The concept of human health

Done by

Murugan kaviarasu

Scientific leader

Svetlana bright

Group 196B

OPERATIONAL DEFINITION

- The WHO definition of health is not an "operational" definition, i.e. it does not lend itself to direct measurement, studies of epidemiology of health have been hampered because of our inability to measure health and wellbeing directly.

Concepts, Construct

- A scientific concept really consists of three parts: a label, a theoretical definition, and an operational definition.

- The theoretical definition specifies the verbal *meaning which is attached to the concept label.*

- We call self-defining concepts like "age" *primitive terms.*

- *Primitive terms are adequately defined* by their attached concept labels.

- These are the labels which appear at the bottom of the level of abstraction hierarchy.

- RECOMMENDATION: explicitly specify the meaning associated with each concept, regardless of the extent to which we think the meaning is shared.

Take Care of You!

5 Quick Ways to Practice Self-Care Right Now!

Exercise. Get outside.

Pay attention to nature around you and get out of your own head.

Be social.

It's not just fun. It's also good for us. Sometimes the day when you feel least social is when you need it most.

Breathe deeply.

Focus on the sensation of your breath. Notice how your body feels, from your head down to your toes.

Do something just for you.

Take a bath, do a facemask, read a book, make art, or take yourself on a coffee or tea date.
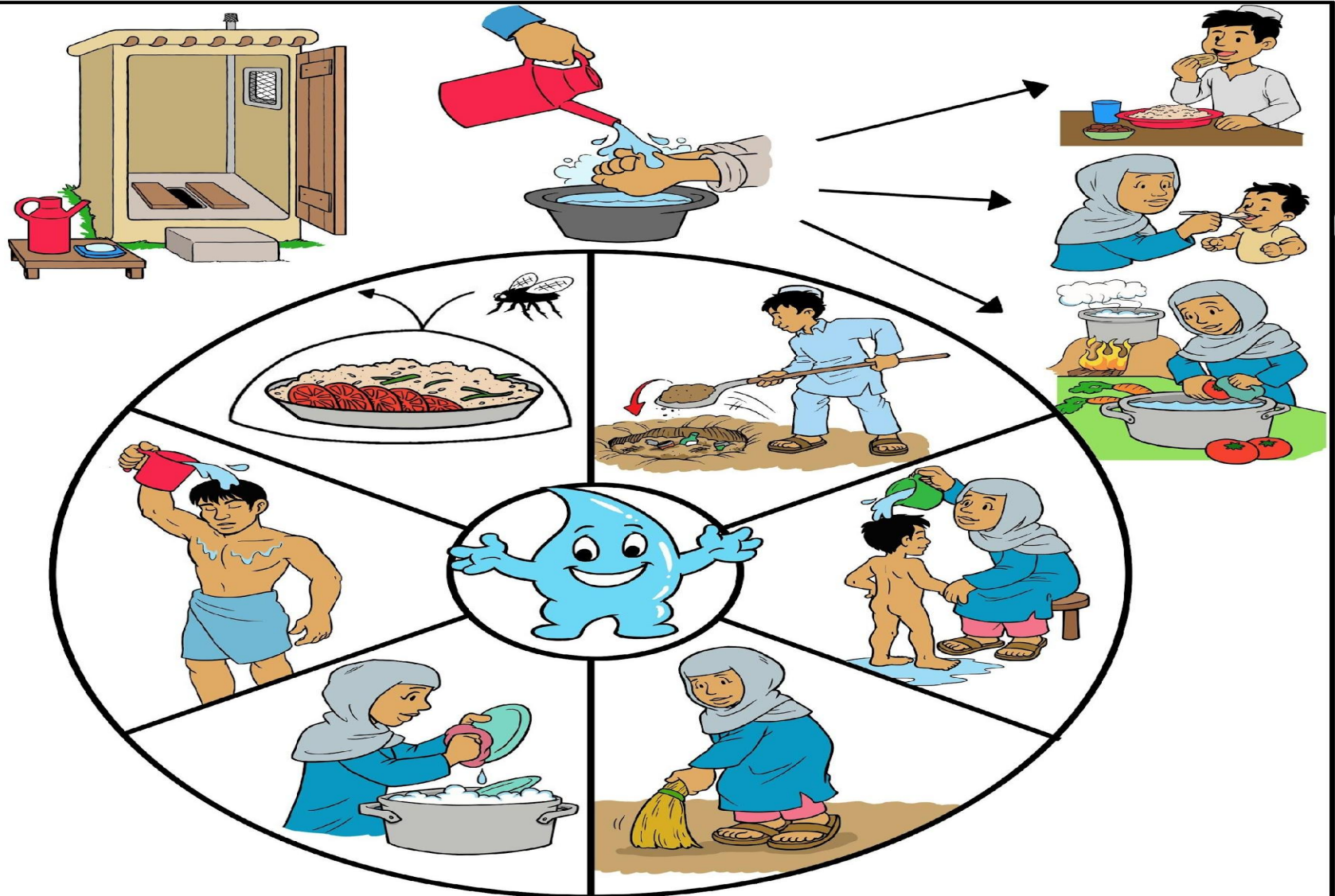
Write or journal.

Write about things you are grateful for. Write down reasons you are proud of yourself, or things to appreciate about yourself. Or just free write whatever comes into your head.

KITS
KIDS IN TRANSITION TO SCHOOL

STOP MICROBES
USE GOOD HYGIENE

PERSONAL
HYGIENE
Keep Clean, Be Healthy!

toothpaste

Ten Great Public Health Achievements

- Vaccination
- Motor-vehicle safety
- Safer workplaces
- Control of infectious diseases
- Decline in deaths from coronary heart disease and stroke
- Safer and healthier foods
- Healthier mothers and babies
- Family planning
- Fluoridation of drinking water
- Recognition of tobacco use as a health hazard

CDC, 1999

Definition of epidemiology

« The study
of the distribution and determinants
of health related states or events
in specified populations
and the application of this study
to the control of health problems. »

Last, 1988

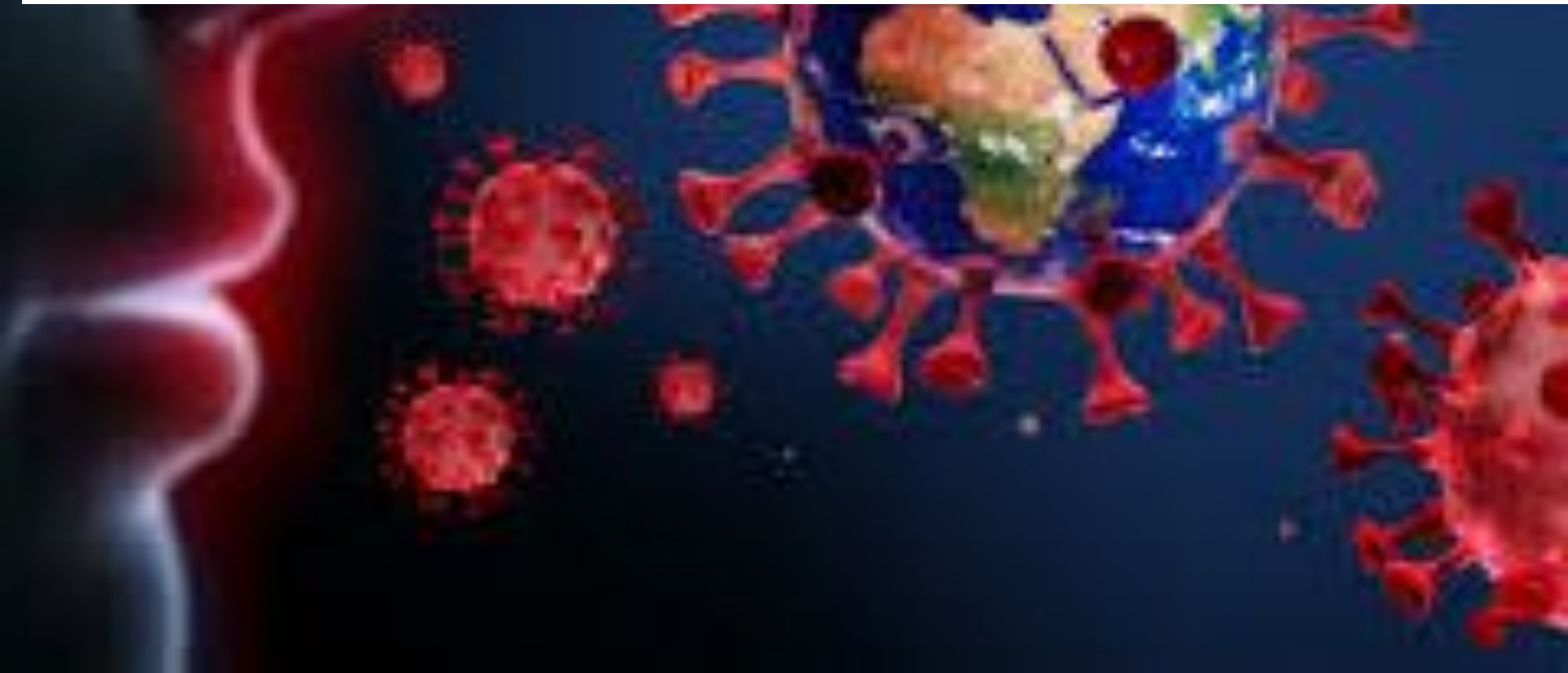Example quarantine for corona virus

Before

After corona

Monitoring and Evaluation of Health Services

Dr. Rasha Salama
PhD Public Health
Faculty of Medicine
Suez Canal University-Egypt

WHO stepwise framework

1

PLANNING STEP 1
Where are we now?

Investigate the present state of the cancer problem, and cancer control services or programmes.

2

PLANNING STEP 2
Where do we want to be?

Formulate and adopt policy. This includes defining the target population, setting goals and objectives, and deciding on priority interventions across the cancer continuum.

3

PLANNING STEP 3
How do we get there?

Identify the steps needed to implement the policy.

The planning phase is followed by the policy implementation phase.

Implementation step 1
CORE

Implement interventions in the policy that are feasible now, with existing resources.
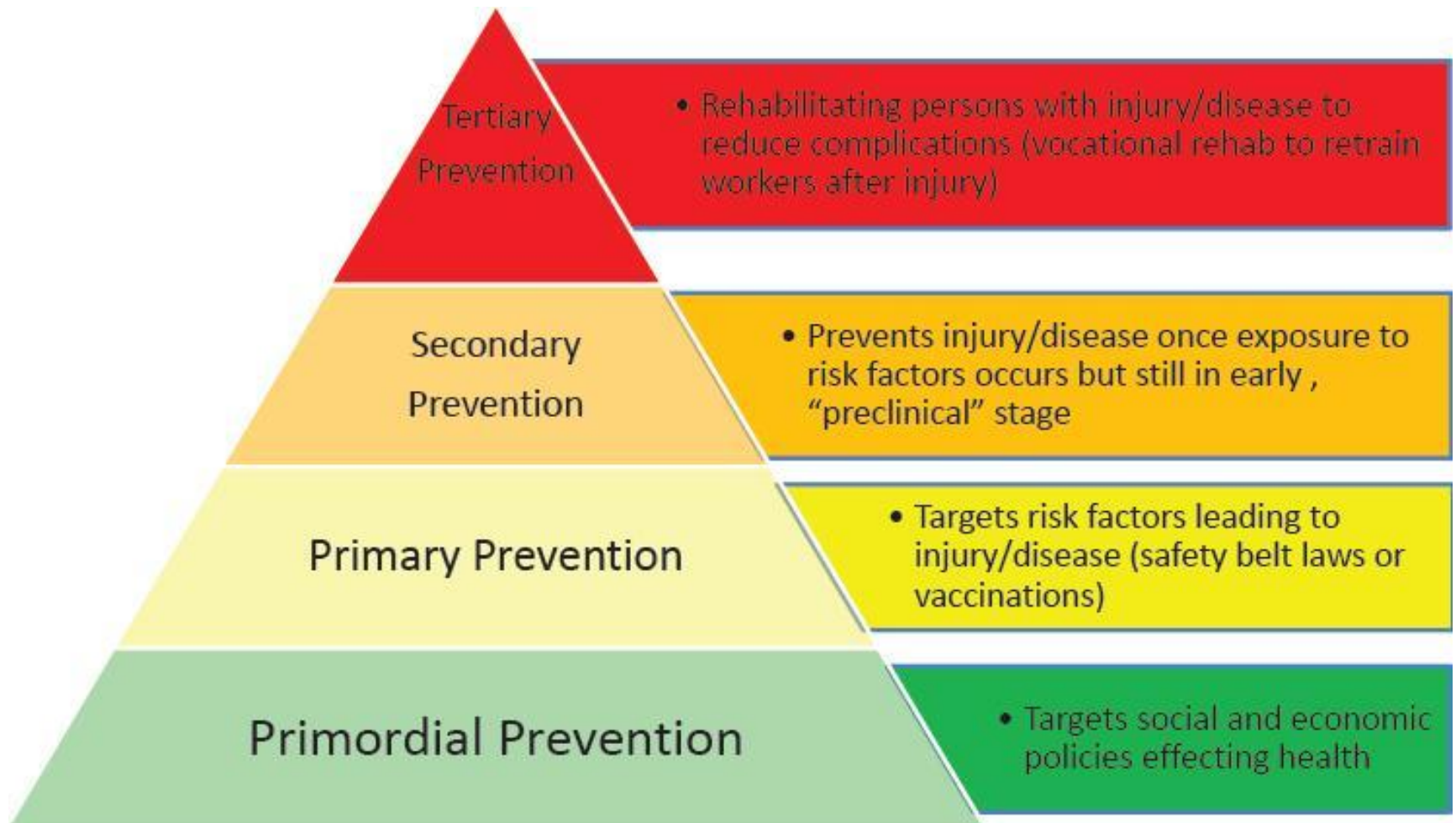
Implementation step 2
EXPANDED

Implement interventions in the policy that are feasible in the medium term, with a realistically projected increase in, or reallocation of, resources.

Implementation step 3
DESIRABLE

Implement interventions in the policy that are beyond the reach of current resources, if and when such resources become available.

Tertiary Prevention
- Rehabilitating persons with injury/disease to reduce complications (vocational rehab to retrain workers after injury)

Secondary Prevention
- Prevents injury/disease once exposure to risk factors occurs but still in early, "preclinical" stage

Primary Prevention
- Targets risk factors leading to injury/disease (safety belt laws or vaccinations)

Primordial Prevention
- Targets social and economic policies effecting health

The Public Health Model

Tertiary Prevention

Physical interventions, post incident reviews & debriefs

Secondary Prevention

Reactive responses: De-escalation techniques

Primary Prevention
Addressing the root causes before it has happened

Prevention of public
health