

PREREQUISITES FOR HEALTH

Prerequisite

Something that is required as a prior condition for something else to happen.

Income

Individual: Increased ability to afford health-care, food, shelter, education.
Government: Increased ability to provide public healthcare systems, public education, and infrastructure.

Access to these basic resources improves all dimensions of H&WB.

Food Shelter

Adequate access to nutritious foods is required for the efficient functioning of most systems in the human body, making it a vital requirement for health, particularly physical.
Shelter is a place that provides protection from bad weather or danger. It is considered a basic human right and is linked to a range of improved health outcomes.

Education Peace

Often seen as one of the keys to improving the health of individuals and communities. Educated individuals generally experience higher levels of H&WB in all aspects.
Peace generally refers to a time where there is no conflict or war. During times of conflict and war, individuals are at greater risk of physical injury and death, access to resources can be limited due to destruction in communities.

Social justice Equity

PREREQUISITES FOR HEALTH (cont)

Refers to the equal distribution of resources and opportunities.
The quality of being fair and impartial.

Sustainable resources

The H&WB of current and future generations is dependant on the ongoing availability of the resources we rely on in everyday life. The ability to have access to these resources allows individuals to attend school, sustain employment and recreational activities.

CONCEPTS OF HEALTH AND WELLBEING

Health and Wellbeing

Overall state of a person's physical, mental, emotional, social and spiritual being

Physical H&WB

Physical health relates to the efficient functioning of the body and its systems.

Emotional H&WB

Relates to the ability to express feelings in a positive way. The ability to display resilience and positive management and expression of emotional actions and reactions

Spiritual H&WB

Illness

A subjective concept related to personal experience of a disease

Social H&WB

How individuals interact with others and within the community. Being able to maintain positive and meaningful connections.

Mental H&WB

The current state of wellbeing related to the mind and brain. The ability to think and process information and wellness of the mind rather than illness.

CONCEPTS OF HEALTH AND WELLBEING (cont)

Relates to ideas, values, beliefs and ethics. A guiding sense of meaning and value and a feeling of belonging.

BENEFITS OF OPTIMAL H&WB

Optimal H&WB

Optimal health is a state of complete physical, mental, and social well-being. Promote healthy behaviors by focusing on a holistic approach to achieving your best health outcome.

Individual benefits

When an individual is experiencing optimal H&WB they are able to participate effectively in daily life and productively complete their chosen activities.

National benefits

A country that experiences a high overall level of H&WB will see an increase in both social and economical benefits, such as greater average incomes and greater community participation.

Global benefits

Countries experiencing optimal H&WB reduce health risks to other countries, such as a reduction in spread of disease across borders, increase in trade opportunities and greater progress in achieving the global sustainable development goals.

DYNAMIC SUBJECTIVE NATURE AND INTERRELATIONSHIPS

Dynamic

Subjective



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Published 12th February, 2023.

Last updated 12th February, 2023.

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DYNAMIC SUBJECTIVE NATURE AND INTERRELATIONSHIPS (cont)

Constantly changing. Changes can occur quickly in response to a range of factors, like illness, injury, or relationship breakdown. H&WB can improve in a short period of time with medication.

Influenced by, or based on personal beliefs, feelings or opinions. It is the way an individual perceives their own H&WB. Two different people with similar physical H&WB levels can have quite different perspectives of their own H&WB.

Interrelationships between the dimensions of H&WB

The dimensions of H&WB are all interrelated in the way that they may influence and impact each other.

HEALTH INDICATORS

Health indicators	Self-assessed health status
Standard	a measure based on a person's own opinion about how they feel about their health and wellbeing, their state of mind and their life in general. It is commonly sourced from population surveys.
Life expectancy	health adjusted life expectancy (HALE)

HEALTH INDICATORS (cont)

An indication of how long a person can expect to live; it is the number of years of life remaining to a person at a particular age if death rates do not change.' (AIHW, 2008)

a measure of burden of disease based on life expectancy at birth, but including an adjustment for time spent in poor health. It is the number of years in full health that a person can expect to live, based on current rates of ill health and mortality.

mortality

infant mortality rate

refers to death, particularly at a population level

measures the rate of deaths of infants between birth and their first birthday, usually expressed per 1000 live births

under- five mortality rate (U5MR)

maternal mortality ratio

measures the number of children that die before their fifth birthday, usually expressed per 1000 live births

the number of mothers who die as a result of pregnancy or childbirth per 100 000 live births.

morbidity

morbidity rate

Refers to ill health in an individual and the levels of ill health in a population or group.' (AIHW, 2008)

measure of how many people suffer from a particular condition during a given period of time

incidence

prevalence

HEALTH INDICATORS (cont)

the number or rate of new cases of a disease/condition during a given period of time

the number or proportion of cases of a particular disease or condition in a population at a given time period

burden of disease

Years of life lost (YLL)

a measure of the impact of diseases and injuries, specifically it measures the gap between current health status and an ideal situation where everyone lives to an old age free of disease and disability. Burden of disease is measured in a unit called the DALY (VCAA). one DALY equals one year of healthy life lost due to premature death (YLL) and time spent with illness, disease or injury (YLD)

years lost to disability (YLD)

Disability adjusted life year



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Published 12th February, 2023.
Last updated 12th February, 2023.
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HEALTH INDICATORS (cont)

a measure of how many healthy years of life are lost due to illness, injury or disability.	A measure of burden of disease. One daly = one year of healthy life lost due to premature death (yll) and time spent with illness, disease or injury. Yld
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Published 12th February, 2023.

Last updated 12th February, 2023.

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