

CRITICALLY REFLECT UPON THE DIFFERENCES BETWEEN HEALTH AND WELL-BEING

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INTRODUCTION

- What is health?
- What is wellbeing?
- What influences health and wellbeing?
- Sociological perspective
- The impact of Covid-19 on health and wellbeing
- End of learning recap

WHAT IS HEALTH?

Physical health

- An individual's physical health can be determined by their body function and physical capability. For example, it can be measured by examining the presence or absence of physical conditions or diseases which impact their everyday life (Belloc and Breslow, 1975).

Mental health

- Good mental health can be defined by an individual's ability to cope with the everyday stresses of life, and function productively within their society. Good mental health means promoting a healthy state of well-being (Collins, 2020).

WHAT IS WELL-BEING?

Mansfield et al. (2020) argues that the literature surrounding well-being, has previously suggested that it can be measured through social progress. The author recognises that there are various definitions of well-being. However, it is usually linked with satisfaction with life, self-acceptance and personal growth.

WHAT INFLUENCES HEALTH AND WELLBEING?

HEALTH

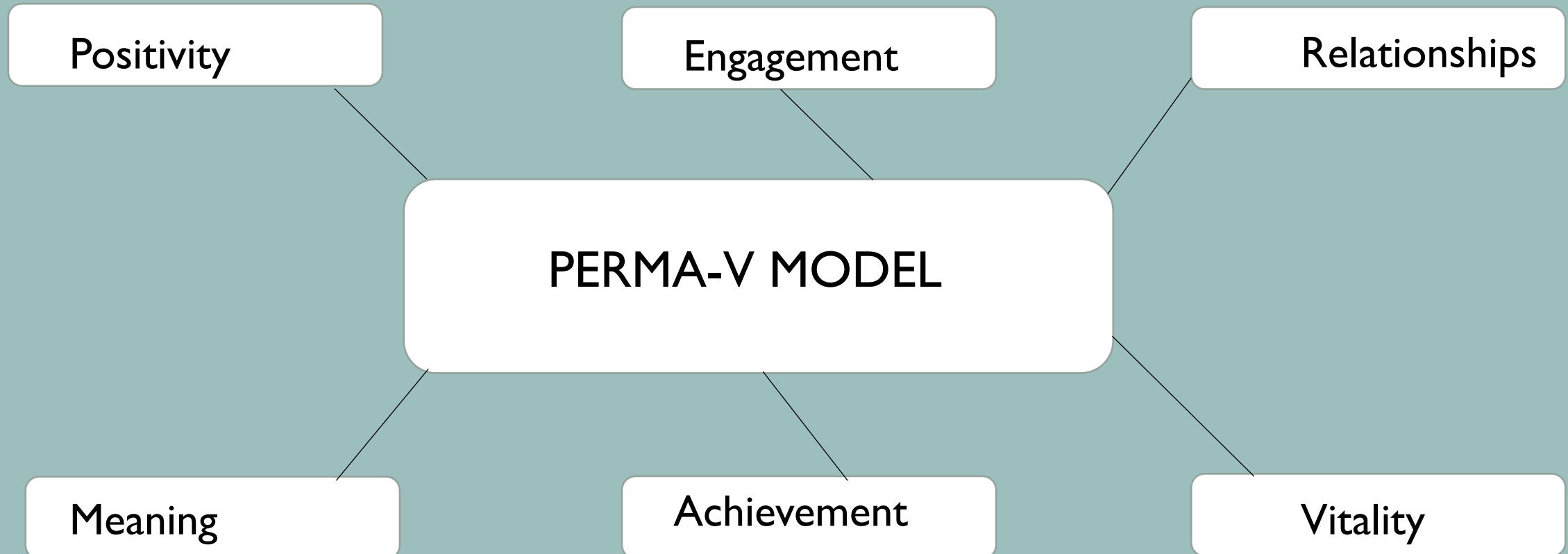
- Education
- Social connections
- Environment
- Housing
- Poverty
- Behaviours
- Genetics
- Exercise
- Relationships
- Working environment
- Access to resources

WELLBEING

- Sleeping pattern
- Economic environment
- Social connections
- Mental wellness
- Childhood experiences
- Exercise
- Relationships
- Inequality
- Healthcare
- Addictions
- Wages and benefits

The differences between health and wellbeing are not widely reported. However, Gallagher et al. (2015) observed that although material disadvantages have an impact on an individual's health, inequalities in society have a much greater impact on an individual's wellbeing.

SOCIOLOGICAL PERSPECTIVE



(Goodman et al. 2017)

HEALTH AND WELLBEING

Several studies have revealed that health and wellbeing are closely linked, suggesting that wellbeing has an impact on health and health has an impact on wellbeing.

Klussman et al. (2021) conducted a survey in which 143 participants, took part in a questionnaire, which would assess the relationship between their weekly physical activity and their current health and wellbeing.



The findings were as follows;
There was minimum evidence that suggested that physical activity was linked to an individual's wellbeing. However, other activity such as self-connecting activities, had a reliable amount of evidence which linked the two.

HEALTH AND WELLBEING

However, in contrast to Klussman et al. (2021) findings, a study compiled by Herbert et al. (2020) found conflicting results.



Herbert et al. (2020) reported that patients suffering from chronic diseases which impact their physical health, reported improved mood and depressive symptoms when engaging in regular physical activity.

COVID-19

What impact did covid-19 have on the public's health?

- Delayed diagnoses for other diseases, such as cancer.
- Stress, anxiety and depression caused by the pandemic
- Loneliness and isolation due to social distancing rules
- Lack of physical exercise or activity due to new restrictions
- Side effects of vaccines causing health concerns
- Limited access to healthcare
- Limited access to resources
- Decrease in healthcare interventions such as the crisis team

COVID-19

What impact did covid-19 have on the public's wellbeing?

- Financial concerns due to employment changes and restrictions
- Lack of resources such as food or transport
- Breakdown of relationships due to uncertain times
- Isolation and loneliness
- Pressure on carers to increase their roles
- Psychological effects from quarantine periods
- Unable to access places of leisure

END OF LEARNING RECAP

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