**Unit 3 & 4 Health and Human Development**

**1.2 Concepts of health and wellbeing and illness**

1. The WHO definition of health is ‘a state pf complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.
This definition could have its limitations as it only covers three of the five dimensions of health and wellbeing.
2. The WHO definition of health was significant when it was written because it was the first time that health had been considered as being more than physical health.
3. ‘Health and wellbeing’ relates to the state of a person’s physical, social, emotional, mental and spiritual existence and is characterised by an equilibrium in which the individual feels happy, healthy, capable and engaged.
4. The five dimensions of health and wellbeing are: physical, mental, emotional, social and spiritual.
5. Health and wellbeing is the state of a person’s existence which is viewed in different ways whereas illness is also viewed in many ways but is related to a personal experience of a disease.
6. A disease is a physical or mental disturbance involving symptoms, dysfunction or tissue damage, while illness if a more subjective concept related to personal experience of a disease.

**1.2 Case Study; Indigenous perspectives on health and wellbeing**

1. Land promotes the health and wellbeing of Indigenous people because it is the core of all spiritually and this relationship is important to Indigenous people. Each space of land a clan owned was separated by specific natural features, but clans were known to share things such as stories and languages which would ultimately promote their social health and wellbeing.
2. Tom Dystra compares the use of Indigenous land and non-Indigenous Australians by stating that the Indigenous people cultivated their land in a different way and endeavoured to live with the land while the white men lived off it. Indigenous people were taught to preserve the land rather than to destroy.
3. Kinship can promote health and wellbeing among Indigenous Australians by increasing specific social relationships between people in clans. It also gave Indigenous people special connection with their land areas based on their kin. These relationships had roles and responsibility that created an order among the Indigenous and enforced laws and norms on how to behave.

**1.3 Dimensions of health and wellbeing**

1. Physical health and wellbeing relates to the functioning of the body and its systems; includes appropriate levels of fitness and freedom from illness, injury and disease.
Social health and wellbeing relates to the ability to form meaningful and satisfying relationships with others as well as being able to manage and adapt appropriately to different social situations; includes a supportive network of friends and effective communication with others.
Emotional health and wellbeing relates to the ability to express emotions and feelings in a positive way; includes having a high level of resilience and recognise and understand the range of emotions.
Mental health and wellbeing relates to the current state of the mind or brain and its ability to think and process information; includes low levels of stress and anxiety and positive self-esteem.
Spiritual health and wellbeing relates to ideas, beliefs, values and ethics that arise in the minds and conscience of human beings; includes a sense of belonging and having a positive meaning and purpose in life.
2. a) A sense of belonging to a community; spiritual

b) Having an asthma attack; physical
c) Positive thought patterns; mental
d) Recognising the difference between embarrassment and anxiety; emotional
e) Experiencing productive relationships with school mates; social
f) Having adequate levels of energy; physical
g) Experiencing positive self-esteem; mental
h) Having effective communication with others; social

i) Experiencing sadness at appropriate times; emotional

j) Establishing and acting according to values and beliefs; spiritual

**1.4 Interrelationships between five dimensions**

1. The dimensions of health and wellbeing are all interrelated, meaning they all affect each other.
2. Optimal health and wellbeing refers to the highest level of health and wellbeing an individual can realistically attain.
3. Every person has a different level of optimal health and wellbeing because everyone is born with a different genetic potential and is influenced by different environments.
4. (not this question)
5. a) Earning an income; being healthy (physical) could mean that close to no of work are missed which would increase productive time spent with co-workers, thus promoting social health and wellbeing and earning an income.

b) Contracting the flu; someone who is sick (physical) may not be able to attend social functions with friends (social).

c) Having a close group of friends; having many friends (social) could make someone confident and boost their self-esteem and positive thoughts and self-talk (mental).

d) Feeling a part of a community group; a feeling of belonging (spiritual) could mean someone’s confidence levels are boosted which could result in more new social interactions (social).

e) Having positive thought patterns and an optimistic look on life; spiritual health and wellbeing could affect someone’s positive emotions (emotional health and wellbeing)

1. I agree with this statement to the extent of depending how bad the negative event experienced is. A relationship break-up can be bad in some instances but is not as bad as a death of a close relative. Despite both being negative events, the death would cause more negative impacts on the dimensions of health and wellbeing than a break-up would.

**1.4 Case Study; Sandy’s Story**

1. Physical: reduced amount of time at the gym and preparing healthy meals has caused Sandy to gain weight.
Mental: Sandy has been feeling more stressed at work.
Emotional: Sandy feels sad but has been able to manage these emotions.
Social: Sandy had to cut back on social activities such as netball and spending time with her family.
Spiritual: missing these interactions has made Sandy feel disconnected.
2. Physical: Sandy’s physical health and wellbeing has started to decline, and she is losing appropriate fitness levels.
Mental: the amount of work Sandy has been giving is starting to stress her out.
Emotional: all the work that has been given to Sandy is starting to make her feel sad as she has to start cutting down on things she enjoys.
Social: the time spent on work means she has less time to spend with her family and friends.
Spiritual: the disconnection Sandy feels is due to the lack of interactions and doing things she enjoys.
3. The health and wellbeing dimensions are interrelated in Sandy’s story as they all affect each other. Her declining mental health and wellbeing has forced Sandy to focus more on her work than anything else which means she must cut off her social life which is making her feel sad and feel disconnected. Due to the lack of time she must do anything other than work, she hasn’t gone to the gym either.

**1.5 Optimal health and wellbeing as a resource**

1. a) Work productively, earn an income and exercise.

b) Sleeping well would help for my work to be even more productive and I would have a lot more energy to do things. Living independently could decrease my social health and wellbeing. Increasing leisure time would reduce anxiety and stress levels. Working towards a purpose in life would give me the right mental health and wellbeing needed to complete things. Spending time with friends, while increasing my social health and wellbeing would also reduce stress and anxiety levels. Effectively running a household would give me a purpose in life and would motivate me to do more things. Gaining an education can help with increasing nearly all of the dimensions and would positively impact my social skills the most while helping me get a good job and earn a stable income.

1. Promoting good health and wellbeing is important for many governments because health and wellbeing rates would increase. Income earned by people are taxed to the government as revenue, so if the population had a bad health and wellbeing then the income earned would be rather low and the government would receive no revenue.
2. a) A mechanic relies on his tools for his job so if a mechanic does not use his tools properly then he will not be successful in his job. This goes the same for a man, if he does not take care of his health and wellbeing, then he will unsuccessful in life.
b) Health is the most important thing to someone. If a person does not have health then how are they meant to attain anything else, especially something worth of gold and silver?
c) Healthy citizens would no doubt earn a stable and good income which the government then can revenue from taxes.
3. a) Spending time with friends can reduce stress and anxiety levels.
b) Reduced stress and anxiety levels in communities.
c) Reduced risk of disease transmission between countries.

**1.6 Prerequisites for health part 1**

1. The Ottawa Charter was the document where the prerequisites for health were identified.
2. The nine prerequisites for health according to the World Health Organisation are: peace, food, shelter, equity, education, income, stable ecosystem, sustainable resources and social justice.
3. The purpose of identifying prerequisites for health is to help governments and other groups that work towards providing all people with the basic necessities for a decent life.
4. Peace is referred to as the absence of conflict.
5. Shelter is a structure that provides protection from the outside environment.
6. Stable ecosystem and food stand out to me the most because if we don’t have a stable ecosystem to live in then we don’t have access to resources such as water and vegetation. We will not last very long without food so if we do not have food then we are unable to complete things while starving and we will have lowered energy levels.
7. Peace can promote social health and wellbeing as people would feel safe in their community and have the freedom to move about as they like and interact with each other. Peace would also promote physical health and wellbeing as there would be less injury and deaths caused by conflict.
8. Education can promote physical health and wellbeing as it teaches young children the importance of physical activity and staying healthy as well as school including breaks for children to be physically active in. Education would promote social health and wellbeing as school has many other students who attend so children would learn from a young age how to appropriately interact with others.
9. With a stable amount of food, it would reduce stress and anxiety levels of people who could be worried when their next meal will be and in more rural communities where there is less food, people can share food with each other, allowing them to interact with one another and learn appropriate socialising skills.
10. Adequate shelter would promote good mental health and wellbeing as it would reduce stress and anxiety levels of people as they are protected from natural occurrences such as rain and storms. It would also assist with good physical health and wellbeing as it would protect people from infectious diseases and illnesses.

**1.7 Prerequisites for health part 2**

1. a) An ecosystem is a community that consists of all the living and non-living components of a particular area.

b) Sustainability refers to meeting the needs of the present without compromising the ability of future generations to meet their own needs.
c) Social justice refers to equal rights for all, regardless of personal traits like sex, age, class and income, ethnicity, religion or sexual orientation.
d) Equity is a concept that relates to fairness and social justice. There are minimum levels of income and resources that everyone should have access to.

1. A stable ecosystem refers to when a balance is achieved between the environment and the species that live in an environment. Stable ecosystems are important to humans because the resources it provides are easily available to us and regenerate quickly.
2. Generating an income can assist governments promoting a country’s health and wellbeing because the taxes paid by the population becomes the government’s revenue. The government’s income could be used to provide a country’s population with things such as public housing and law enforcements to improve people’s health and wellbeing.
3. Having an adequate income would allow people to purchase things that could make them happy as well as being comfortably supported, reducing levels of anxiety and stress.
4. A stable ecosystem would enhance physical health and wellbeing as it is stable and suited to us which would mean less alien illnesses and diseases. It would also help us connect spiritually to the world around us if it is stable as well as reducing stress and anxiety levels of being in an unknown place.
5. Social justice is the equal rights to all regardless of personal traits whereas equity is a concept about fairness and social justice and that everyone should have equal access to things such as income and resources.
6. Equity would achieve global optimal health and wellbeing as everyone would have the same access to resources and income and factors of life would be similar unlike how they are now.
7. Getting a good education at a young age and through university would allow people to obtain successful jobs, thus earning them a steady and comfortable income.

**1.7 Case study; What is the difference between equity and equality?**

1. Equity relates to fairness and it is about ensuring everyone is able to access the resources they need to live a good life and experience a high level of health and wellbeing. Equality relates to all things being equal and people experience the same conditions.
2. Food and water; everyone has some sort of access to it, even if it may not be the same but many organisations are attempting to focus on equity of it.
3. Equity ensures that everyone has access to resources they need, and it includes taking unfair circumstances into consideration so that those who are disadvantaged are given the opportunity to participate in life on a level playing field.

**1.8 Topic 1 Review**

1. Dynamic means that concepts of a topic are constantly changing and the way in which an individual views them can change over time, such as that of health and wellbeing. Different circumstances such as types of illness and their treatments can change one’s views on health and wellbeing, depending on the severity. Factors that could affect views could include age, disease, living conditions, employment and energy levels.
When a concept is viewed as subjective, it means that the topic means different things to different people, just as health and wellbeing is subjective. An individual with a high pain tolerance could view those with low pain tolerance as weak.
2. Emotional health and wellbeing refers to the ability to express emotions in a positive way. Emotional health and wellbeing includes having high levels of resilience, recognising and understanding the range of emotions as well as effectively responding to and managing emotions.
3. Physical health and wellbeing is subjective because different people have different types of physical levels. An individual who has been physically active and fit for majority of their life would refer to physical activity as a way of life and relatively easy, whereas a person who is relatively inactive and rarely completes any physical activity would find it to be much difficult and tiring and could have negative views on it.
4. The concept of illnesses are dynamic because illnesses are ever-changing and there are many types of illnesses and diseases. In saying this, there are also many evolving cures and treatments for these illnesses so people begin to view each illness differently as new findings come to light.
5. Contracting the chickenpox would mean a person would have to stay indoors to reduce chances of others being infected with it. If you have chickenpox for a long period of time, your decreased time for socialising could affect your relationships with friends as well as your physical state. As you wouldn’t be able to see your friends, you would start to become sad and even anxious and you would feel like you didn’t belong anymore, affecting all of the five dimensions of health and wellbeing.
6. The effects of depression could make a person withdrawn from their surroundings including their friends which would decrease a person’s social health and wellbeing. A decline in a person’s spiritual health and wellbeing would be able to be observed as well as they would become to feel like they don’t belong, and depression would make them feel like they had no purpose in life.
7. Regular exercise, as well as increasing physical health and wellbeing levels, would also increase mental health and wellbeing levels. Exercise can make a person feel good about themselves and increase self-esteem as well as positive self-talk.
8. Brendan leaving school in year 10 would affect his social health and wellbeing negatively as he would lose contact with his friends and be forced to focus on his apprenticeship. Stress and anxiety levels caused by school would decrease and his apprenticeship would give him a positive sense of purpose in life and as this would have been his choice, he would enjoy the experience.
9. Optimal social health and wellbeing means that a person is able to form meaningful relationships with others and having the skills to manage and adapt appropriately in different social situations. With more interactive skills, individuals are prepared to form productive partnerships within the workforce, earning a stable income as well as helping the nation’s economy. This income then can be used to provide resources such as food, shelter, clothing and healthcare, but it also means the government receives more revenue, thus allowing them to support the national population’s optimal health and wellbeing by providing things such as public housing which could deduce levels of stress and anxiety while also providing shelter from disease and illnesses.
10. Spiritual health and wellbeing relates to the ideas, beliefs, values and ethics that arise in the minds and conscience of human beings. Optimal spiritual health and wellbeing means that a person is more likely to act according to their beliefs and values while creating an environment of peace and harmony, bringing a sense of belonging and purpose to themselves. With a sense of belonging, people are more comfortable in putting themselves out in the world and doing things to benefit the community and nation. This sense of belonging gives individuals more confidence which would lead to people going out into the workforce and providing an income which would also benefit the government and nation.
11. Optimal health and wellbeing would benefit an economic development globally as those experiencing optimal health and wellbeing would be at their full potential physically, mentally, emotionally, socially and spiritually which would promote the global economy as people would be in better physical health and wellbeing to complete work and be productive members of society. While working, they will receive a comfortable income which will partially go to companies worldwide and the global economy will increase from the number of employees working.
12. Reduced rates of communicable diseases and increased employment rates.
13. a) Income means that people have access to resources they need to live a good life. This reduces stress and anxiety levels as people who earn an income are able to comfortably support themselves and buy resources such as food, clothing and healthcare.

b) A stable ecosystem means that a community consists of resources needed to support those who are living there. This decreases the communicable disease rates as the ecosystem provides us with treatments that are natural or can be made and helps stop the spread of diseases.

c) Equity means there are minimum levels of resources that everyone should have access to. This increases access to healthcare as everyone would be able to have the same access to resources which would decrease rates of illness and diseases being caught and spread.

**1.8 Topic Summary**

1. a) Spiritual health and wellbeing relates to ideas, beliefs, values and ethics that arise in the minds and conscience of human being. It includes the concepts of hope, peace, a guiding sense of meaning or value, and reflection on a person’s place in the world. Spiritual health and wellbeing can also relate to organised religion, a higher power and prayer, values, a sense of purpose in life, connection or belonging.

b) Emotional health and wellbeing relates to appropriately experiencing, identifying and managing emotions, whereas mental health and wellbeing relates to the nature of feelings and thoughts that a person is having.

1. a) Darren’s anxiety would make him doubt many things and he would constantly be worried about things which could affect the time he spends out with his friends and he would constantly be paranoid while his friends try to have a good time.

b) Because of his anxiety, Darren would likely be unable to work out, especially in public places such as the gym and as he gains weight, it’d make him unhappy because he isn’t in shape.

1. Shelter provides protection from the elements as well as the spread of diseases. Shelter would promote health and wellbeing as people who have shelter have less chances of being infected with communicable diseases while also reducing stress and anxiety levels.
Sustainable resources would mean that the resources people need are able to regenerate just as quickly as they were used. This would promote physical health and wellbeing as people would have access to the resources they need to stay physically healthy.
2. Globally, optimal health and wellbeing promotes economic development and reduces the risk of conflict. Optimal health and wellbeing would promote employment rates as well as income which would assist companies in making a profit and purchasing more goods and services worldwide, increasing the economy. Optimal health and wellbeing would mean that people are satisfied and happy with their life and existence that there would be little to no conflict around the world.