

HEALTH AND HUMAN DEVELOPMENT UNIT 3 AND 4

UNIT 3

What is health?

- > Relates to the stage of a person's physical, social, emotional, mental and spiritual existence.
- > Relates to how the individual feels about their life in various dimensions.
- > The WHO definition is "health is a state of complete physical, mental, social wellbeing, not merely the absence of disease or infirmity."

Wellbeing:

- > A complex combination of all dimensions of health, characterised by an equilibrium in which the individual feels happy, capable and engaged.

Definition of health and wellbeing:

- > Relating to the state of a person's physical, social, emotional, mental and spiritual existence and is categorised by an equilibrium in which the individual feels happy, healthy and engaged.

Disease and illness:

- > Disease
 - o Disturbance involving dysfunction or tissue damage
 - o A physical or mental disturbance involving symptoms, dysfunction or tissue damage
- > Illness
 - o Subjective concept relating to a person's perspective on a disease

Optimal health and wellbeing:

- > Refers to
 - o An individual's physical, emotional and mental abilities
 - o Having optimal health and wellbeing reduces the risk of infectious diseases

Dynamic concept:

- > Relates to how an individual's health is constantly changing.
 - o For example:
 - o A person with a migraine (low quality health and wellbeing) can rest and/or take medication that can improve their health and wellbeing

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