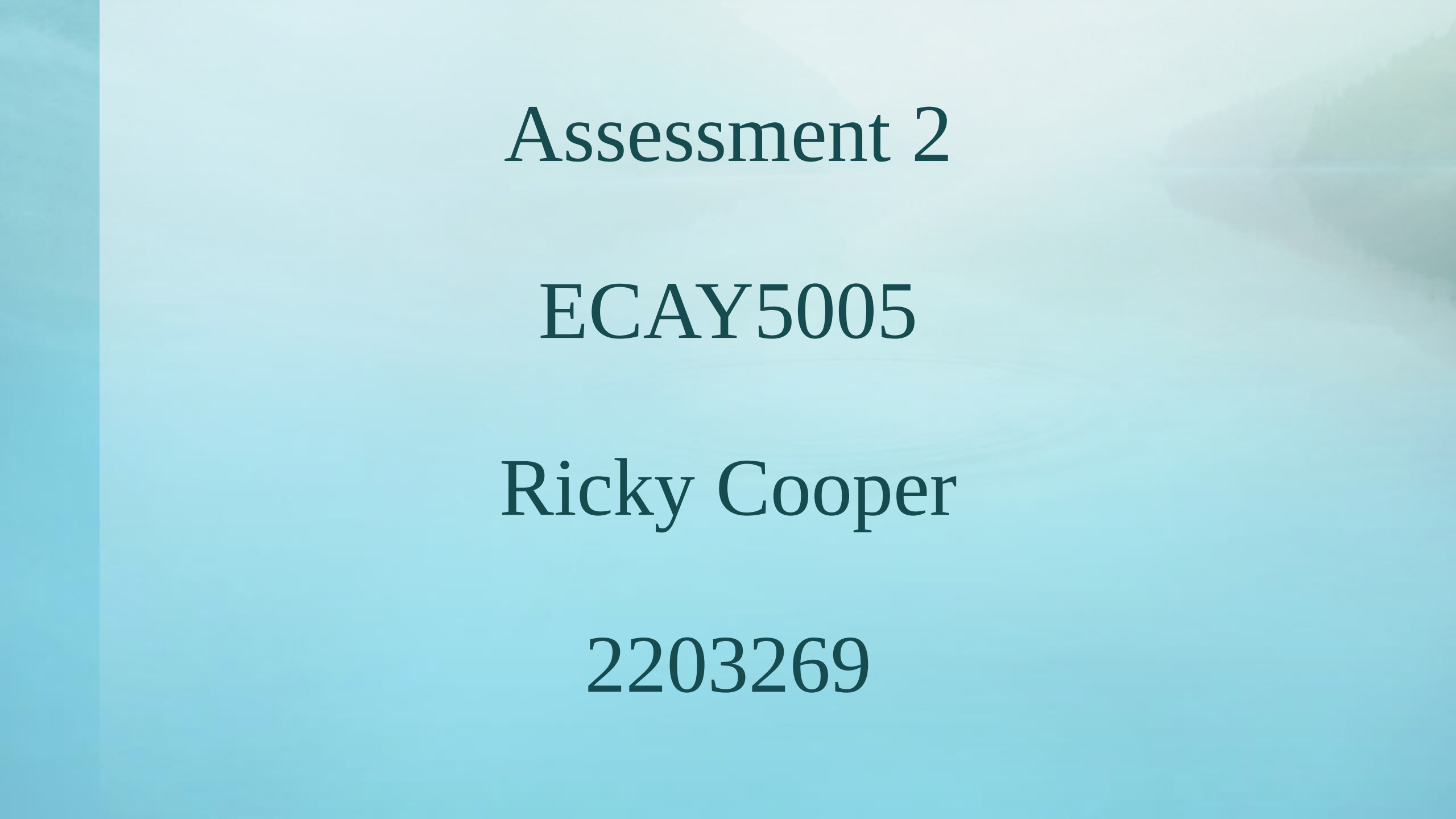


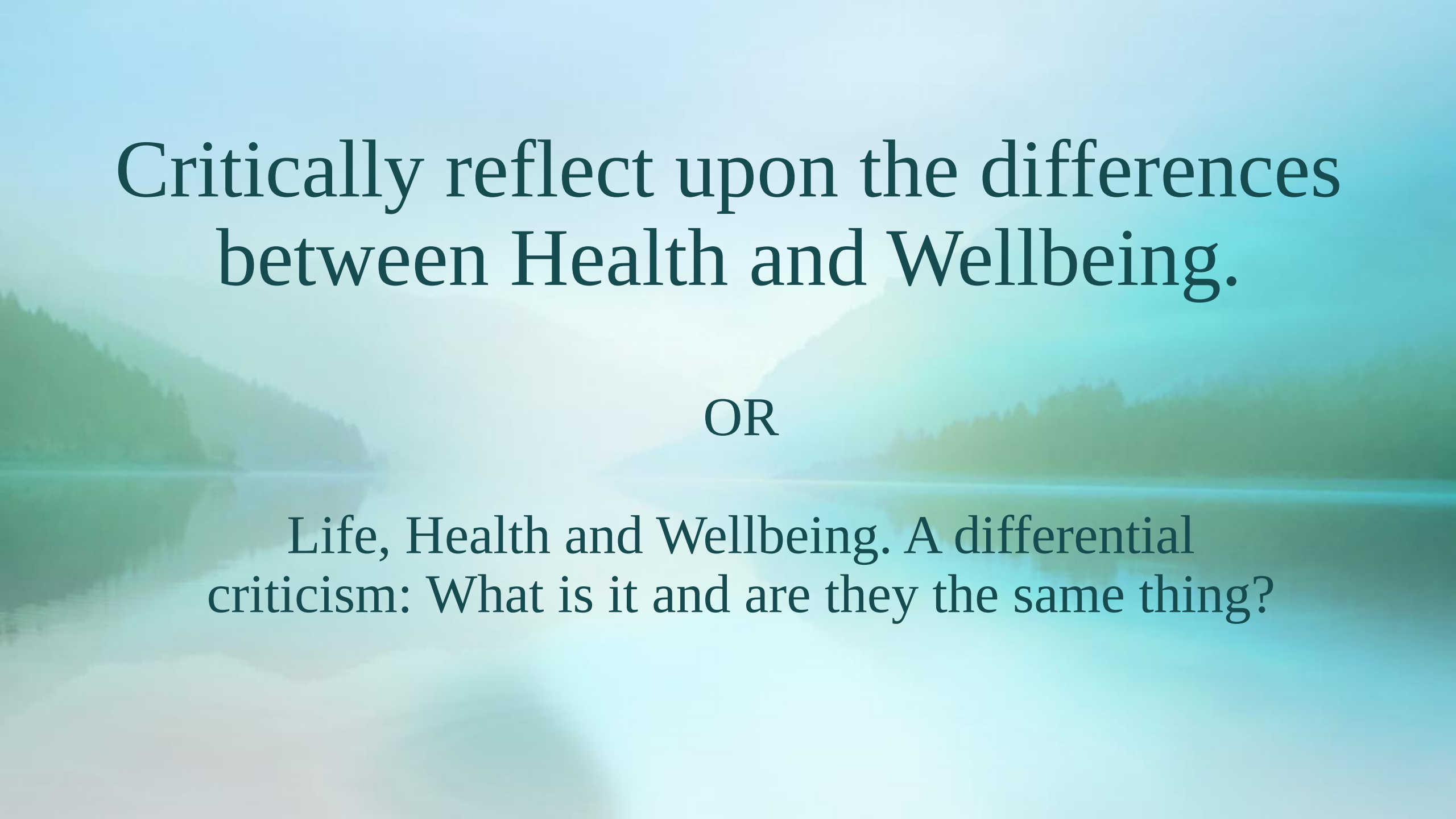
The background of the slide features a soft-focus photograph of a calm lake reflecting the surrounding green, forested mountains under a hazy sky. The overall color palette is a mix of light blues, greens, and greys, creating a serene and naturalistic atmosphere.

Assessment 2

ECAY5005

Ricky Cooper

2203269



Critically reflect upon the differences
between Health and Wellbeing.

OR

Life, Health and Wellbeing. A differential
criticism: What is it and are they the same thing?

How are they defined, if they can be?

Health:

‘The definition of health is not just a theoretical issue, because it has many implications for practice ... The current definition of health, formulated by the WHO, is no longer adequate ... Despite many attempts to replace it, no alternative definition has reached a wide level of consensus.’ (Leonardi, 2018, pp. 735 – 748)

‘The condition of the body and the degree to which it is free from illness, or the state of being well.’ (Cambridge University Press, 2024, np.)

Wellbeing:

‘In the absence of an agreed definition, many synonyms, descriptions, lists of wellbeing components or determinants, are used interchangeably when wellbeing is discussed, making it hard to compare wellbeing research studies.’ (Simons and Baldwin, 2021, pp. 984 - 991)

‘The state of feeling healthy and happy.’ (Cambridge University Press, 2024, np.)

Differently similar or Similarly different?

An overall ideal but is it inclusive.

‘The WHO definition links health explicitly with wellbeing and conceptualizes health as a human right requiring physical and social resources to achieve and maintain, ‘Wellbeing’ refers to a positive rather than neutral state, framing health as a positive aspiration.’

(Faculty for public health, 2024, np.)



Medical model of health and wellbeing continued!

Is the WHO definition helpful?

‘A definition should define clearly the nature of a subject ... or what effect it has.’ (Tulloch, 2005, pp. 320)

‘The WHO definition did none of these things; instead, it defined health as a nebulous notion that was further defined by another ambiguous term, well-being.’ (Tulloch, 2005, pp. 320)

‘The subjective perception on the wellbeing state differs depending on the specific circumstances present at some point, especially in the case of long-term evaluation.’ (Sfeatcu et al, 2014, pp. 124)

Government and health and wellbeing

‘Improving subjective wellbeing (SWB) is a worthy goal in its own right and can be instrumental to other outcomes – physical health, getting into work and productivity.’ (Department of Health, 2014, pp. 01)

‘an overall improvement in life satisfaction. The proportion of people rating their life satisfaction as 7 or more out of 10 rose from 75.9% to 77.0%’
(Office for National Statistics, 2013, pp. 07)

‘The estimates in this bulletin are based on data from the Annual Population Survey (APS) which includes responses from around 165,000 people.’
(Office for National Statistics, 2013, pp. 02)

Social Services and Well-being (Wales) Act (2014)

‘Well-being means a person is happy, healthy and is comfortable with their life and what they do.’

‘Through a standardised, streamlined framework, a single set of financial evaluations and billing schedules for residential and non-residential care are introduced.’

‘A nationwide independent safeguarding board will be established, and there will be more authority to guarantee that people and children are protected from abuse and neglect.’

(Gov.Wales, 2014, pp. 04 - 05)

The Psychological opinion of health and well being



‘Wellbeing and mental illness are correlated with depression and anxiety, which are associated with low levels of wellbeing.’
(Department of Health, 2014. np)

‘Recent research revealed that students with SEN attending mainstream schools have less interaction with classmates ... have less friends than peers without SEN ... are less accepted by their peers ... and feel more often lonely.’
(Rathman *et al*, 2018, pp. 134 - 142)

‘the Gallup-Healthways Wellbeing Index Poll interviews 1,000 US adults every day about wellbeing.’ (Steptoe, Deaton and Stone, 2015, pp. 02)

‘The wellbeing of doctoral students is a crucial factor that influences academics' well-being throughout their careers.’ (Schmidt and Hansson, 2018, pp. 01)

‘The COVID-19 pandemic had a negative impact on the participants’ mental health as they experienced stress, depression, anxiety, trauma and paranoia.’ (Kabasinguzi *et al*, 2023, pp. 01)

Conditions in recent life that affect health and wellbeing.

‘Because of population ageing, people will spend one-third of their lives beyond retirement. We need to develop effective strategies for the later third of life that promote health in order to guarantee that people who live longer also have better health.’ (Fried *et al*, 2004, pp. 64)

‘The twentieth century witnessed significant improvements in health in most countries, including substantial increases in survival to older ages. Life expectancy at birth in the United Kingdom (UK) increased by more than half.’ (Jivraj *et al*, 2020, np.)

‘Thus far, the majority of research on the factors contributing to individuals with mental health issues experiencing more severe mental disorders during the pandemic has been quantitative and has focused on presumptive theories.’ (Burton, *et al*, 2023, pp. 1040)

Offenders and healthcare

‘Local Health Boards (LHBs) commission healthcare services in public sector prisons (including clinical drug treatment services) and are responsible for commissioning mainstream healthcare services which offenders in the community will access.’ (Gov.uk, 2023, np.)

‘For the 2019–20 fiscal year, prisoners missed 42% of outpatient visits; Additionally, the percentage of missed consultations (18%) where no advance warning was provided was threefold higher than the general population's (6%). Additionally, there remains no sign that this persistent issue will improve.’ (Davies, Keeble and Hutchings, 2021, pp. 02)

‘The consequences of the COVID-19 pandemic on prisoners' psychological wellness have received little attention to date, which is concerning given that this population has high rates of pre-existing mental disorders, suicide, and self-harm, as well as relationships between a lack of mental wellness, these behaviours, and reoffending.’ (Hewson, *et al*, 2020, pp. 568.)

Offenders' wellbeing

‘prisoners have less freedom to visit greenspaces, meaning that the effects of greenspace presence and views may be more pronounced. There has been work examining effects of prisoners’ direct exposure to natural environments ... but in practice only limited numbers of prisoners can be involved in such schemes.’ (Moran, Jordaan and Jones, 2024, pp. 304)

‘A recent study also showed that 5% - 6% of male prisoners and 20% - 24% of female prisoners had intentionally harmed themselves in the last 12 months.’ (McLellan and Molodynski, 2023, pp. 434)

‘Research capturing cell-sharing experiences highlights several potential negative impacts of cell-sharing, such as a lack of privacy and safety, as well as an increased potential for violence.’ (Moran et al., 2013 cited in Muirhead *et al*, 2023, pp. 336).

Charities and other groups

‘When it comes to health, there is plenty of room for subjectivity. Some people have a very low standard of what constitutes healthy, while other people have a much higher standard. With added knowledge, experience, education, and guidance, a person’s perception of their health can shift.’ (Pears, 2023, np.)

‘People often use the terms health and wellness interchangeably, but the terms do have different meanings. The primary difference between health and wellness is that health is the goal and wellness is the active process of achieving it.’ (Murdock, 2024, np.)

‘The answer is simple: a foundation of mental and physical wellness allows us to function at our highest potential. If your health and well-being are lacking, everything else in your life, personal and professional, is more difficult and less rewarding.’ (Wooll, 2021, np.)

Charities and other groups continued

‘Experts believe that one in four people will experience mental distress during their life. At Together, we work with individuals experiencing a range of difficulties in their life in a way that empowers the individual to lead their own journey to better wellbeing through our unique approach to service user leadership.’ (together-uk.org, 2024, np.)

‘A lack of awareness and understanding of women's health means that women often feel dismissed, and treatment and support can be delayed for many years, leaving them to suffer debilitating symptoms and issues.’ (wellbeing of women, 2024, np.)

‘Everyone has 'mental health', just as we all have 'physical health'. And like our physical health, there are times when our mental health is better than others.’ (mental health foundation, 2024, np.)

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