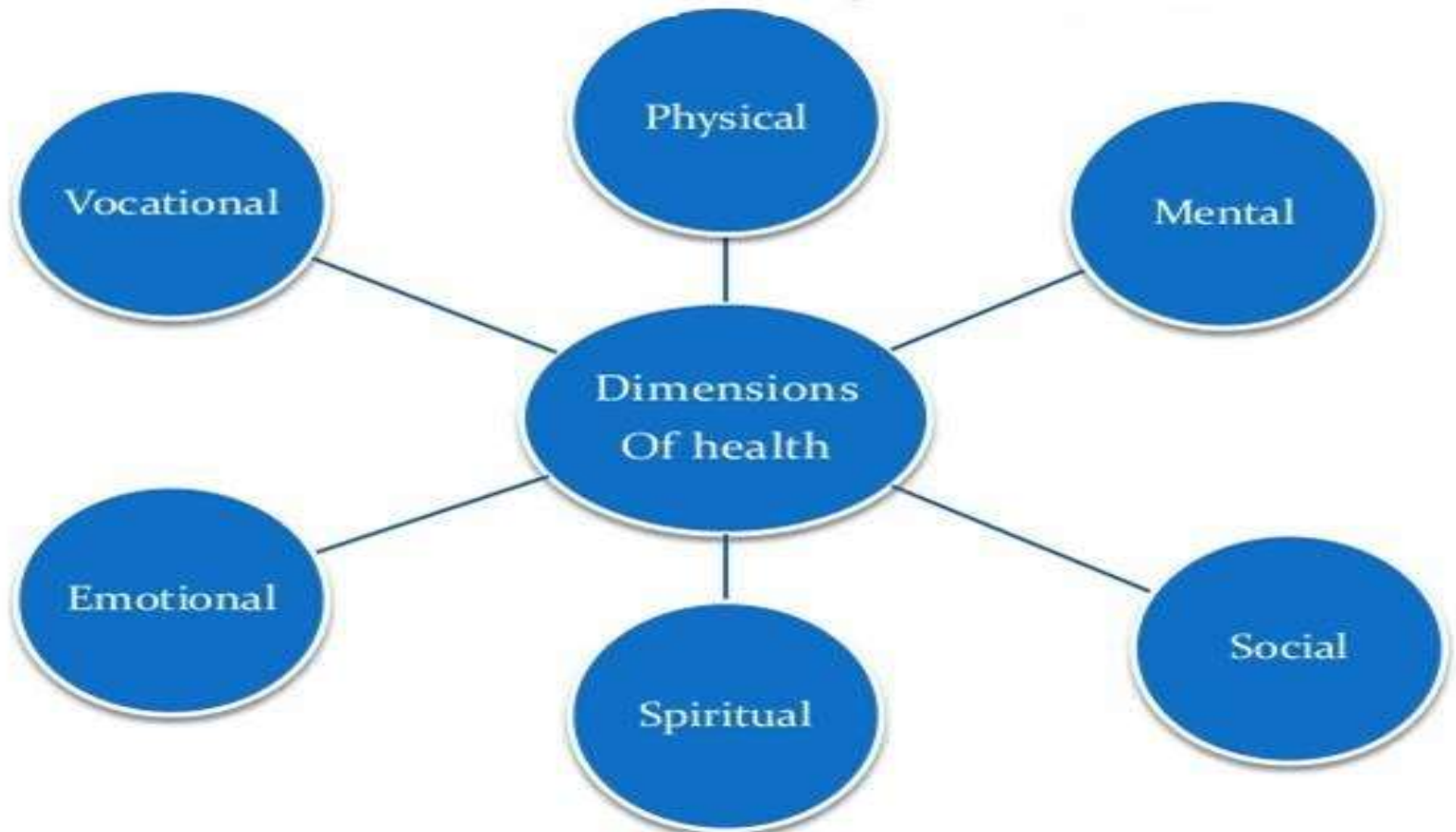
3. What is psychological concept?

- a. germ theory
- b. environment
- c. psychology
- d. All

4. What is holistic concept?

- a. all of concept
- b. environment
- c. diseases
- d. none of above

# DIMENSIONS OF HEALTH



# PHYSICAL DIMENSION

PHYSICAL DIMENSION:  
It is related to body structure and its physiology. It refers to normal functioning of all organs and systems of body resulting in harmonies functioning of the body.  
body movement.





# MENTAL DIMENSION



- It is related to the mind and refers to normal functioning of mind not merely the absence of mental illness.







# SOCIAL DIMENSION



- Social dimension refers to the abilities that enables the individual to become a whole person in the existing social nature.





# SPIRITUAL DIMENSION



- It refers to believe in the super natural aspects of universe
- which help individual to seek meaning and purpose in life, to resolve internal as well as external conflicts





# EMOTIONAL DIMENSION



- Previously mental and emotional dimensions have been seen as one element or as two closely related elements. But now these two dimensions are seen as separate from each other.



# VOCATIONAL DIMENSION

- It is a part of the human existence. The importance of this dimension is exposed when individuals suddenly lose their jobs





# QUESTIONS



1. How many dimension are there?

- a. 1
- b. 4
- c. 5
- d. 3

2. What is physical dimension?

- a. physical well-being
- b. environment
- c. air
- d. none of above



# QUESTIONS



3. What is mental dimension?

- a. healthy
- b. mental condition
- c. air
- d. all of above

4. What is vocational dimension?

- a. related to air
- b. related to job
- c. related to water
- d. none of above



# DETERMINANTS OF HEALTH



- Health is always under the influence of various factors which interact with each other and determine the health status of an individual, family and community. These factors are known as determinants of health.



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# FACTORS OF HEALTH



- These factors are known as determinants of health. These are categorized as
- 1. Human biology
- 2. Environment
- 3. Life style
- 4. Health and health allied resources





# HUMAN BIOLOGY



- It is one of the intrinsic determinant of health. It includes the factors such as
- 1. Genetic inheritance
- 2. Age
- 3. Race
- 4. Self concept

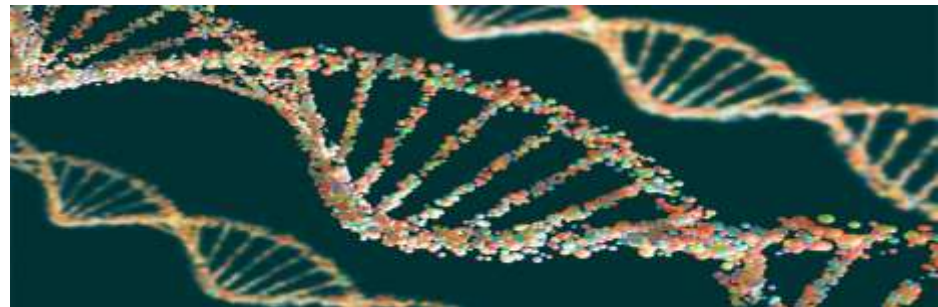




# GENETIC INHERITANCE



- Genetic inheritance influences physical characteristics and intellectual potentials of an individual. Person with desirable physical characteristics and intellectual potentialities receive positive interaction and reinforcement from people around him.



# AGE

- Age affects illness susceptibility as well as behaviour. Infants and elderly persons are more susceptible to infection



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# RACIAL FACTOR

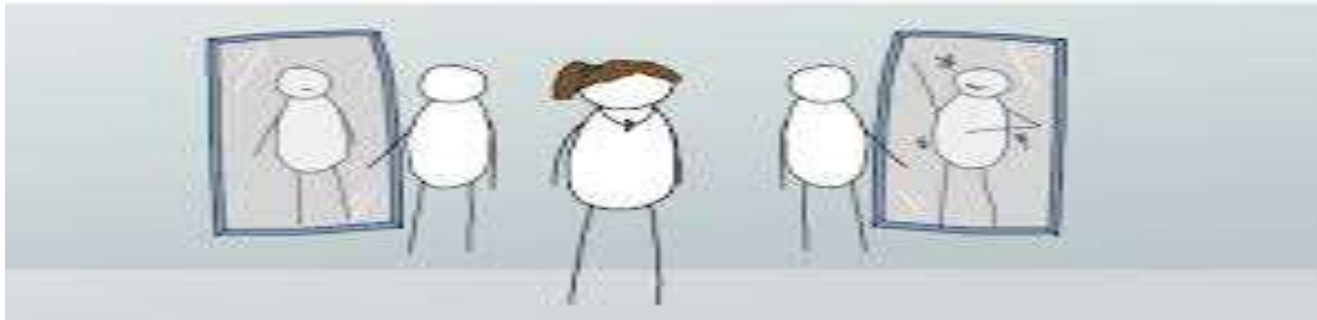


- Racial factors affect health because of different culture values and attitudes e.g sickle cell anemia is more common in Africans



# SELF CONCEPT

- Self concept implies individual self perception of his or her physical, intellectual and social abilities.





# ENVIRONMENT



- Environment is one of the extrinsic factor which influence health and wellness of human beings it may be referred to as micro and macro environment.





# COMPONENTS OF ENVIRONMENT

Components of environment :

- Physical environment
- Biological environment
- Social environment





# PHYSICAL ENVIRONMENT



- The physical environment is comprised of housing and building structures and wide variety of physical substances that affect health. These includes atmosphere, gravity, light, temperature, humidity, solar radiation etc.







# BIOLOGICAL ENVIRONMENT



- The biological environment is comprised of plant and animal kingdom which help in maintaining ecosystem and thereby health of individual





# SOCIAL ENVIRONMENT



- The social environment includes other people and social institution, sociocultural events, religious beliefs, moral and ethical values and social rules and regulations





# LIFE STYLE



- Life style refers to people way of living . It is composite of daily living activities, behavioural and cultural practices including customs and traditions.life style is acquired through formal and informal education.





# HEALTH & HEALTH RELATED RESOURCES



It includes

1. Health services
2. Socioeconomic condition
3. Political system
4. Health related services



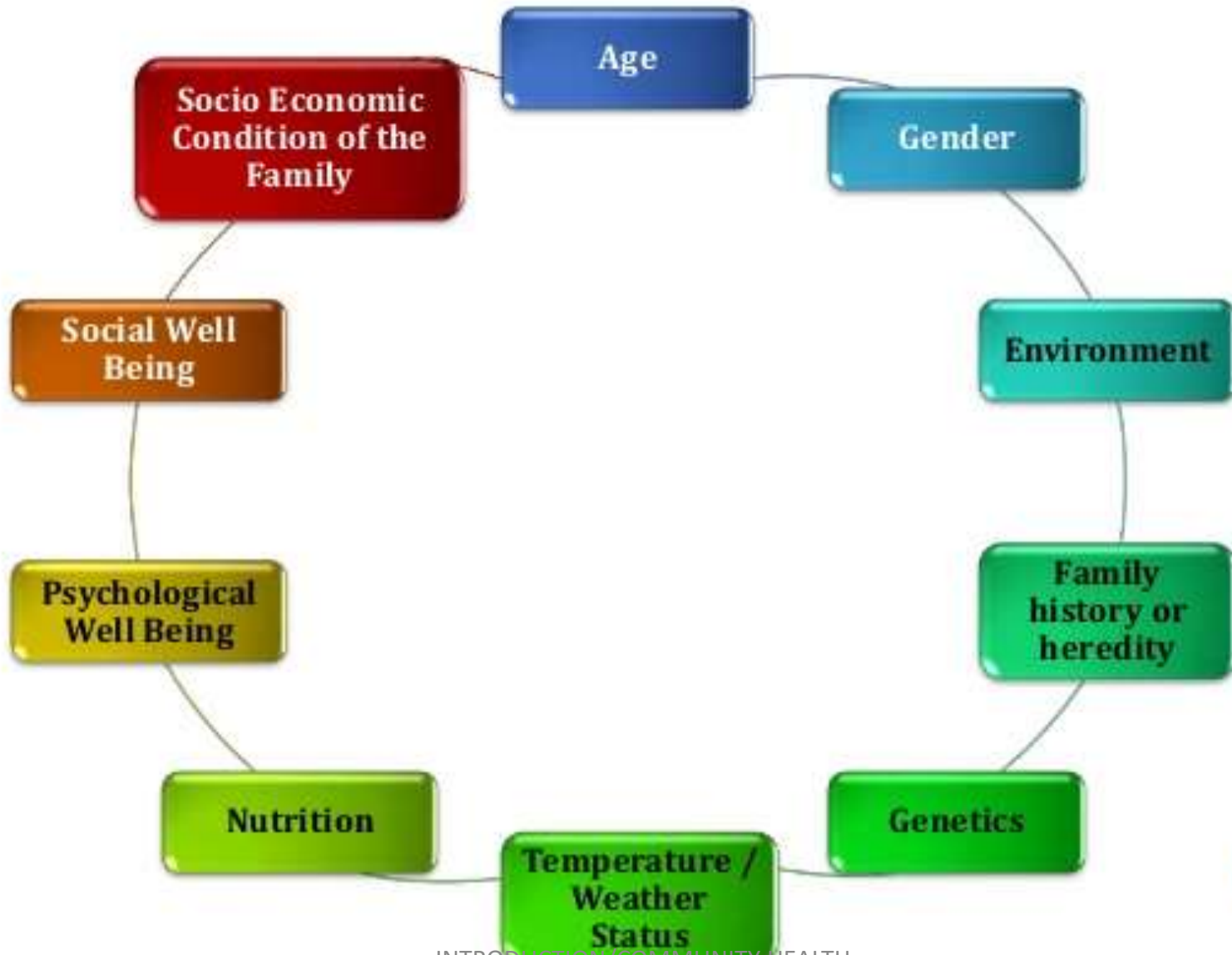


# HEALTH SERVICES



- Health services are directly concerned with the improvement of health status of people. If the health services are available and accessible then it puts a great impact on the health status of the community

# FACTORS INFLUENCING HEALTH





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