



What are the Comparisons Between Health and Wellbeing?

ECAY5005

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Assignment 2

Introduction

The aim of this presentation is to critically reflect upon the comparisons between health and wellbeing (Christoforu, Lange and Schweiker, 2024, np)

Health and wellbeing will be defined (Albrecht, Seelman and Bury, 2001, p. 174 and p. 230)

Both concepts will then be explored in depth through a Marxist perspective and the differences between them will be compared, while any similarities will also be explored (Christoforu, Lange and Schweiker, 2024, np; Albrecht, Seelman and Bury, 2009, p. 174 and p. 230; Moncrieff, 2022, np; Chriss, 2021, p. 23)

The Definitions of Health and Well-being

- **'Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity' (World Health Organisation (WHO), 2024a, np)**
- **Well-being is a positive state experienced by individuals and societies' (WHOb, 2024, np)**
- **Albrecht, Seelman and Bury (2001, p. 174) argued that in the nineteenth century and during the beginning of the twentieth century, to have good health was simply considered to be free of disease**

The Definitions of Health and Well-being

- **This definition of health is also put forward by Davey (2001, p. 15), who suggested that health research focused on general illness, injury and disability (Davey, 2001, p. 15)**
- **According to Helliwell and Putnam (2004, pp. 1435-1436) well-being has been measured subjectively by considering different factors such as an individual's economic position, self esteem and employment**
- **Objectively, well-being can be understood by states or activities that are valuable 'in themselves' (Albrecht, Seelman and Bury, 2001, p. 230)**

Health – A Marxist Perspective

- **health research focused on general illness, injury and disability (Davey, 2001, p. 15)**
- **This research is only happening because capitalists want to manage the health problems that individuals face, so that these individuals can sell their labour to them (Moncrieff, 2022, np)**
- **If individuals can't sell their labour, then they are seen as worthless by capitalists (Moncrieff, 2022, np)**

Health – A Marxist Perspective

- **Individuals are statistically unhealthier in unequal societies, where the bourgeoisie have greater control over society (Porter, 2012, np)**
- **Porter (2012, np) suggested that the UK has become a more unequal society due to the austerity policies of the government. These policies are still being used today (Jenkins et al., 2021, np)**
- **This can be seen in the US, where the marketisation of health care has decreased access for many, while healthcare companies are still able to make a profit (Ramesh, Su, Haddad, 2021, p. 3)**

Well-Being - A Marxist perspective

- **If well-being is analysed by considering the financial capital of individuals (Helliwell and Putnam, 2004, pp. 1435-1436), then many Marxists would argue that the control of financial capital by the upper class bourgeoisie is affecting human well-being (Pereira, 2013, np)**
- **Many theorists such as Pereira (2013, np) argue that a classless society will greatly improve well-being as every individual will be able to fully realise their potential in society (Pereira, 2013, np)**
- **This echoes the desire of communists which is stated by Marx and Engles (2015, p. 24), who advocate for the betterment of life for the working-class proletariat (Marx and Engels, 2015, p. 24)**

Well-Being – A Marxist Perspective

- **In contemporary society, one event that has influenced the well-being of individuals around the world is COVID-19 (Sun *et al.* 2020, np)**
- **According to Chriss (2021, p. 23) governmental policies such as the enforcement of lockdowns in the United States and around the world was an extreme method of social control**
- **This form of social control is seen by Marxists to be a 'curtailing of liberties' by the bourgeoisie in power (Chriss, 2021, p. 23)**

The Comparison Between Health and Well-Being

- **Generally, health has been seen to be whether an individual is free of diseases or not, or if they are healthy or unhealthy (Albrecht, Seelman and Bury, 2001, p. 174; Davey, 2001, p. 15)**
- **Well-being has been seen to encompass many other factors that can affect individuals both positively and negatively (Helliwell and Putnam, 2004, pp. 1435-1436)**
- **This means that the concept of well-being has been treated differently to the concept of health and it goes beyond it (Albrecht, Seelman and Bury, 2001, p. 174; Davey, 2001, p. 15; Helliwell and Putnam, 2004, pp. 1435-1436; Rowe and Mitchell, 2013, p. 189)**

The Comparison Between Health and Well-Being

- **Well-Being has been more closely aligned with factors such mental health then the concept of health (Helliwell and Putnam, 2004, pp. 1435-1436; Albrecht, Seelman and Bury, 2001, p. 174)**
- **However, the idea of health over well-being is arguably more prevalent in contemporary society, due to the medical model (Rowe and Mitchell, 2013, p. 114)**
- **Because of this, individuals with mental health issues tend to be looked at by society as being in need of fixing, which doesn't necessarily improve their well-being (Rowe and Michell, 2013, p. 114; Shyman, 2016, p. 369)**

Health and Well-being: Changing for the Better?

- **As society is continuously moving towards a person-centred approach to care, health practitioners are starting to suggest that the concept of health and well-being are linked (Cloninger, Salloum and Mezzich, 2012, p. 180; WHO, 2024a, np)**
- **The linking of these two concepts allows healthcare practitioners to consider how well-being factors are affecting the health of their patients (Cloninger, Salloum and Mezzich, 2012, p. 180)**
- **This results in a better service for patients, as their uniqueness as a human being is acknowledged and every aspect to their well-being is addressed (Santana *et al.* 2018, p. 430)**

Conclusion

- **In conclusion, it is clear to see that historically there have been differences between the concepts of health and well-being (Albrecht, Seelman and Bury, 2001, p. 174; Davey, 2001, p. 15)**
- **Through a Marxist perspective, there clear differences between health and well-being. However, there are also similarities such as capitalists being in control over the two concepts (Moncrieff, 2022, np; Pereira, 2013, np)**
- **Nonetheless, there is evidence that suggests that these differences are now outdated as health practitioners are now encouraged to take a person centred approach (Cloninger, Salloum and Mezzich, 2012, p. 180; Santana *et al.* 2018, p. 430)**

The slide features a light gray background with decorative white line art of leaves and stems on both the left and right sides. The central text is in a black serif font, with a small horizontal line underlining the word "You".

Thank You for
Listening

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