

HEALTH AND HUMAN DEVELOPMENT – UNIT 3 SUMMARY SHEETS

Chapter 1 – Refer to pages 1 - 36 to help you answer the questions

Summary sheet 1

- Define health, wellbeing and illness
- Write the WHO definition of health somewhere on the page (refer to pages 4-5)

Summary sheet 2

- List the 5 dimensions of health (refer to pages 10-16)
- Give two examples for each dimension of health
- What does it mean to say that health is 'subjective'?
- Explain how health is 'dynamic'

Summary sheet 3

- Provide an example of the interrelationship between each dimension of health and wellbeing (refer to page 19)

Summary sheet 4

- List 2 or more ways that optimal health and wellbeing can act as a resource (refer to pages 21-25)
 - Individually, Nationally and Globally

Summary sheet 5

- List the 9 prerequisites for health
- Provide a definition for each of the 9 prerequisites for health (refer to pages 26-35)

Summary sheet 6

- Provide two links to improved health outcomes for each prerequisite of health

DEFINITIONS

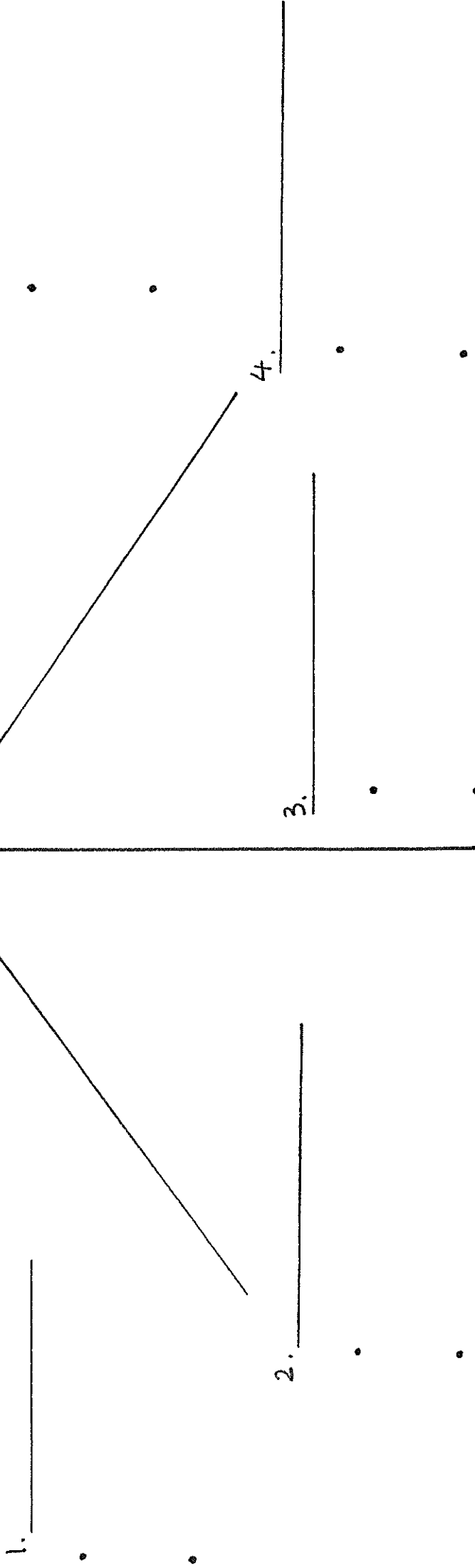
Health :

Well being:

Illness :

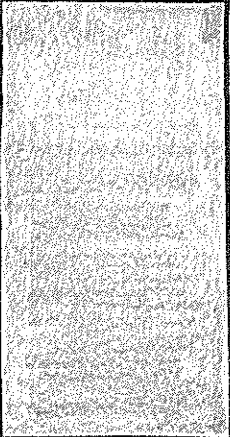
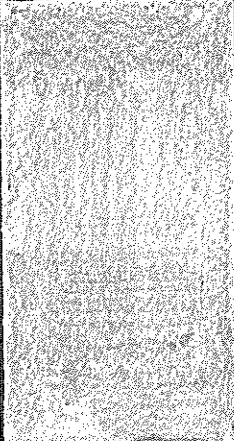
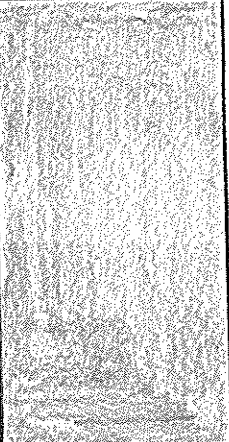
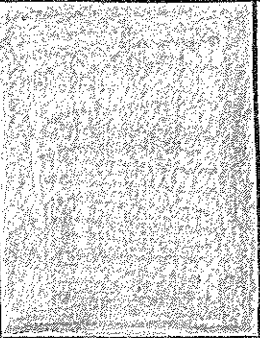
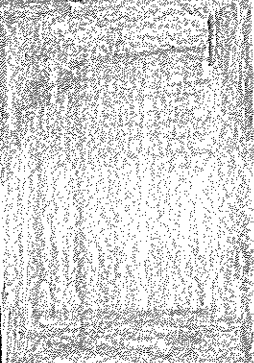
WHO definition
of Health :

Health



SUBJECTIVE : what does it ...

DYNAMIC : Explain ...

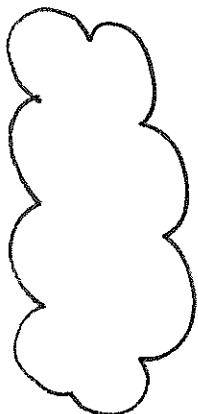
	Physical	Social	Mental	Emotional	Spiritual
Physical					
Social					
Mental					
Emotional					
Spiritual					

INDIVIDUALLY

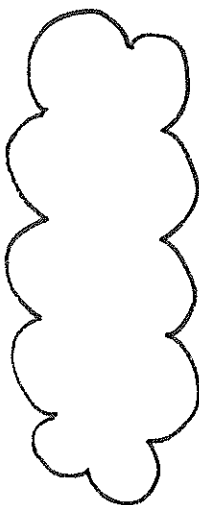
NATIONALLY

GLOBALLY

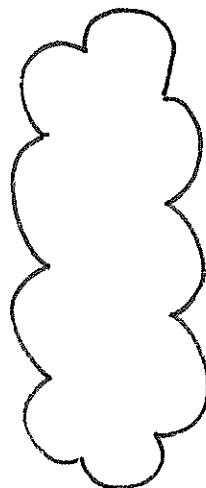
PREREQUISITES FOR
HEALTH:



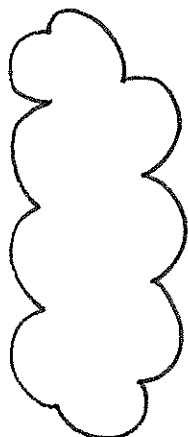
.



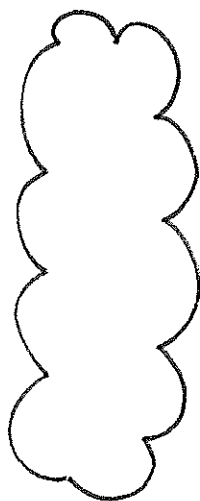
.



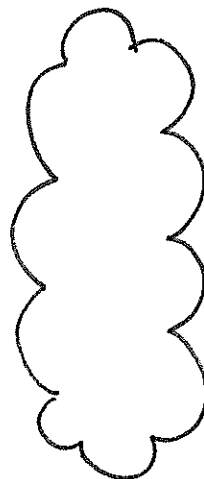
.



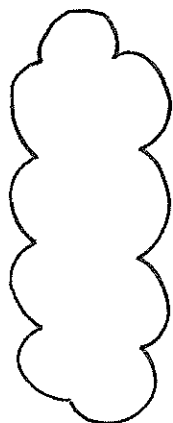
.



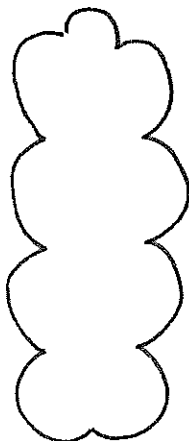
.



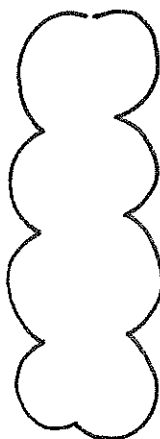
.



.



.



.

