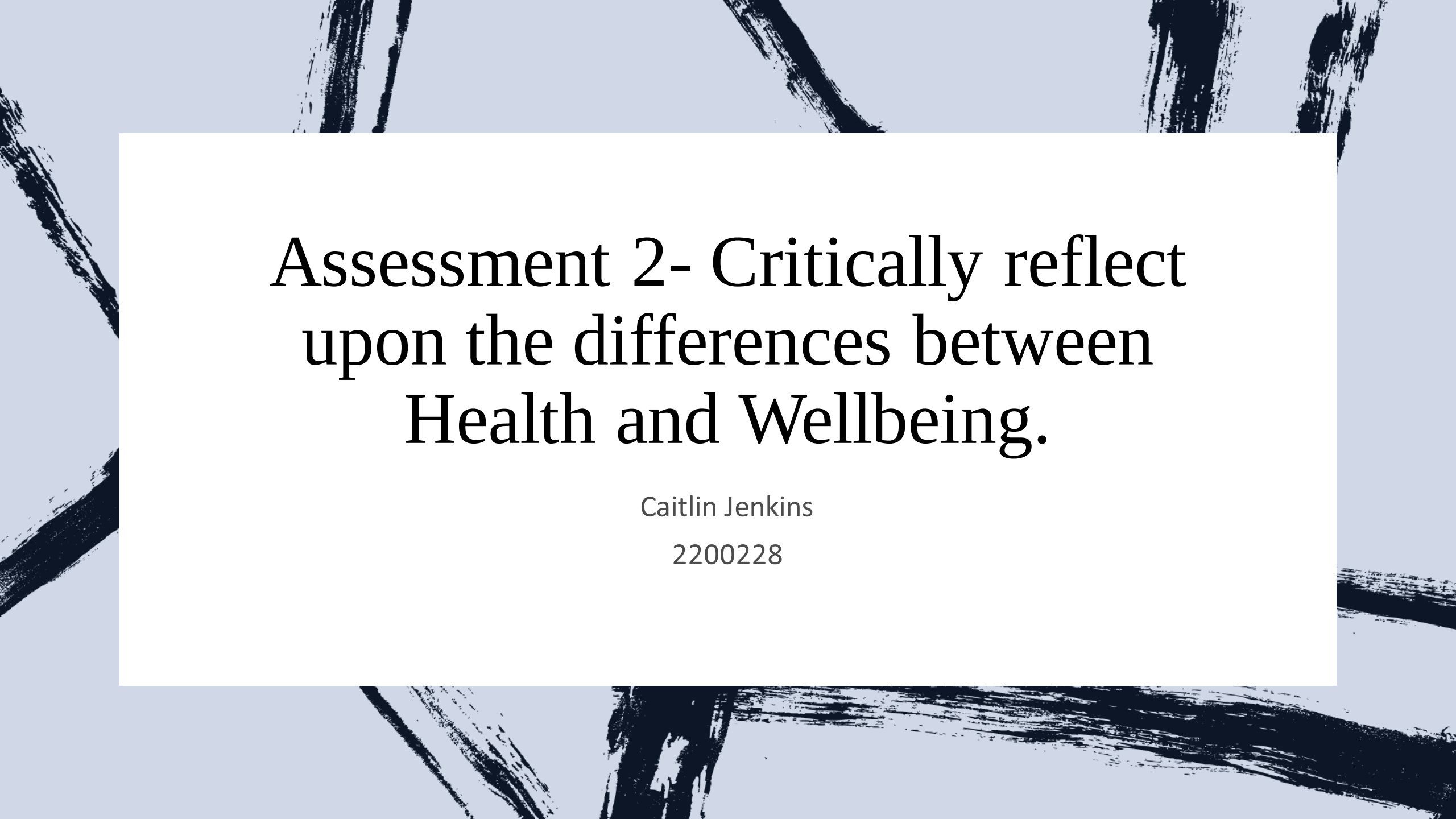




Assessment 2- Critically reflect upon the differences between Health and Wellbeing.

Caitlin Jenkins

2200228

What is 'health' defined as being?

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- (Blaxter,2010,p.435) *cited in* (Giddens & Sutton,2017,p.435) Defines health as being 'the absence of illness, disease as deviance, health as balance and health as function'.

Furthermore,

- 'Mahatma Gandhi validated this in 1948 when he said: “It is health that is real wealth and not pieces of gold and silver ”. 'He developed an idea that health is more important than monetary wealth, and that a society cannot prosper unless its people are healthy' (NIH,2018,p.2)

What is 'wellbeing' defined as being?

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- 'It's a resource for daily life and is determined by social, economic and environmental conditions. Well-being encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose' (World Health Organization,2021,n.p.)

Furthermore,

- The Geneva Charter for Well-being underlines the urgency of creating sustainable “well-being societies”, committed to achieving equitable health now and for future generations without breaching ecological limits. The Charter builds on the outcomes of the 10th Global Conference on Health Promotion' (World health organization.2022,p.1)

How does health and wellbeing differ from each other?

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- 'The relationship between health and wellbeing is not just one-way as health influences wellbeing and wellbeing itself influences health. There are a number of correlations between wellbeing and physical health outcomes' (Department of health,2014,p.1)

And,

- 'Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.' (World Health Organization,2020,n.p.) AND 'wellness is the state of living a healthy lifestyle, it refers to physical, mental, and social well-being; wellness aims to enhance well-being' (NIH,2015,p.983)

Individual model of disability

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- 'Body abnormality is seen as causing functional limitation, which then leads to disability. This model is whereby disabled individuals are seen as unfortunate victims of chance events' (Giddens & sutton,2017,p.463).

Furthermore,

- 'The medical model is also connected to this as 'The Medical Model views disability as a defect within the individual. Disability is an aberration compared to normal traits and characteristics" (UCSF,2013,p.83). 'In order to have a high quality of life, these defects must be cured, fixed, or completely eliminated. Health care and social service professionals have the sole power to correct or modify these conditions' (UCSF,2013,p.83)

Social model of disability

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- Paul Hunt's (1996:146) stigma describes the role of the social model *cited in* (Giddens & Sutton,2017,p.463) states that ' the problem of disability lies not only in the impairment of function and its effects on us individually but also in the area of our relationship with "normal" people'.
 - Furthermore, another perspective of the social model is that 'people are disabled by barriers in society, not by their impairment or difference. Barriers can be physical, like buildings not having accessible toilets' (Scope,2024,n.p.). 'Everyday Equality is our name for Scope's 5-year strategy for 2017 to 2022. It sets out how we will drive social change so the 16 million disabled people in the UK have equal opportunities' (Scope,2024,n.p.)

What is impairment and disability?

- **Impairment**: Lacking part or all limb, or having a defective limb, organ or mechanism of the body (Giddens & Sutton, 2017, p. 463)
- **Disability**: The disadvantage or restriction of activities caused by a contemporary social organization, which takes no or little account of people who have physical impairments (Giddens & Sutton, 2007, p. 463)
- Postmodernism sees society in terms of fragmented and complex social structures in which social class has less importance. Postmodernists state “Health promotion is working against popular culture, attempting to construct a view of health that is not privately held.” (NIH, 1998, p. 1448) meaning, 'to have an impairment is not necessarily unhealthy; disabled people are not actually ill, and confusion between impairment and illness fails to deal with complex meanings in the postmodern world'. (NIH, 1998, p. 1448)

Marxist explanation on health

- • Marxists continue to argue that the 'continuous desire on the part of employers in a capitalist system to generate profit leads to a lack of care with regards to their employees' (Oliver,2015,p.135)

Furthermore,

- 'Marxists claim that capitalism moves healthcare professions to privatization of healthcare services and establishes the drive to increase profit and power for a certain social class. This economic tendency makes the medical field a profit-oriented organization. Therefore, 'Marxism focuses on political and economic determinations of medical care in capitalist societies. In Marxist discourse, health and illness is a social phenomenon and not a biological issue' (Ratoubi & Moklif,2016,p.3)

A functionalist analysis regarding health

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- 'The functionalist approach to society is that each human being has a specific function, the fulfilment of which helps to maintain the cohesion of society' (Oliver,2015,p.135) for example, 'For a person to be considered *legitimately* sick, said Parsons, several expectations must be met. He referred to these expectations as the **sick role**. First, sick people should not be perceived as having caused their own health problem' (University of Minnesota, 2015,n.p.)
 - ' The distinction is important as general public are less likely to accepted the legitimacy of the sick role in cases where it is felt that the individual could and should have helped themselves' (oliver,2015,p.137)

Disability, law and public policy

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- **The Disability Discrimination Act (DDA)** passed in 1995 provides disabled people with legal protection from discrimination (Giddens & Sutton,2017,p.468)
 - &
 - **The Disability rights commission (DRC)** set up to work towards the 'elimination of discrimination against disabled people' (Giddens & Sutton,2017,p.468)
 - Furthermore, GOV.UK can support **The Equality Act 2010** regarding having a ' physical or mental impairment that has a substantial long term negative effect on the ability to take part in normal day to day activities (gov.uk,2024,n.p.)

Statistics regarding health, wellbeing and disability

'In 2019, 15.9% of disabled people who were “limited a little” had a degree compared with 38.0% of non-disabled people, a difference of 22.1 percentage points' (Office for national statistics,2019,n.p.)

- 'In 2020, one in six children (5-16 years old) experience a probable mental health problem, up from one in nine in 2017' (Mind, n.d,n.p.)
- 'Under the equality act definition in 2011-12 11.6 million people in the uk were disabled, around 19% of the population' (Giddens & Sutton,2017,p.468)

Qualitative research regarding health and wellbeing

- 'At a population level, mental health during the COVID-19 pandemic was negatively impacted but evidence suggests older adults on average experienced more stable and less negative outcome' (BMC Geriatrics,2021,p.10)
- 'Participants reported varied and nuanced experiences from the outset of the COVID-19 pandemic. We therefore generated two overarching themes, each with 4 subthemes. Many participants described potential threats to their wellbeing, including fears for mortality, grieving normal life, restricted access to support, and concerns for the future' (BMC Geriatrics,2021,p.3)
- 'A study of 6142 adults from 18 countries within the Middle East and North Africa in May and June 2020 concluded that the pandemic was associated with a mild psychological impact, with half the sample reporting feelings of being horrified, helpless or apprehensive' (NIH, 2022,p.4). 'mental health is extremely important due to the growing threat of virus mitigation measures, alongside the potential physiological effects of contracting the virus on brain function and mental health in patients testing positive with COVID-19' (NIH,2022,p.4)

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