H E A L T H A N D W E L L B E I N G

the state of a person’s physical, social, emotional, mental and spiritual existence, characterised by an equilibrium in which the individual feels happy, healthy, capable and engaged.

* dynamic: continually changing
* illness: a subjective concept related to personal experience of a disease or injury.
* subjective: influenced by or based on personal beliefs, feelings or opinions.

E M O T I O N A L H E A L T H A N D

W E L L B E I N G

the ability to express emotions and feelings in a positive way.

it is about the positive management and expression of emotional actions and reactions, as well as the ability to display resilience.

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M E N T A L H E A L T H A N D

W E L L B E I N G

the current state of wellbeing relating to a person’s mind or brain, and the ability to think and process information.

a mentally healthy brain enables an individual to positively form opinions, make decisions and use logic.

P H Y S I C A L H E A L T H A N D

W E L L B E I N G

the functioning of the body and its systems; it includes the physical capacity to perform daily activities or tasks.

S O C I A L H E A L T H A N D

W E L L B E I N G

the ability to form meaningful and satisfying relationships with others, and the ability to manage or adapt appropriately to different social situations.

it also includes the level of support provided by family and within a community.

S P I R I T U A L H E A L T H A N D

W E L L B E I N G

the ideas, beliefs, values and ethics that arise in the minds and conscience of human beings.

it includes the concepts of hope, peace, a guiding sense of meaning or value, and reflection on your place in the world.

I N C I D E N C E

the number of new cases of a disease/condition in a population during a given period.

H E A L T H S T A T U S

an individual’s or population's overall health, considering various aspects such as life expectancy, amount of disability and levels of disease risk factors.

L I F E E X P E C T A N C Y

the number of years of life remaining to an individual at a particular age if death rates do not change.

* life expectancy at birth

H E A L T H A D J U S T E D L I F E E X P E C T A N C Y (H A L E)

the average length of time an individual at a specific age can expect to live a full life.

that is, time lived without the health consequences of disease or injury.

M O R T A L I T Y

the number of deaths in a population in a given period.

* usually expressed per 100 000

S E L F A S S E S S E D H E A L T H S T A T U S

an individual’s own opinion about how they feel about their health, their state of mind and their life in general.

* commonly sourced from population surveys

Y E A R S O F L I F E L O S T (Y L L)

a measure of how many years of expected life are lost due to premature death.

* YLD and YLD are each equal to one healthy year of life lost
* road traffic accidents are the leading cause of YLL for youth

M O R B I D I T Y

the ill-health in an individual and levels of ill-health within a population.

* often expressed through incidence and prevalence

Y E A R S L O S T D U E T O D I S A B I L I T Y (Y L D)

a measure of how many healthy years of life are lost due to disease, injury or disability.

* YLDand YLL are each equal to one healthy year of life lost

B U R D E N O F D I S E A S E

a measure of the impact of diseases and injuries, specifically the gap between the current health status, and an ideal situation where everyone lives to an old age free of disease and disability.

* measured in DALY

D I S A B I L I T Y A D J U S T E D L I F E Y E A R S (D A L Y)

one DALY equals one year of healthy life lost due to premature death and time lived with illness, disease or injury.

=

+

yll

daly

yld

P R E V A L E N C E

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

I N F A N T M O R T A L I T Y R A T E

the rate of deaths of infants before their first birthday.

* usually expressed per 1000 live births

M A T E R N A L M O R T A L I T Y R A T E

the death of a mother who die because of pregnancy, childbirth or within six weeks of delivery.

* usually expressed per 100 000 women who give birth

U N D E R F I V E M O R T A L I T Y

R A T E (U 5 M R)

the number of deaths of children under five years of age.

* usually expressed per 1000 live births