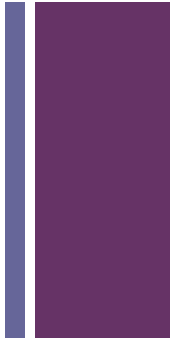




Health and Wellbeing – Part 2

Alison Connaughton

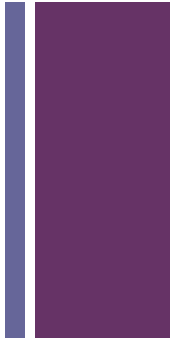
+ Definitions of Health...



- The term health is generally taken to incorporate physical health, mental or emotional health, social health, spiritual health, lifestyle and functionality (Pretty and Pencheon, 2016).
- WHO health definition (1948)...still widely cited and accepted:
- 'health is a state of complete physical, mental and social (individual) well-being, and not merely the absence of disease or infirmity'.



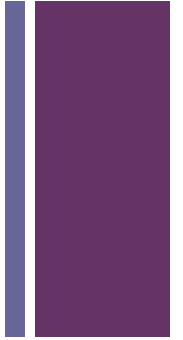
Well-being is...



- A positive physical, social and mental state; it is not just the absence of pain, discomfort and incapacity.
- Requires that basic needs are met, that individuals have a sense of purpose, that they feel able to achieve important personal goals and participate in society.
 - Pencheon (2012); ONS (2013)
- SDT – basic needs theory
 - Competence
 - Autonomy
 - Relatedness



Fundamental Principles for health



1. Health is a fundamental right for all people, communities and environments.
2. Health is multi-dimensional and interconnected.
3. To achieve health means much more than people having access to medical health services and making healthy lifestyle choices.
4. Health status is determined just as much by social, economic and environmental factors as by individual health and lifestyle choices and medical advances.

However.....

+ Inequalities in Health

When it comes to achieving health, some people and communities are disadvantaged due to inequitable access to the resources and conditions that promote health.

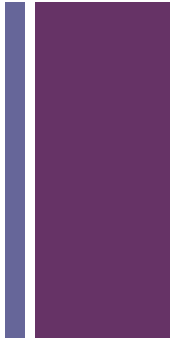
Opportunities for the health of people and communities at local, national and global levels are distributed unequally according to factors such as:

1. the socio-economic status (income, education, occupation)
2. social support structures
3. the degree of control, power and autonomy
4. age
5. gender
6. geography
7. culture and language

What do we mean by this?



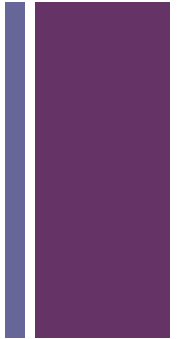
Well-being in modern societies (Pretty & Pencheon, 2016)



- Ancient Greeks – associated healing and wellbeing with being away from settlements.
- Healing temples on hilltops – light, water, wind and aromatics from pine forests.
- Assumed that well-being emerged from natural places (Hart, 1965; Gesler, 1993; Koenig, 2000)
- Now recognised that natural and social contexts of individuals is a key determinant of well being.
 - Protection from stressors and improving resilience and recovery (Sternberg, 2009)



Advances in health care and treatment...

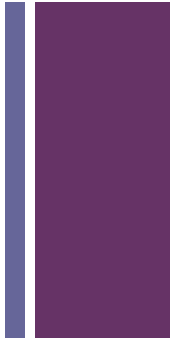


- Mortality rates fallen / average lifespans are extending.
- Mean life expectancy worldwide has risen from 56.0 – 70.4 years (since the 1960's) Unicef (2012)
- New wave of health and well-being problems in modern societies has emerged.
 - Changing lifestyles and the environments that shape these (CMO, 2013)
- Affluence does not necessarily link to increased well-being
- **Q. What are the issues associated with affluent societies?**



Issues

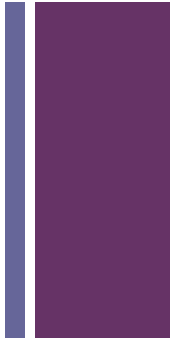
(Hossain et al., 2007; Pretty et al., 2015)



- High levels of material consumption
- Abundant food and calories
- Lower incidence of PA
- Shifting demographic – increased elderly population (support implications?)
- Fractured community and family structures
- Growing inequality (food banks as the norm)
- Fewer pro-social behaviours
- Unchanged levels of average life satisfaction



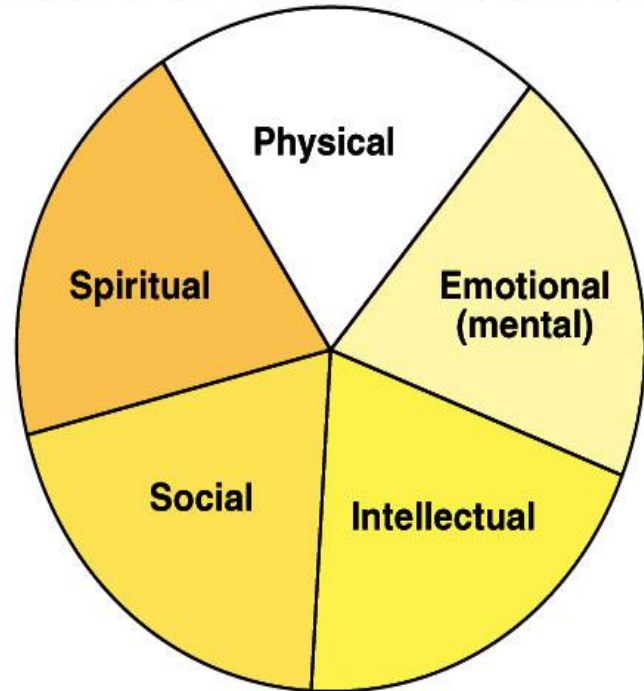
Health and Wellness are Multi-Dimensional



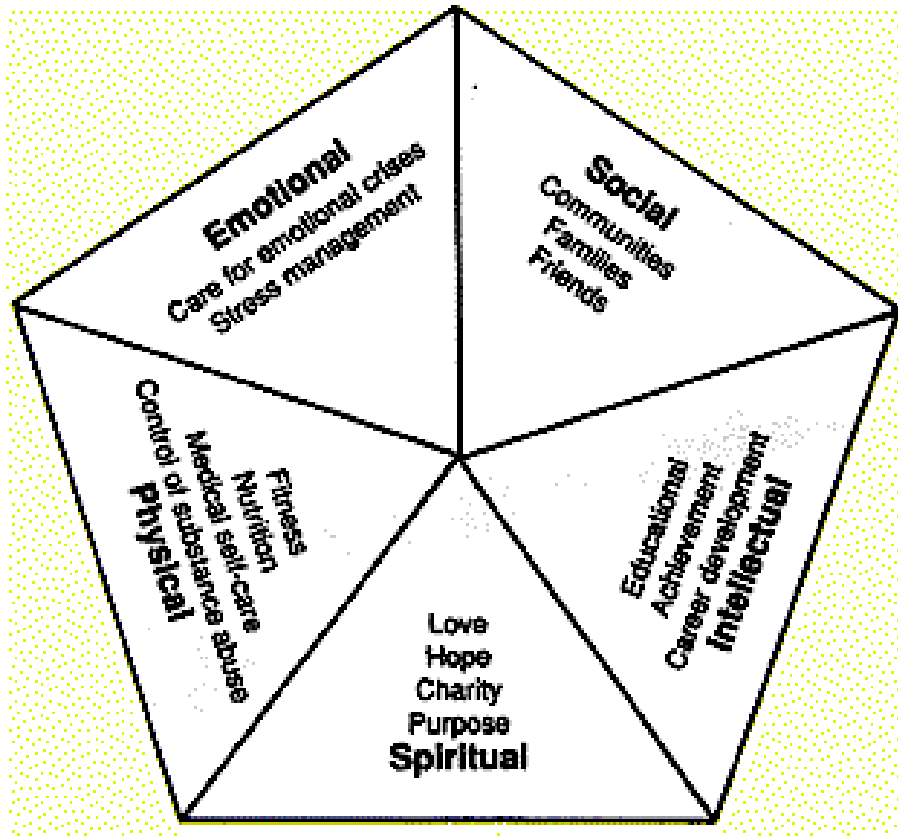
- Wellness is the positive component of good health
- Health and Wellness include multiple dimensions or components

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Dimensions of health/wellness



+ 5 Dimensions of health



+ The Dimensions of Health and Wellness



-

Depressed

Ignorant

Unfit

Lonely

Unfulfilled

Negative

Emotional-Mental

Intellectual

Physical

Social

Spiritual

Total Outlook

+

Happy

Informed

Fit

Involved

Fulfilled

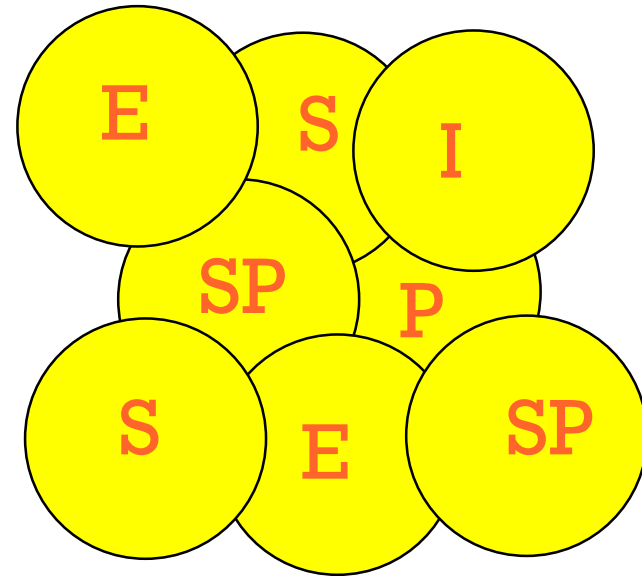
Positive



Integration of Health and Wellness Dimensions

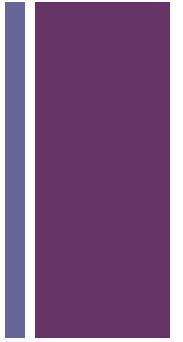


P = Physical
S = Social
I = Intellectual
E = Emotional
SP = Spiritual





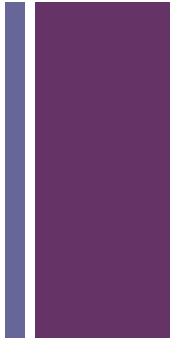
Healthy People



- a dynamic and sustainable state of physical, intellectual, social, emotional, and ethical well-being.
- each person is multi-dimensional and each dimension contributes to the total health of the whole person.
- levels of well-being in each dimension are interdependent, constantly changing and interacting



Treatment vs. Promotion



Wellness

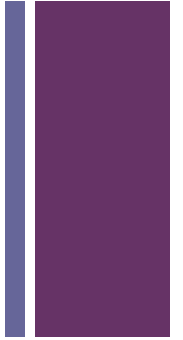
Health
Promotion

Disease
Prevention

Disease/Illness

Disease
Treatment



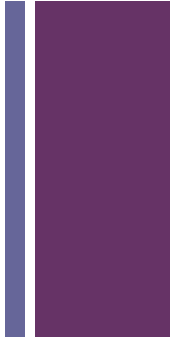


Healthy Communities

- a dynamic and sustainable state of physical, intellectual, social, emotional and ethical well-being.
- communities are multi-dimensional and each dimension contributes to the total health of the community.
- levels of well-being in each dimension are interdependent, constantly changing and interacting.



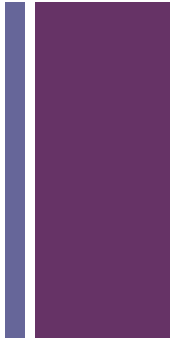
Healthy Natural Environments



- a dynamic and sustainable state of **ecological** well-being.
- natural environments are made up of various elements, systems and processes, all of which are interdependent, changing and interacting.

+ Health in the Outdoors

1. The physical health of the individual
 2. The social-emotional health of the individual
 3. The intellectual-spiritual health of the individual.
-
1. The physical health of the community
 2. The social-emotional health of the community
 3. The intellectual-cultural-ethical health of the community
 4. The bio-ecological health of the natural environment
 5. The physical health of the natural environment



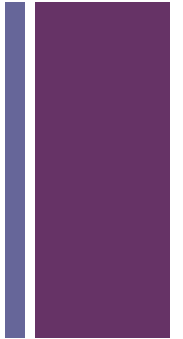
+ Physical Activity



*Physical activity
impacts health,
wellness and
fitness*



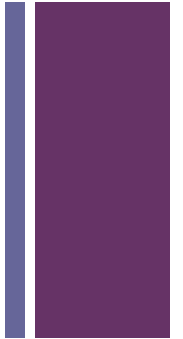
Task: Physiological and Psychological Benefits of Physical Activity



- As applied to the outdoors...
- E.g. Pretty & Barton (2010) found that getting outside and moving for as little as 5 minutes at a time improved both mood and self esteem...(meta analysis of 10 studies).
- In general
 - Physical benefits
 - Psychological benefits
- Use resources from last year as well if appropriate.



Reading:



- Biophilia: Does visual contact with nature impact on health and well-being?
 - Grinde & Patil (2009)
 - Other relevant articles on Moodle...