

# UNIT-1: CONCEPT OF HEALTH AND DISEASE

## Points to be covered in this topic

- 1. DEFINITION
- 2. CONCEPT AND EVALUATION OF PUBLIC HEALTH
- 3. CONCEPT OF PREVENTION & CONTROL OF DISEASE
- 4. SOCIAL CAUSES OF DISEASE
- 5. SOCIAL PROBLEMS OF THE SICK



## DEFINITION

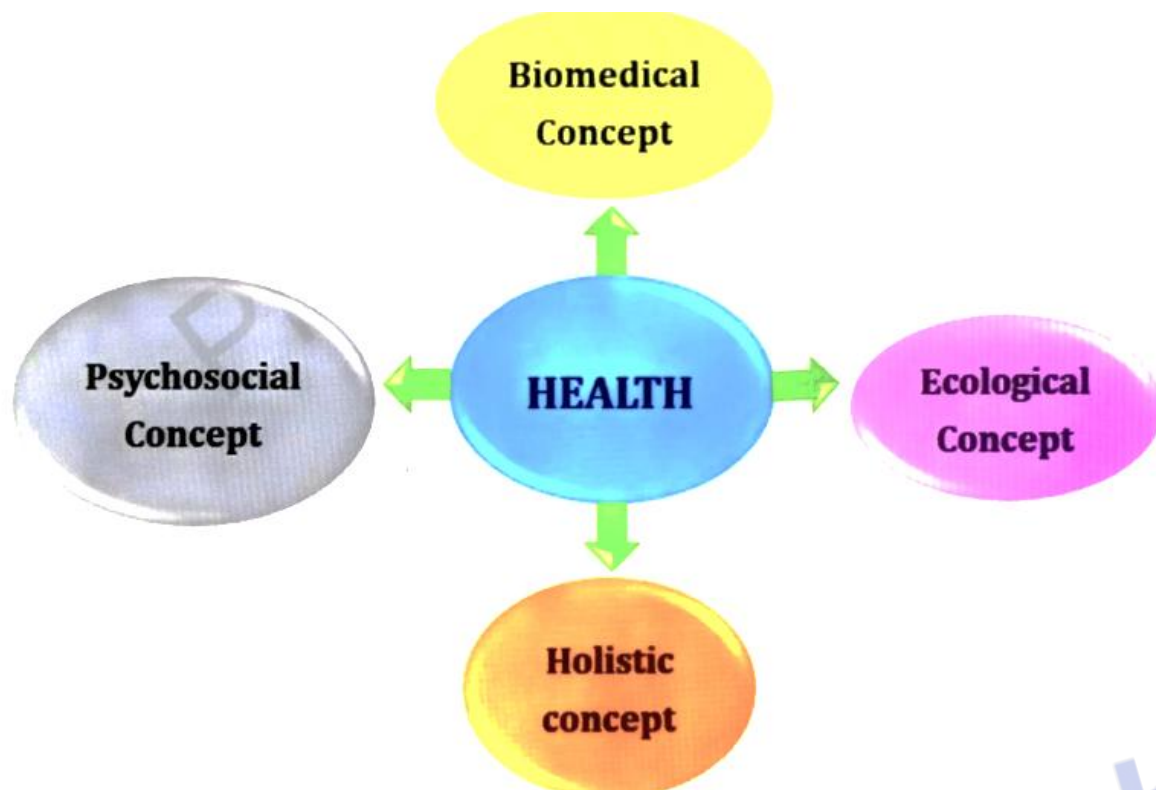
- Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.
- This concept has minimized the role of the environment, social and cultural determinants of the health.



## CONCEPT OF HEALTH

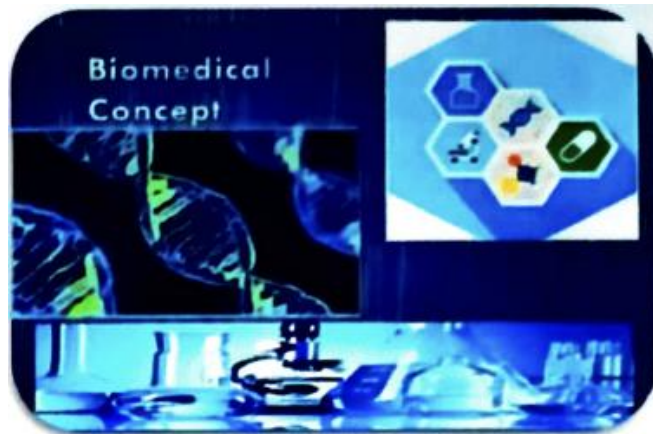
- Health has evolved over the centuries from the concept of individual concern to a worldwide social goal.
- The concept of health was changed based on healthcare professional groups.
- An understanding of health is the basis of all the healthcare.

The following are the changing concepts of health:



#### ❖ Biomedical Concept

- This concept was based on the "germ theory of the disease".
- This concept states that, health means "Absence of disease".
- The medical profession considered the human body as a machine and disease is an outcome of the breakdown of the machine and the doctor's task was to repair the machine.
- This concept was not universally accepted because it excludes environment, social and cultural determinants of the health.
- The developments in medical and social sciences came to conclusion that, the biomedical concept on health was inadequate.



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### ❖ Ecological Concept

- Deficiencies in the biomedical concept gave rise to this concept.
- The ecologists put forward the concept of ecological concept.
- Ecologists state that health is a dynamic equilibrium between man and his environment and the disease as maladjustment of the human being to environment.

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### ❖ Psychosocial Concept

- Developments in field of social sciences revealed that health is not only a **biomedical phenomenon**, but one which is influenced by **social, psychological, culture, economic & political factors** of people concerned.
- This concept states that health includes; both biological and social phenomenon.

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### ❖ Holistic concept

- Holistic health of relating to holism.

- Synthesis of all the above concepts recognizes strength of **social, economic, political & environmental influences** on health.
- This approach implies that all sectors of society have an effect on health, in particular **animal food, industry, education, housing, public society** other sectors.

## ◆ DIMENSIONS OF HEALTH

Health is a multidimensional concept which includes; physical, mental and social health. Mental and physical health is probably the two most common types of health. But also includes; spiritual, emotional, intellectual and environmental.

### 1. Physical Health Dimensions:

- It is defined as state in which **every cell** and **every organ** is functioning at optimum capacity and imperfect harmony with the rest of the body.
  - It indicate that all body organ are structurally and functional in a normal state and their the organ and organ systems.
- A good complexion
  - Bright eyes
  - Not too fat
  - A good breath
  - Sound sleep
  - Good appetite



### 2. Mental Health Dimensions:

- Mental Health has been defined as “a state of balance between the individual and the surrounding world”, a state of harmony between oneself and others, a coexistence



between the realities of the self and that of other people and that of the environment”.

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### 3. Social Health

- Social wellbeing implies “**Quality and quantity** of an individual’s interpersonal ties and the extent of involvement with the community”.



➤ The social health dimension of health includes—

- Communication, Intimacy, respect, equality, social functioning
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### 4. Spiritual Health

- Spiritual health in this context, refers to that part of the **individual** which reaches out and strives for **meaning** and purpose in **life**.



### 5. Emotional

- Mental and emotional dimensions were seen one in the same thing but as **more research** becomes available a definite difference is emerging.
- Mental health can be seen as “**knowing**” or “**cognition**”, while emotional health refers to “**feeling**”.



### 6. ENVIRONMENTAL HEALTH

- Environmental wellness also requires learning about and protecting our self, against environmental hazards.



- Environmental health comprises those aspects of human health, including quality of life, that are determined by physical, chemical, biological, social and psychosocial factors in the environment.



## EVALUATION OF PUBLIC HEALTH

- Public health is defined as: "**The science and art of preventing disease**", prolonging life and improving quality of life.
- Evaluation is a core public health skill and responsibility both in **terms of advocacy and leadership**.
- Public health evaluation is a process used by researchers, practitioners and educators to assess the value of health.

**The main purposes of evaluation in public health are:**

1. To determine the effectiveness of a given intervention.
2. To assess and improve the quality of the intervention.



## EVALUATION DESIGN

### 1. **Experimental Design:**

- This design used to identify if a programme or intervention is more effective than the current process.
- It involves randomly assessed participants to a treatment or control group.

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### 2. **Quasi-experimental Design:**

- This design does not include; a random assignment component, but may involve comparing a treatment group to a similar group that is not participating in the programme.

### 3. **Non-experimental Design:**

- It does not involve comparison group.
  - A Non-experimental designs may include; pre- and post-intervention studies no control or comparison group, case study approaches and post-intervention-only approaches, among others.
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## **TYPES OF EVALUATION IN HEALTH PROMOTION**

### 1. **Formative Evaluation:**

- It is used to monitor the learning process of students during the period of instruction.
  - It provides continuous feedback to both teacher and student concerning learning successes and failure while instruction is in process.
  - It aims at improvement of instruction.
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### 2. **Process Evaluation:**

- Process evaluation is a type of formative evaluation used to assess the type, quantity and quality of programme activities or services by the researchers.
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### 3. **Outcome Evaluation:**

- Outcome evaluation can focus on both short- and long-term programme objectives.
- Appropriate measures demonstrate changes in health conditions, quality of life and behaviours of the participants.

### 4. **Impact Evaluation:**

- This evaluation used to assess the programme's effect on participants.



- Measures included in evaluation are changes in awareness, knowledge, attitudes, behaviours and/or skills of participants.
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### 5. Performance Monitoring:

- Performance monitoring is ongoing evaluation of the programme to have data at the baseline and at key milestones in the work plan.
  - This provides continuous, real-time feedback on programme progress.
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### 6. Cost-benefit Evaluation:

- Cost-benefit evaluations study the cost-effectiveness of the programme by reviewing the relationship between the project/programme costs and the outcomes (or benefits) from the programme.

## CONCEPT OF DISEASE PREVENTION

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### ❖ Definition

- “Activities designed to protect patients and other members of the public from actual or potential health threats and their harmful consequences”.
- Disease prevention involves actions to reduce or eliminate exposure to risks that might increase the chances that an individual or group will incur disease, disability, or premature death.





## ❖ Levels of Prevention

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### 1. Primordial Prevention:

- Primordial prevention consists of actions and measures that inhibit the emergence of risk factors in the form of environmental, economic, social and behavioural conditions and cultural patterns of living, etc.
  - In primordial prevention, efforts directed toward discouraging kids from adopting harmful life.
  - The main intervention in primordial prevention is through individual and mass training.
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### 2. Primary Prevention

- Primary prevention can be defined as the action taken prior to the onset of disease, which removes the possibility that the disease will ever occur.
- In this action are taken before the onset of Disease.
- It signifies intervention in the pre-pathogenesis phase of a disease or health problem.



### 3. Secondary Prevention

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- It is defined as "An Action which halts the progress of a disease at its incipient stage and prevents complications."

**The specific interventions are:**

- 1) Early diagnosis (e.g. Screening tests, breast self-examination, pap smear test, radiographic examinations etc.) & Treatment
- 2) Secondary prevention attempts to arrest the disease process, restore health by seeking out unrecognized disease and treating it before irreversible pathological changes take place and reverse communicability of infectious diseases.

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#### 4. Tertiary Prevention

- It is used when the disease process has advanced beyond its early stages.
- It is defined as "all the measures available to reduce or limit impairments and disabilities, and to promote the patients' adjustment to irremediable conditions."

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**Intervention that should be accomplished in the stage of tertiary prevention are-**

1. Disability limitation, and
2. Rehabilitation.

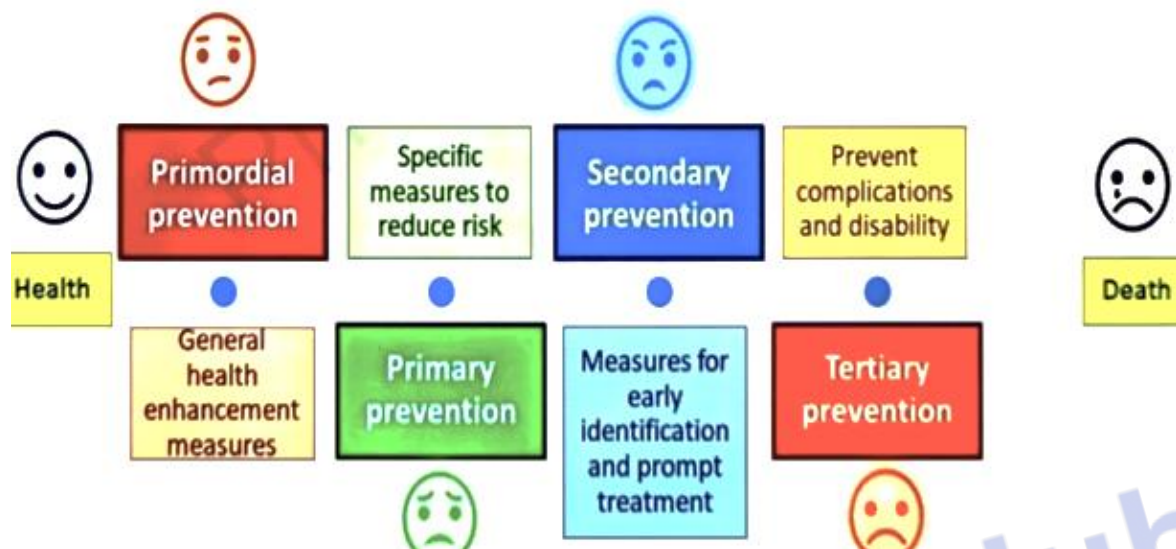


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#### DISABILITY LIMITATION INCLUDES:

- **Impairment** is "any loss or abnormality of psychological, physiological or anatomical structure or function".

- **Disability** is "any restriction or lack of ability to perform an activity in the manner or within the range considered normal for the human being".
- **Handicap**: A mental or physical disadvantage, such as blindness or a missing leg, is a handicap: something that disables you in some way. Handicaps can also be imposed artificially to even out the odds in sporting events.



## Rehabilitation

- Rehabilitation is defined as “a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment”.

### ❖ Rehabilitation includes:

- Medical rehabilitation
- Vocational Rehabilitation
- Social rehabilitation
- Psychological rehabilitation

## ❖ Determinants of Prevention

**Successful prevention depends upon:**

- ● Dynamics of transmission.
- ● A knowledge of causation.
- ● Identification of risk factors and risk groups.
- ● An organization for applying these measures to appropriate persons or groups.
- ● Availability of prophylactic or early detection and treatment measures.
- ● Continuous evaluation of and development of procedures applied.

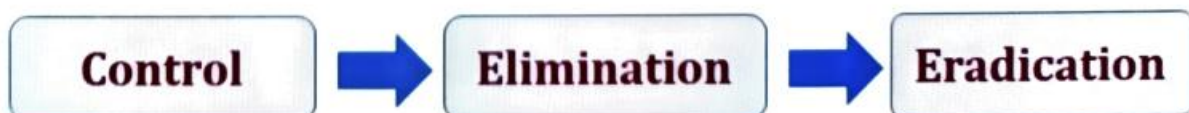
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## ❑ CONCEPT OF DISEASE CONTROL

The term **disease control** describes ongoing operations aimed at reducing:

- ● The incidence of disease.
- ● The duration of disease and consequently the risk of transmission.
- ● The effects of infection, including both the physical and psychosocial complications.
- ● The financial burden to the community.

**Control activities focus on primary prevention or secondary prevention, but most programmes combine both.**



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### ❖ Disease Elimination:

- Between control and eradication, an intermediate goal has been described, called "**regional elimination**"
- The term "**elimination**" is used to describe interruption of transmission of disease, as for example, elimination of measles, polio and diphtheria from large geographic regions or areas
- Regional elimination is now seen as an important precursor of eradication



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### ❖ Disease Eradication:

- Eradication literally means to "*tear out by roots*".
- It is the process of "**Termination of all transmission of infection by extermination of the infectious agent through surveillance and containment**".



- Eradication is an absolute process, an "*all or none*" phenomenon, restricted to termination of an infection from the whole world. It implies that disease will no longer occur in a population.
  - To-date, only one disease has been eradicated, that is smallpox.
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### ❖ **Monitoring:**

- **Monitoring is** *"the performance and analysis of routine measurements aimed at detecting changes in the environment or health status of population"*  
(Thus, we have monitoring of air pollution, water quality, growth and nutritional status, etc.)
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### ❖ **Surveillance:**

- ● Surveillance is continuous scrutinizing or watchfulness over the distribution and spread of infection or disease for effective control and prevention of disease.
  - ● Surveillance is a more intensive form of data recording than monitoring.
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## ❑ **SOCIAL CAUSES OF DISEASE**

- ● Social determinants of health reflect the **social factors and physical conditions** of the environment in which, people are born, live, learn, play, work and age.
- ● It is known as social and physical determinants of health, they impact a wide range of health, functioning and quality-of-life outcomes.

**The World Health Organization has identified 10 social determinants of health:**

1. **The social gradient**
2. **Stress**
3. **Early life**
4. **Social exclusion**

5. Work
6. Unemployment
7. Social support
8. Addiction
9. Food
10. Transport

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## SOCIAL PROBLEMS OF THE SICK

**Sick:** The term "*Sick*" may be defined as the person who is physically or mentally ill.

The difficulties that sick and long-term ill people are facing are divided into various categories which include:

- ● Social Relationship
- ● Education Problems
- ● Employment issues
- ● Loss of independence
- ● Communication issues

### **Social Relationship:**

Smaller persons, hearing impaired persons, mentally retard persons, generally not interact with society because of threat or insulting by society.

This make those persons mentally ill and finally sick.



### ❖ Education Problems:

Even making a huge amount of efforts, education development is still at low level and there are various educational problems faced in the progress of education.

- ● Lack of funds
  - ● Expensive higher education
  - ● Problem of brain drain
  - ● Problems of primary education
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### ❖ Employment issues:

There are many youths in India who are not getting the work (the eligible work). India is facing problem in generating employment for the young population. The increase in population of India, affects the employment. The chances are less as compared to the number of employees. So many people remain unemployed.

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### ❖ Loss of Independence:

Situation of disabled persons, paralyzed persons is worse and they loss freedom because they totally depends on other for regular activities like eating, bathing, dressing which leads to quality life and cause risk.

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### ❖ Communication issues:

Communication problem is a major problem in social life. Mentally stressed or depressed people have difficulty in expressing and due to this, other person find it hard to communicate with them.