

DVM2110A: Health, Education Perspectives in International Development



Introduction to the Concept of “Health” and the Determinants of Health (National and International Comparisons)

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NOTE: Information is taken or modified from
the sources written at the bottom of slides

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Topics to be Covered

- Defining “Health” and the Determinants of Health
- Measuring Health
- Public Health / Population Health
- Global Health / International Health
- Disease and Illness
- Quality of Life / Health-Related Quality of Life

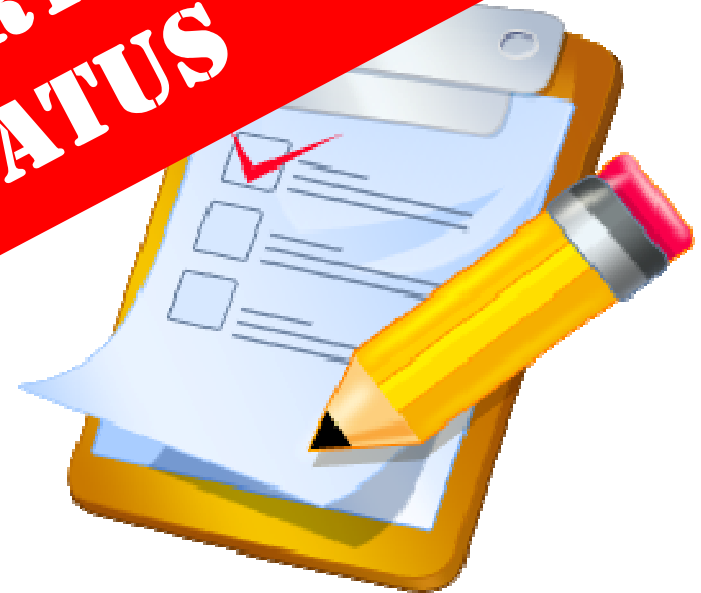


Rate your health ☺ ☹ ...

In general, how would you rate your health:

- 1) ... excellent?
- 2) ... very good?
- 3) ... good?
- 4) ... fair?
- 5) ... poor?

**SELF-REPORTED
HEALTH STATUS**

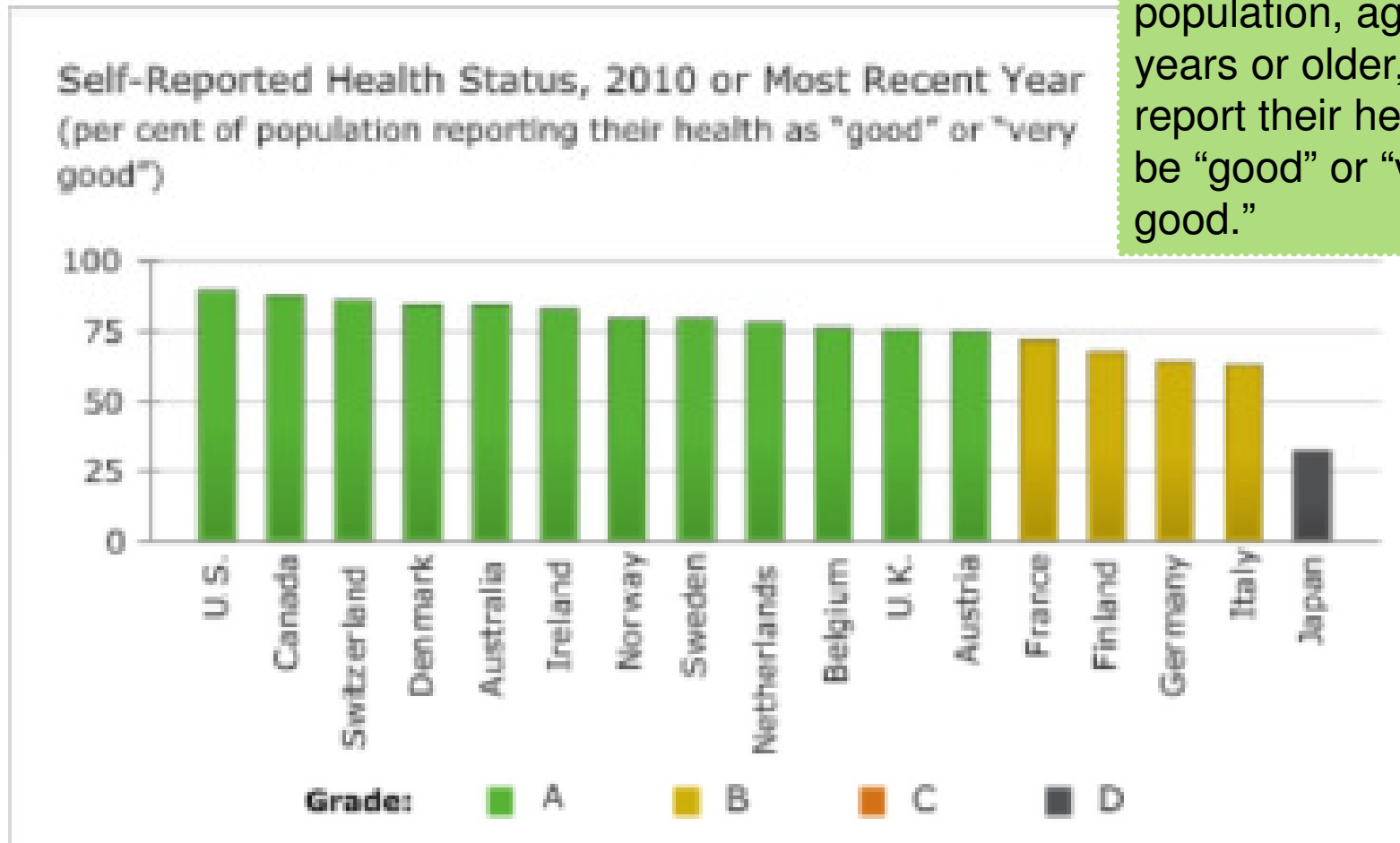


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Source: The Conference Board of Canada, 2012
<http://www.conferenceboard.ca/hcp/details/health/self-reported-health-status.aspx>

Self-Reported Health Status

Self-Reported Health Status: The percentage of the population, aged 15 years or older, who report their health to be “good” or “very good.”



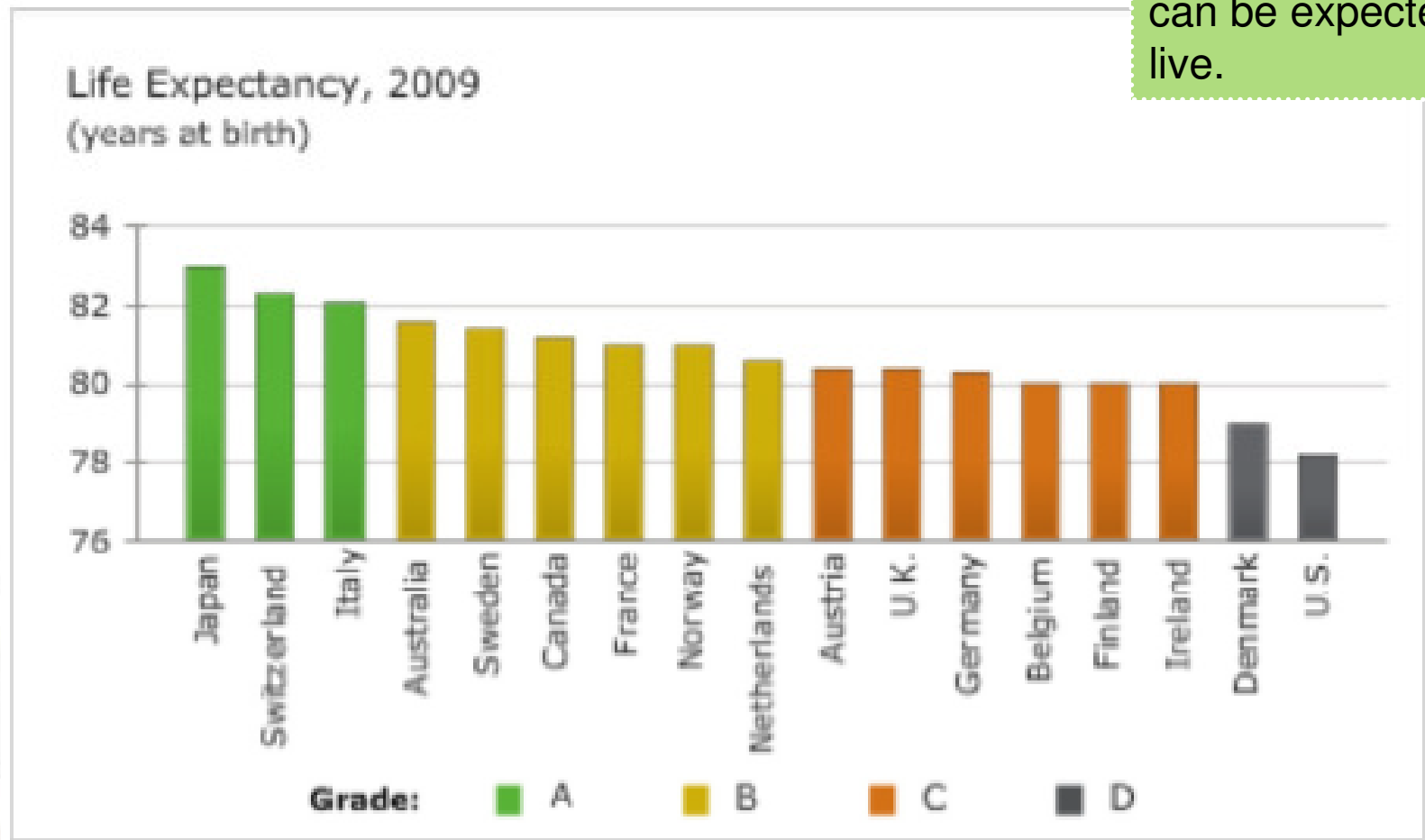
Source: The Conference Board of Canada, 2012
<http://www.conferenceboard.ca/hcp/details/health/self-reported-health-status.aspx>



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...but life expectancy

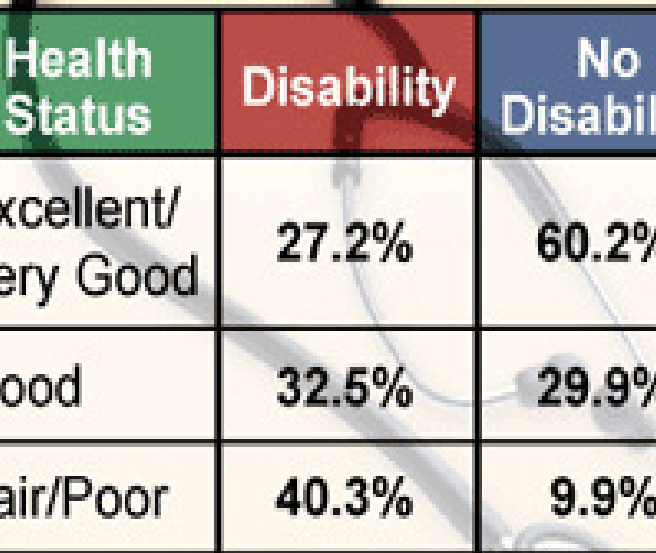
Life Expectancy:
The average number of years a person can be expected to live.



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Source: The Conference Board of Canada, 2012
<http://www.conferenceboard.ca/HCP/Details/health/life-expectancy.aspx>

Disability and General Health Status among US Adults*



Health Status	Disability	No Disability
Excellent/ Very Good	27.2%	60.2%
Good	32.5%	29.9%
Fair/Poor	40.3%	9.9%

*Aged 18 years or older



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Source: Racial/Ethnic Disparities in Self-Rated Health Status among Adults with and Without Disabilities — United States, 2004–2006. MMWR 2008;57(39);1069-1073.
<http://www.cdc.gov/Features/dsDisabilityAndHealthStatus/>



Measuring Health?

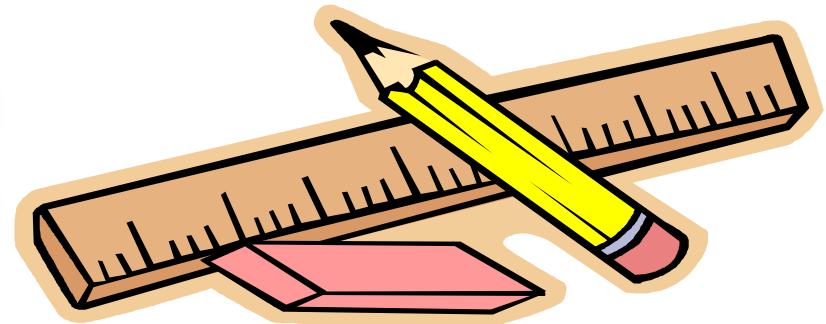
Quantitative metrics

(e.g., life expectancy, morbidity, mortality, etc)

VS.

Qualitative assessments

(e.g., nature of suffering, daily experiences, etc)



Source: Benatar & Upshur, 2011



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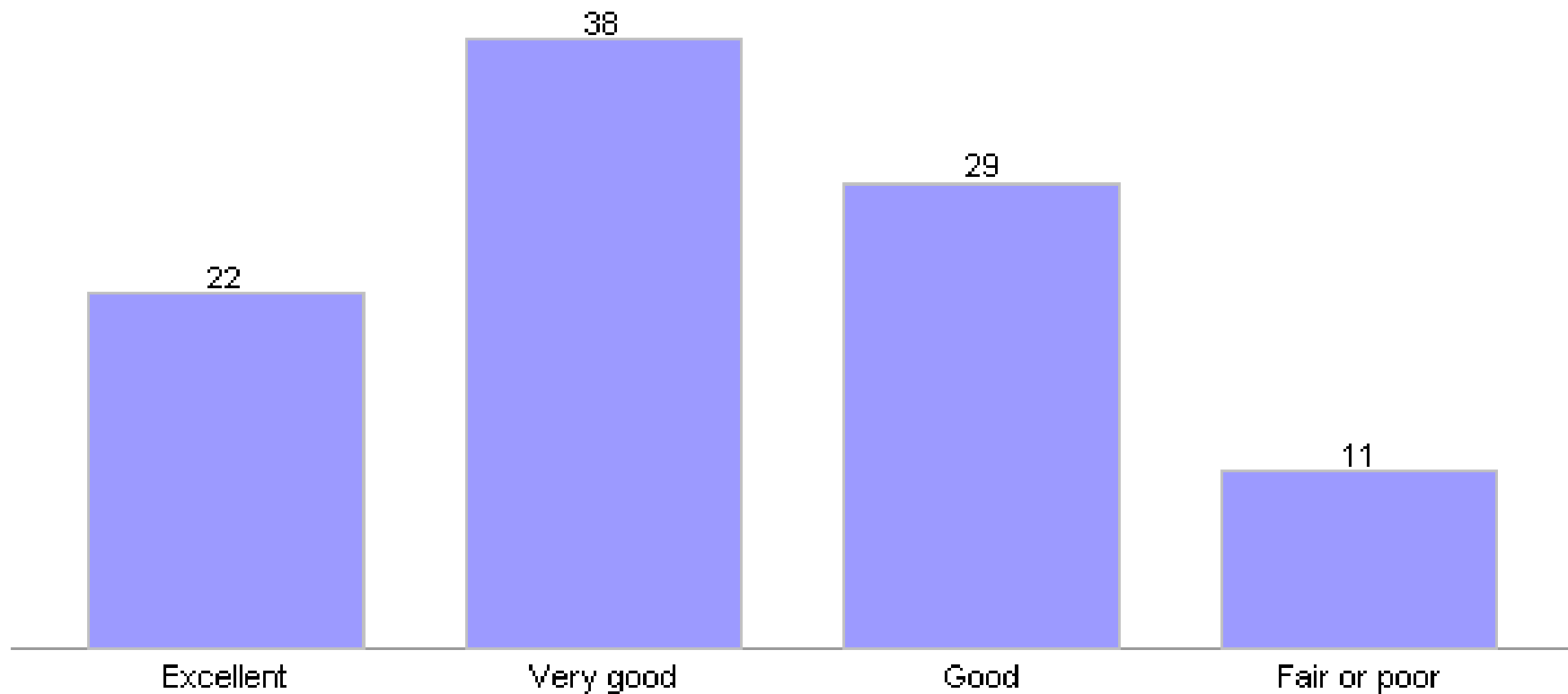
Defining Health (Individual Level)



- “A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.”
(World Health Organization, 1946)
- “A sustainable state of equilibrium or harmony between humans and their physical, biological, and social environments that enables them to coexist indefinitely.”
(Last, 2007)
- “The extent to which an individual or a group is able to realize aspirations and satisfy needs, and to change or cope with the environment; health is a resource for everyday life, not the objective of living; it is a positive concept, emphasizing social and personal resources as well as physical capabilities.” (World Health Organization, 1984)

Source: A Dictionary of Public Health (Last, 2007)

Self-rated health, Canada, 2005 (percent)



Source: Statistics Canada. *Self-rated health, by age group and sex, household population aged 12 and over, Canada, provinces, territories, health regions (June 2005 boundaries) and peer groups, every 2 years* (CANSIM Table 105-0422). Ottawa, Statistics Canada, 2006.



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Public Health & Population Health



- **Public Health:** An organized activity of society to promote, protect, improve, and, when necessary, restore the health of individuals, specified groups, or the entire population (Last, 2007).
- **Population Health:** A conceptual framework for thinking about why some populations are healthier than others (Young, 1998).



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Source: A Dictionary of Public Health (Last, 2007)
Lexicon of Population Health (Dunn & Hayes, 1999)
Population Health Concepts and Methods (Young, 1998)



“Global Health?” *Is it...*

- a) a description of the medically measurable health status of all
- b) an assertion about the state of health of all
- c) about providing medical treatment to all suffering from medically defined diseases
- d) the nature and governance of health services worldwide
- e) about measures to improve health governance and reduce health disparities for all (a global social justice issue)
- f) a quest to sustain a healthy planet (an environmental concern)
- g) a new term for “international health”

AND... Who are the major players?

Source: Benatar & Upshur, 2011



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Websites



<http://globalhealtheducation.org/SitePages/Home.aspx>



<http://www.csih.org/en/aboutus/index.asp>



Global Health vs. International Health



- **Global Health:** A field of study, research and practice that is committed to improving health and health equity for all people; it is transnational, collaborative, and action-oriented in scope.
- **International Health:** Health practices, policies, systems, and organizations often aimed at addressing the health issues of people living in poor, low-income, or developing countries; often emphasizes public health concerns, and activities such as foreign aid, humanitarian assistance and volunteerism.



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Source: Global Health Education Consortium:
<http://globalhealtheeducation.org/Pages/GlobalvsInt.aspx>
Global Health Action:
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2852240/>

Global health is the science and art of preventing disease, prolonging life and promoting physical and mental health through organized global efforts for the maintenance of a safe environment, the control of communicable disease, the education of individuals and whole populations in principles of personal hygiene and safe living habits, the organization of health care services for the early diagnosis, prevention and treatment of disease, and attention to the societal, cultural and economic determinants of health that could ensure a standard of living and education for all that is adequate for the achievement and maintenance of good health.

Source: Benatar & Upshur, 2011, p. 14



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5 Metaphors of Global Health

1. Global health as foreign policy
2. Global health as security
3. Global health as charity
4. Global health as investment
5. Global health as public health

Source: Benatar & Upshur, 2011



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Disease

- Physiological and/or psychological departure from good health or normal function
 - **communicable** (e.g., HIV/AIDS, Malaria, Tuberculosis) vs. **non-communicable** diseases (e.g., diabetes, heart disease, stroke, cancer)
- A disease is a conceptual entity defined by clinical, pathological, and epidemiological criteria that enable it to be studied systematically.

Source: A Dictionary of Public Health (Last, 2007)



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Infectious or Communicable Diseases



- Infectious diseases are caused by pathogenic microorganisms, such as bacteria, viruses, parasites or fungi; the diseases can be spread, directly or indirectly, from one person to another.
- Approximately half of all deaths caused by infectious diseases annually can be attributed to three diseases: tuberculosis, malaria, and AIDS.
 - combined, these diseases cause over 300 million illnesses and more than 5 million deaths annually



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Source: WHO, 2013

http://www.who.int/topics/infectious_diseases/en/

Also see: <http://www.infoplease.com/ipa/A0903696.html>



Epidemiological Transition

...as the economy changes from low to high per capita income, there is a corresponding transition from high mortality and high fertility TQ low mortality and low fertility...

- *Claim is: As countries grow richer, infectious or communicable diseases decline, and non-communicable diseases increase*
 - *Communicable diseases continue to affect millions of individuals in low-income countries.*
- **BUT the full picture is more complicated...***



Illness

- The subjective sensation of experiencing a diseased state. (Last, 2007)
- You may have a disease, but not feel ill from it.

Photo:

<http://www.utoronto.ca/ois/SIA/2007/Breast%20Cancer/Breast%20Cancer.pdf>

Source: A Dictionary of Public Health (Last, 2007)



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Common understanding of illness...



- The concept of illness is often equated with poor physical or mental health or a diagnosable disease.
 - Acute Illness: A disease with an abrupt or rapid onset and usually a short duration (e.g., infection)
 - Terminal Illness: An active and progressive disease with no reasonable chance of cure (e.g., advanced cancer)
 - Chronic Illness: A health condition that is long-lasting and needs to be managed on a long-term basis (e.g., diabetes; arthritis; HIV/AIDS)





Wellness and Well-being

- **Wellness**

- Life satisfaction or gratification in living (Cowen, 1991)
- Achieving a high level in each dimension of health (Donatelle & Thompson, 2011)
- Balancing the mind, body and spirit (i.e., adopting a holistic approach) (Donatelle & Thompson, 2011)

- **Well-being**

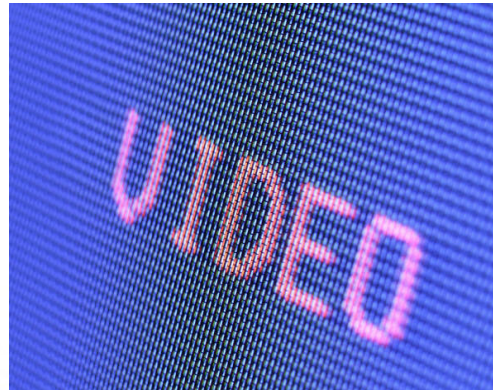
- Happiness and meaning and self-realization (Ryan & Deci, 2001)



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Source: In Pursuit of Wellness (Cowen, 1991), Health The Basics - Chapter 1 (Donatelle & Thompson, 2011), On Happiness and Human Potentials (Ryan & Deci, 2001)

Video: What is the connection between health and happiness?



- **What is the Happiest Country on Earth -- And Why? (5:33)**

<http://www.youtube.com/watch?v=wCvsrJ1QF60>



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What factors influence the health of university students?



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Quality of Life (QOL)

- An essentially subjective judgment of the way people perceive themselves as content and happy or otherwise, and able to function physically, emotionally, and socially. Others, including health workers, can make a relatively objective judgement of some of these aspects of a person's way of living, but the affected individual is the ultimate judge. (Last, 2007)



Source: A Dictionary of Public Health (Last, 2007)



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Health-Related Quality of Life (HRQOL)



“On the individual level, this includes physical and mental health perceptions and their correlates—including health risks and conditions, functional status, social support, and socioeconomic status. On the community level, HRQOL includes resources, conditions, policies, and practices that influence a population’s health perceptions and functional status. The construct of HRQOL enables health agencies to legitimately address broader areas of healthy public policy around a common theme in collaboration with a wider circle of health partners, including social service agencies, community planners, and business groups.”



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Source: Centers for Disease Control and Prevention , 2011
<http://www.cdc.gov/hrqol/concept.htm>



Determinants of Health

- Determinants of health are factors that influence the health of individuals and populations
 - includes biological and genetic factors, social factors, physical environment, health care system factors, political factors, etc
- The study of population health involves studying the multiple determinants of health and the manner in which they can be affected to improve population health outcomes



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Source: Public Health Agency of Canada

<http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php#What>

What are the key health determinants?



1. Income and Social Status
2. Social Support Networks
3. Education and Literacy
4. Employment / Working Conditions
5. Social Environments
6. Physical Environments
7. Personal Health Practices and Coping Skills
8. Healthy Child Development
9. Biology and Genetic Endowment
10. Health Services
11. Gender
12. Culture



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Source: Public Health Agency of Canada
<http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php#What>

Global health – *some important statistics*



- 50% of people in the world lack access to basic health care
- 1/3 of all deaths annually are due to poverty-related causes
- 963 million people are undernourished
- 884 million people lack access to safe water
- 2.5 billion people lack access to basic sanitation
- 2 billion people lack access to essential medicines
- 924 people lack adequate shelter
- 1.6 billion people lack electricity
- 774 million adults are illiterate
- 218 children are child labourers

Source: Benatar & Upshur, 2011



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Applying Knowledge of the Determinants of Health



- We can work together to improve health (individuals and communities)
- Public health interventions typically target one or more determinants of health
- Interventions include information, policies, and programs
- Interventions designed to produce health outcome(s)
- Can have multiple outcomes: positive behaviour change, reduction in diseases/conditions and risk factors, fewer injuries, improve well-being and health-related quality of life, and reduce health disparities and inequities



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Source: Determinants of Health: A Framework for Reaching Healthy People 2020 Goals

http://www.youtube.com/watch?v=5Lul6KNIw_8



Population Health Approach

- Focus on the root causes of a problem
- Evidence to support the strategy to address the problem(s)
- Finding flexible and multidimensional solutions for complex problems
- Efforts to prevent the problem
- Efforts to improve the health status of the whole society, while considering the special needs and vulnerabilities of sub-populations
- Focus on partnerships and intersectoral cooperation
- Public involvement and community participation



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Source: Public Health Agency of Canada

<http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php#What>