

Wales in the 21st Century

The Health & Social Landscape:

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Defining Health & Wellbeing

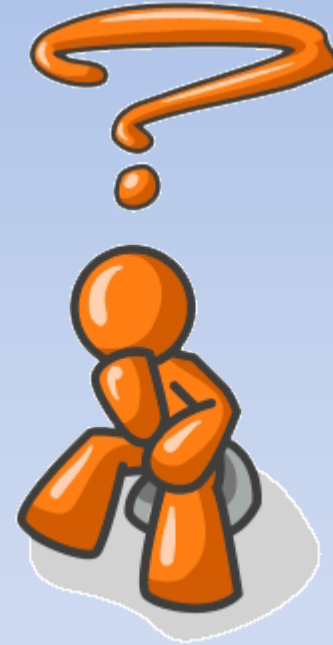
- Professional versus lay perspectives
- “Health” versus “Illness”
- “Health” versus “Wellbeing”
- “Quality of life”

World Health Organisation (1984)

- Health as “a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity”
- Health as a basic human right
- Equity and empowerment central

Health at a Global level

- Public Health
- Epidemics/Pandemics
- Genomics



Changing perspectives

- Traditional definitions – biopsychosocial focus
 - Sociological
 - Environmental
 - Biological
 - Cultural
- Emphasis on the individual in an environment and the “agents of disease” (Wilson et al., 2015)

Changing perspectives

- Hippocrates – 400BC
 - Health as the balance of the four humours
- Chinese definitions
 - Harmony between man and environment
 - TAI CHI
- Native American culture
 - Holistic balance of spiritual, cultural and social environments
- Buddhism/Hinduism
 - Necessity for man to living in harmony and undertake behaviours conducive to a fruitful life

Medical Model

- Dominant approach of early 20th century
- Health as the absence of disease
- All diseases having specific cause
- Focus on identification, treatment and prevention of all diseases

Measuring health & wellbeing

- Culturally and subjectively defined
- Measurement of “disease” easier

World Health Organisation (1984)

- Health as “a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity”

What is health?

WORLD HEALTH ORGANISATION (WHO):

Health needs to be measured on three dimensions:

- Social
- Psychological
- Physical wellbeing

= QUALITY
OF
LIFE





Measuring Quality of Life (QoL)

- Reliable
- Valid
- Sensitive to change
- General versus disease-specific measures of QoL

Measuring Quality of Life (QoL)

WHOQOL Group (1998)

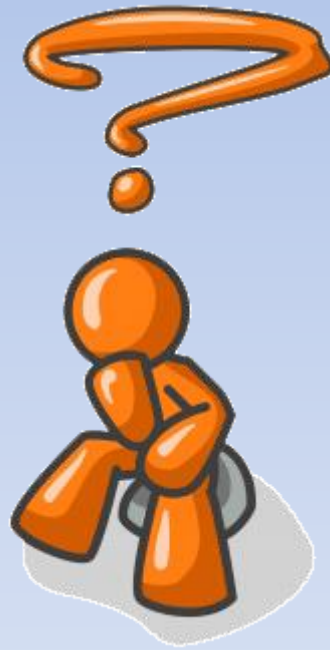
- individuals perceptions of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns.
- i.e. the impact of any illness has to be considered across a number of life domains.

Measuring Quality of Life (QoL)

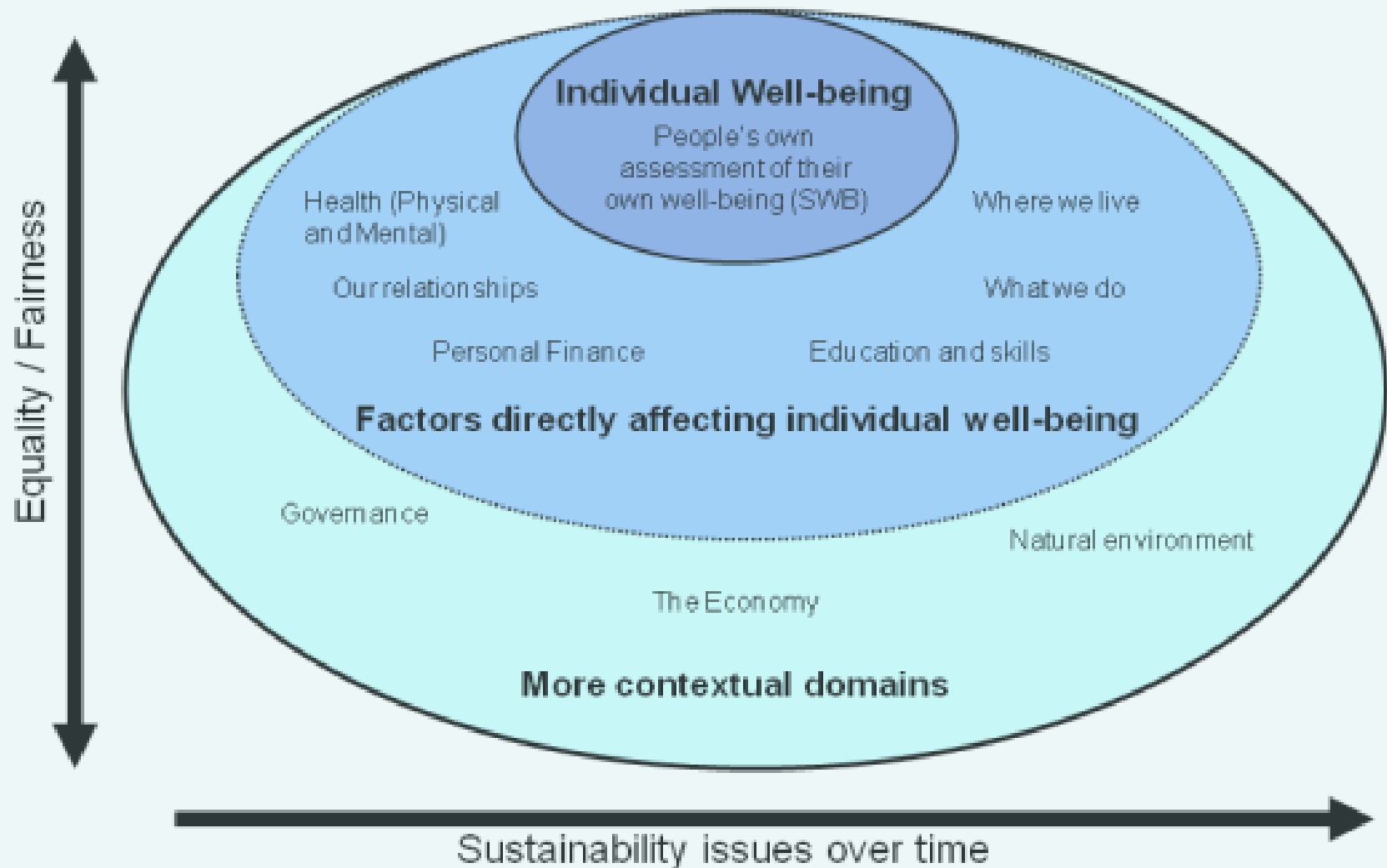
Sickness Impact Profile	Nottingham Health Profile	Short Form-36
Sleeping and rest	Sleep	Vitality
Alertness	Energy	Pain
Social interaction	Pain	Social functioning
Emotion	Social Isolation	Mental Health
Mobility	Emotional reaction	Physical functioning
Walking	Physical mobility	Perceive health changes over past year
Bodycare and movement		
Eating		
Housework		
Recreation		
Communication		

Table 9.2, taken from Bennett (2000) page 168.

How do our behaviours influence our health?



National Well-being





The socio-ecological framework of public health



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Creating a healthier, happier and fairer Wales for everyone

Introducing the Public Health Wales strategic plan for 2015-18



WELL-BEING OF FUTURE GENERATIONS ACT

MAKE **WALES** THE COUNTRY WE ALL WANT IT TO BE

