

HSS1101D: Determinants of Health

**Introduction to the Concept of Health:
Health, Wellness, Illness,
Disease, Impairment, Disability,
and Quality of Life**

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***NOTE:** Original lecture developed by Prof Thy Dinh.
Current lecture modified++ by Prof Sonia Gulati.
Information is taken from sources as indicated at
the bottom of or within the slides.

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Topics to be Covered

- Definitions:
 - Health
 - Wellness and Well-being
 - Illness, Disease, Sickness
 - Impairment, Disability, Handicap
 - Quality of Life
 - Public and Population Health
 - Death
- Health of Canadians

What is your personal understanding of “health”?



Class Exercise

RATE YOUR HEALTH

In general, would you say your health is:

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



Health is...

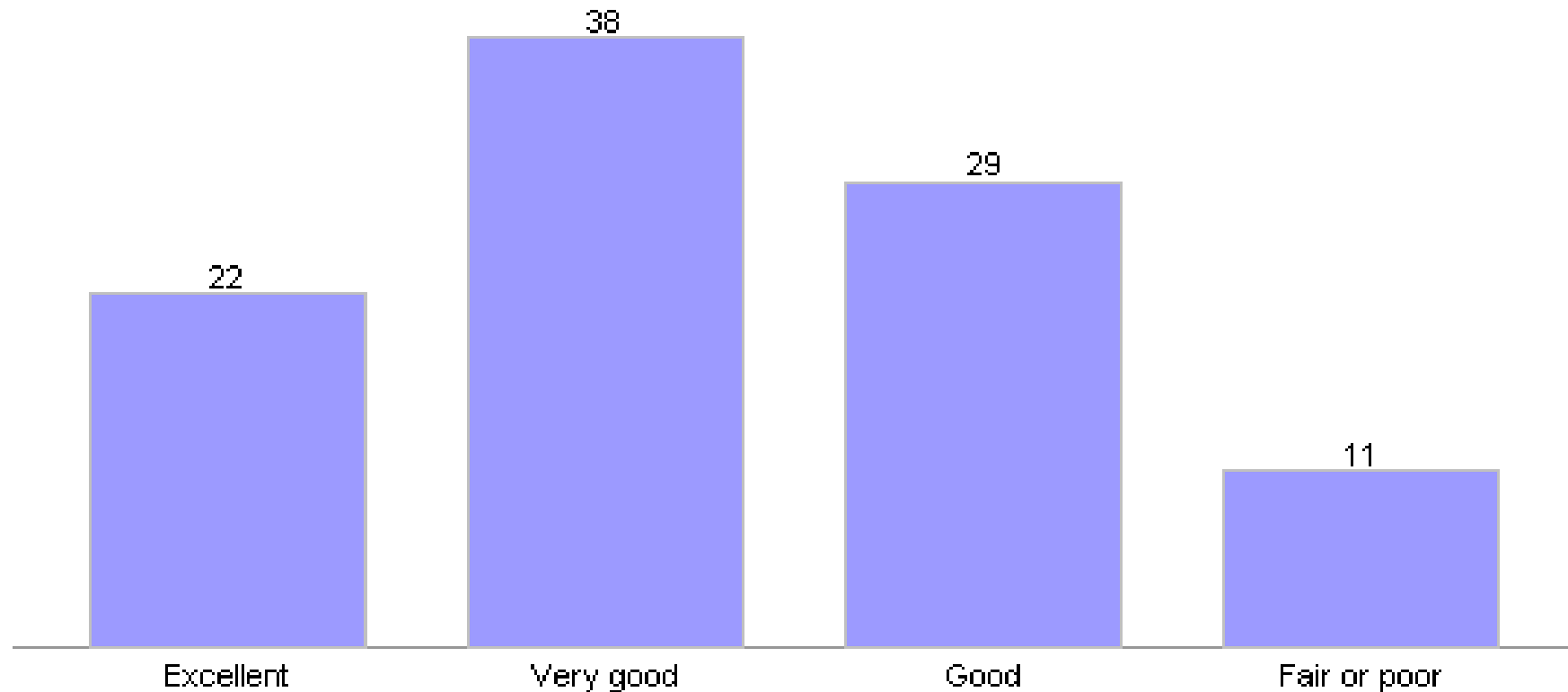
- **Health**

- “A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.” (WHO, 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.” (WHO, 1984)

And another definition of health...

- The dynamic, ever-changing process of trying to achieve individual potential in the physical, social, mental, occupational, emotional, environmental, and spiritual dimensions.
 - dynamic, multi-dimensional process
 - characterized by adaptability to life situations
- **Health: More Than a Statistic**
 - Shift in main causes of death from infectious to chronic diseases
 - **Decreased morbidity (illness) and mortality (death) rates**

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.

Wellness and Well-being refer to...

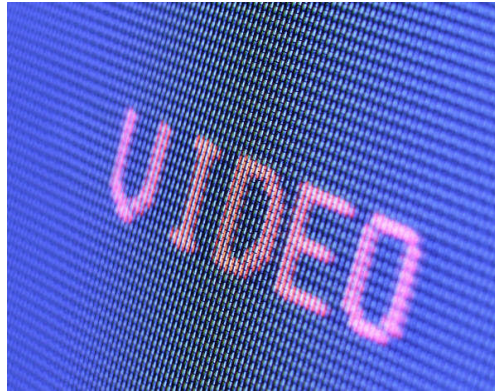
- **Wellness**

- 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 and 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>

Quality of Life (QoL)

- **Quality of life**

- 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)



Perceived Quality of Life

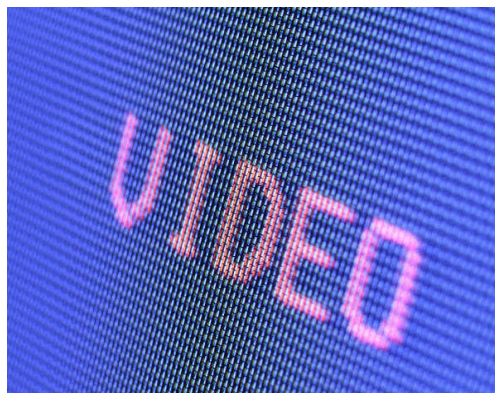
- When people have a disability, research suggests that “outsiders” provide a low rating of disabled persons’ QOL.
- According to the authors Albrecht & Devlieger (1999), the **Disability Paradox** refers to:

Many able-bodied people believe persons with significant disabilities lead an undesirable life, when many persons with disabilities report having a good life.

Why do you think this is the case?



Video: Pain and Quality of Life



- **LIFE Before Death Quality of Life (3:21)**
<http://www.youtube.com/watch?v=O0qhuu4lpj0>

Disease refers to...

- **Disease**

- Literally, “dis-ease”, the opposite of ease or comfort, is a general word describing any departure from good health. Best applied to a physiological and/or psychological departure from normal function, as contrasted with illness. (Last, 2007)
- A disease is a conceptual entity defined by clinical, pathological, and epidemiological criteria that enable it to be studied systematically. (Last, 2007)

Cont'd Disease refers to...

- Specific diseases have concise definitions that are based on clinical, pathological, and epidemiological evidence.
- The medical system, for example, uses the International Classification of Diseases ICD-10 (World Health Organization), which is utilized around the world as a common system for coding and labeling diseases.

<http://www.who.int/classifications/icd/en/>

International Classification of Diseases (ICD-10)

World Health Organization

<http://www.who.int/classifications/icd/en/>



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Illness refers to...

- **Illness**

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

More Common understanding of illness...

- The concept of illness is often equated with poor physical or mental health or a diagnosable disease.
- Acute versus terminal versus chronic illness:
 - 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)



Defining Illness, Sickness, & Disease from a Symbolic Interactionist Perspective

- **Disease:**
 - Diagnosed by a physician
 - Usually located in specific organs or system in the body
 - Curable through specific biomedical treatments
 - Concept of disease was developed to explain health problems and mainly for diagnostic & epidemiological purposes (Halbertsma, 1995)
- **Illness:**
 - The personal experience of the individual who acknowledges that he or she does not feel well
- **Sickness**
 - The social actions taken by a person as a result of illness or disease (e.g., taking medication, visiting doctor, resting)

Patients feel illness and act sickness; physicians diagnose and treat disease

Impairment refers to...

- **Impairment**

- An impairment refers to a loss or abnormality of an anatomical structure or psychological or physiological function.
- Problems with body structures and functions are usually parts of the disease process or are associated with certain health conditions.
- May be short- or long-term; temporary or permanent; progressive, regressive or static; or intermittent or continuous; or chronic
- A deviation from accepted biomedical standards.

(WHO, 1980; ICF, WHO, 2001)



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Evolution of the term Disability

The term disability evolved over time:

- Inability or limitation in performing social roles and activities in relation to work, family or living independently (Nagi, 1976).
- Any restriction or lack (resulting from an impairment) of ability to perform an activity in the manner or within the range considered normal for a human being (World Health Organization, 1980, ICDH, p. 28).
- Disadvantage or restriction of activity caused by a social organization which takes little account of people who have physical impairments and excludes them from mainstream social activities (Finkelstein, 1989).

Disability refers to...

- **Disability**

- Disability literally means “not being able to” – but this alone does not capture the complexity with which we talk about disability in North American Society.
- Disability serves as “an umbrella term for impairments (of body structures and functions), activity limitations or participation restrictions” (World Health Organization, 2001, International Classification of Functioning, Disability and Health (ICF), p. 1).



Biopsychosocial Approach of Disability

- Given the common struggles and growing support for both the medical and social models of disability, the Biopsychosocial Model of Disability was proposed.
- It is based on the integration of the two opposing models in order to capture the integration of the various perspectives of human functioning.
- It attempts to represent and achieve a synthesis and coherent view of health from a biological, individual and social perspective.

***Do you think everyone is
impaired or disabled to
some extent?***



Handicap refers to...



- **Handicap**

- Handicap is disadvantage for a given individual that limits or prevents their participation in society (societal level) (WHO, 1980).
- Handicap is a socially derived concept that labels a person pejoratively (Clarke, 2008).
- Conversion Handicap refers to the idea that people with disabilities often require more resources to achieve the same outcomes as non-disabled people (Amartya Sen in WHO, 2011)

The Wheelchair Assignment...

What do you think about an assignment that requires students to spend one day (24 hours) in a wheelchair in order to learn about the experience of living with a disability?



What is the Relationship between Illness, Impairment and Disability?

- Illnesses may not have the same social consequences as disabilities.
- A chronic illness is often or may become disabling.
- Many disabilities may be chronic or long-lasting.
- People living longer and more effective treatments for many illnesses and infections has also resulted in leaving people with impairments or disability.

Integration, Segregation and Marginalization

- **Integration** suggests that disability-related needs are identified and supported, and persons with disability are involved in the community.
- **Segregation** suggests that disability-related needs are identified and supported, but the person with disability is not involved in the community.
- **Marginalization** suggests that disability-related needs are not identified and supported, and the person with disability is not involved in the community.

Inclusion / Exclusion

- Concepts of inclusion/exclusion operate in tandem.
- Determine what people are excluded from and what they are included in.
- Exclusion may be achieved through elimination, abandonment, geographical segregation, marginalization, discrimination, conditional inclusion or receiving assistance, or progressive inclusion.
- Constructing inclusion in modern societies raises contradictions because one of the major processes in the attempt at integration is normalization.

Stigma

- Stigma has been described as a characteristic of social relationships, while other social science research has treated stigma as something owned by the individual whose differences are negatively evaluated by others.
- Stigma involves adverse reactions to perceived differences. Both the negative evaluation of and the adverse reactions to these differences are derived from cultural norms and expectations.
- Can result in structural disadvantages and psychological distress for people who are stigmatized.

(Goffman, 1963; Susman, 1994; Fine & Asch, 1988; Oliver, 1992; Scambler, 2004).



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Equality

- Equality refers to the right to equal protection, participation and benefits without discrimination based on race, national or ethnic origin, religion, sex, age or mental or physical ability.
- Each person is supported to make an equal claim about what society has to offer its citizens.
- ❖ Takes into account that the conditions to participate may vary for each individual and may entail special accommodation to ensure an equal outcome.

Death

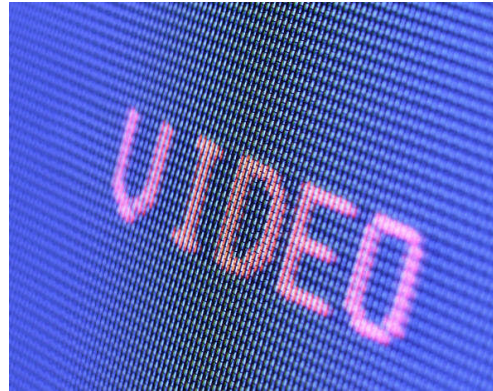
- **Death**

- Cessation of cardiovascular, respiratory, and neurological activity for a sufficient period of time to cause irreversible pathological deterioration of vital organs. (Last, 2007)
- Traditional definition, “irreversible cessation of circulatory, respiratory, and neurological functions”, has become less valid since the development of life support and technology to ventilate lungs and artificially stimulate the heart.
- Organs and body systems can “die”, however life terminates only when a person experiences brain death, after which organs can be harvested

What are your thoughts about euthanasia or assisted suicide?



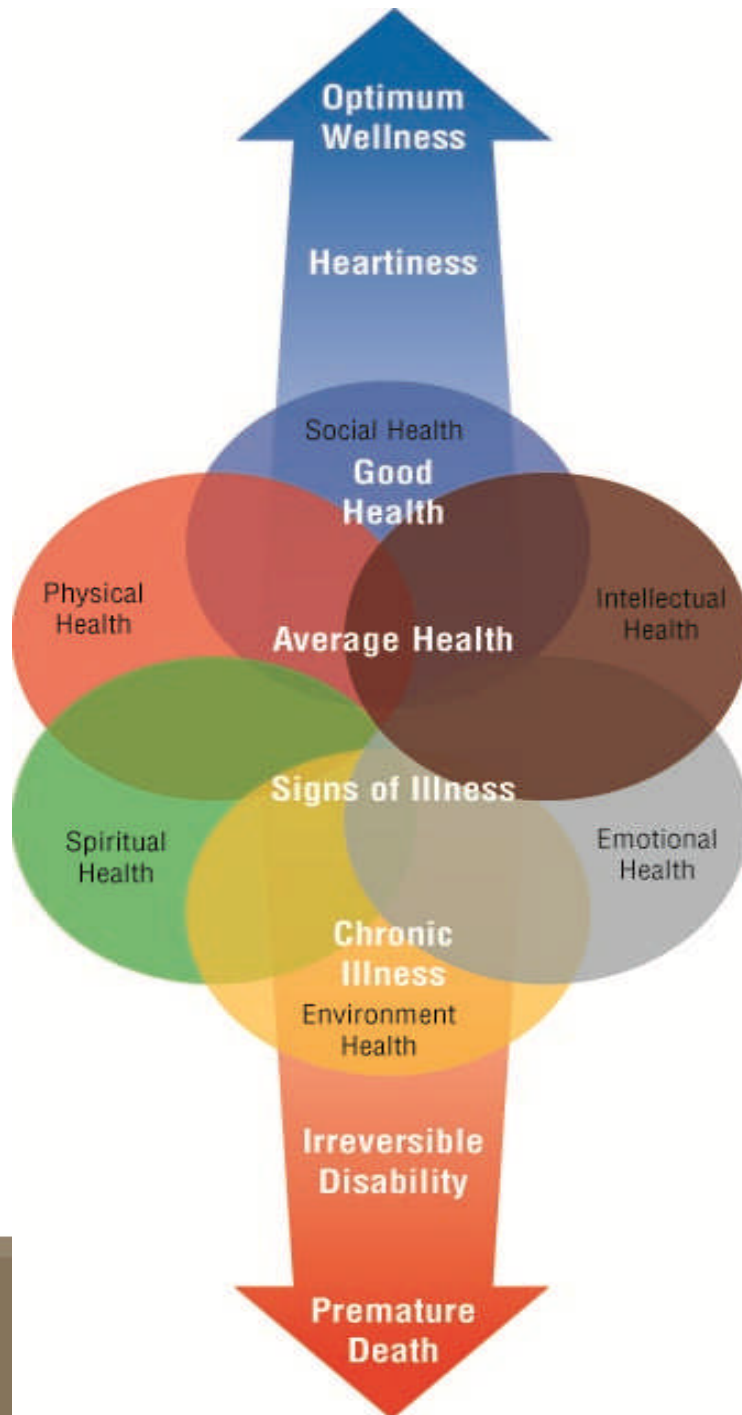
Video: Euthanasia



- **Euthanasia (9:45)**

<http://www.youtube.com/watch?v=yVS8BtdphNA&feature=related>

The Dimensions of the Health and the Wellness Continuum



Health The Basics - Chapter 1
by Donatelle & Thompson, 2011

Health Behaviours and Lifestyle

- **Health behaviour**
 - The actions people undertake that influence their health status. (Last, 2007)
 - Actions are influenced by the combination of understanding, insight, beliefs, and practices.
 - May influence health in a positive or negative way.
- **Lifestyle**
 - The behaviour pattern, customs, and habits of persons or groups, generally considered in the context of consequences for health, including the nature and amount of exercise, dietary habits, and use of tobacco, alcohol, coffee, tea, stimulant and sedative substances (licit or illicit), and recreational time. (Last, 2007)

Population and Public Health

- **Population Health**

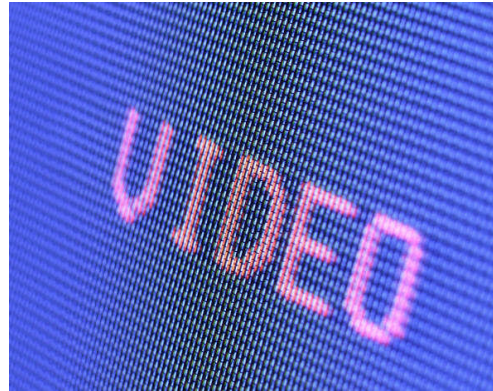
- A conceptual framework for thinking about why some populations are healthier than others. (Young, 1998)
- The health of a population is measured by health status indicators and is influenced by social, economic, and physical environments, personal health practices, individual capacity and coping skills, human biology, early childhood development, and health services (i.e. determinants) (Dunn and Hayes, 1999)

- **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)

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

Video: Population Health



- **Population Health: Diana (7:06)**

<http://www.youtube.com/watch?v=XgZyB3rwMRs>

*Determinants of Health – brief definition

- **Determinant (of health)**

- A definable entity that causes, is associated with, or induces a health outcome. It may be a factor or combination of factors that can be classified as inherited or acquired. They include biological, behavioural, social, economic, cultural, and other factors. Any combination of these may be determinants of health. (Last, 2007)

Examples:

Biological – predisposition to a disease due to family history or genetics

Behavioural – healthy or unhealthy habits, lifestyle

Social and cultural – education, race/ethnicity, religion, gender/sex

Economic – income

Physical environment – safe places, climate change, access to clean water and air

Political environment – political stability, war/peace

Health care system – access to health care services, healthcare coverage

THE HEALTH OF CANADIANS



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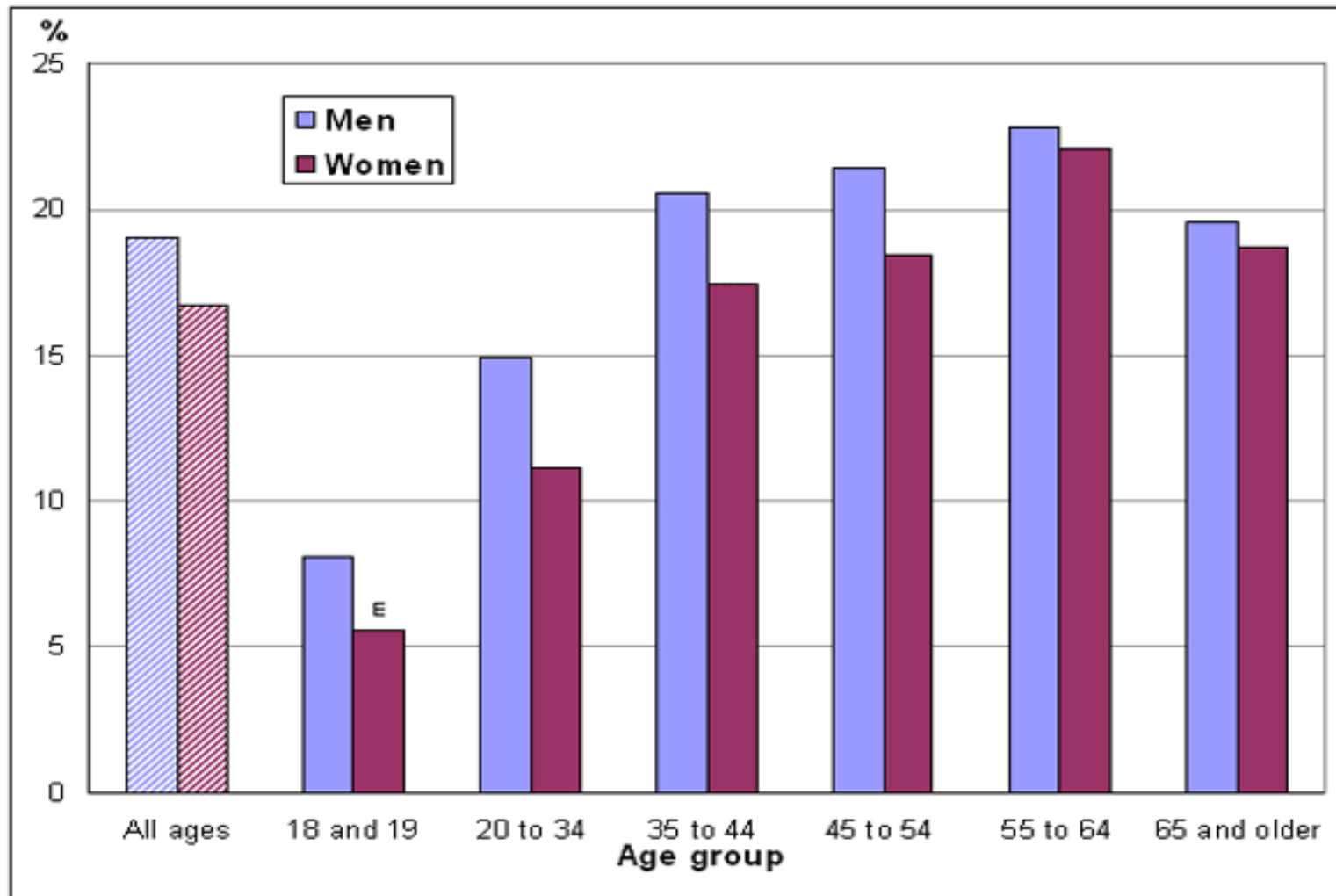
How healthy are Canadians?

Demographic statistics (2006)

- *Canadian population*: 31,612,897
- **Life expectancy at birth*: 80.4 years;
Females: 82.7 years; Males: 78 years
- *Median age*: 39.5 years (+1.9 from 2001)
- Aging population - drop in fertility and steady increase in life expectancy
- Level of fertility was 1.59 children per woman on average.
- Immigrants account for about 20% of the Canadian population

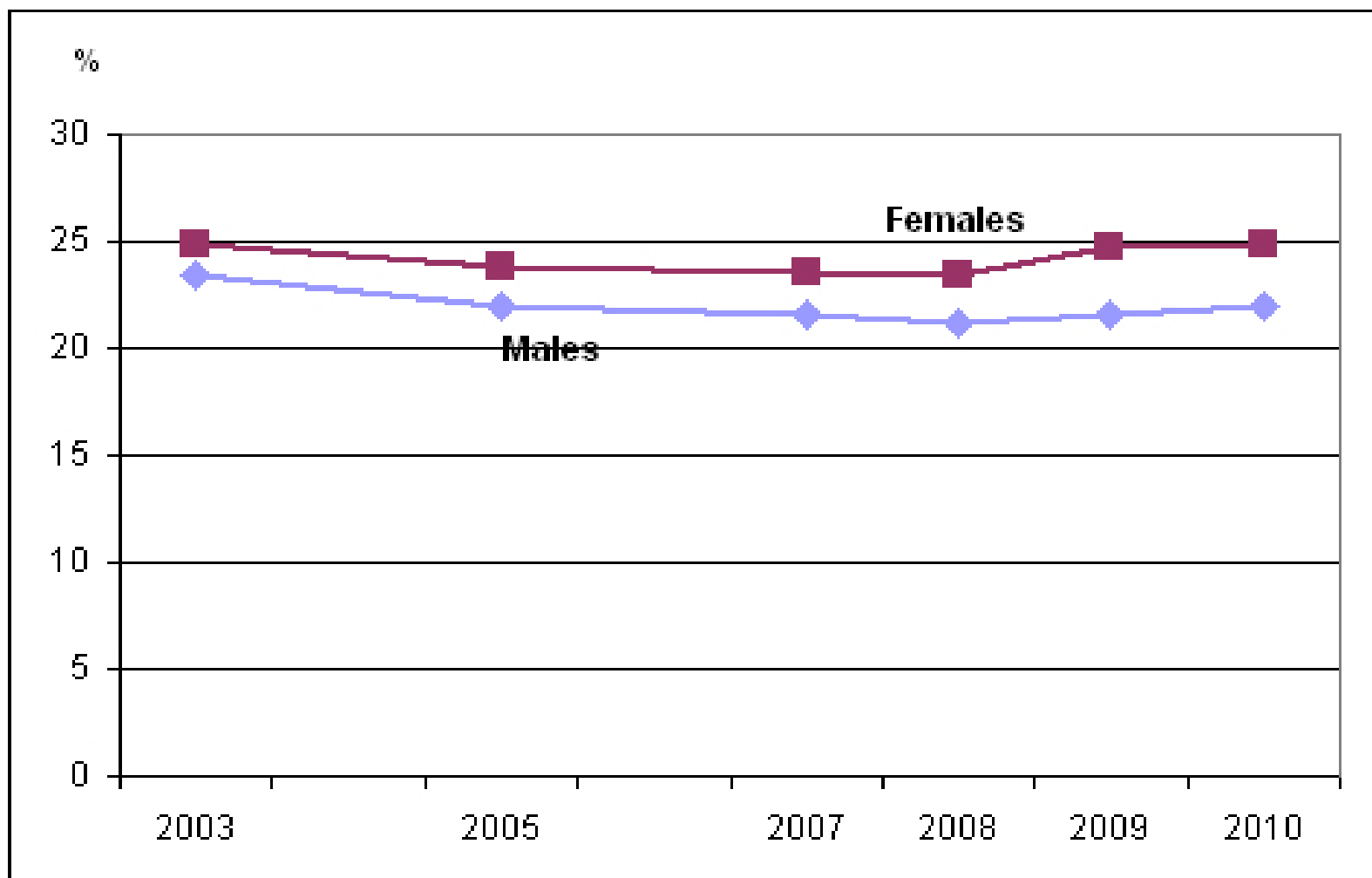
**** Life expectancy is the average number of years of life remaining at a given age.***

Percentage who self-reported being obese, by age group and sex, household population aged 18 and older, Canada 2009



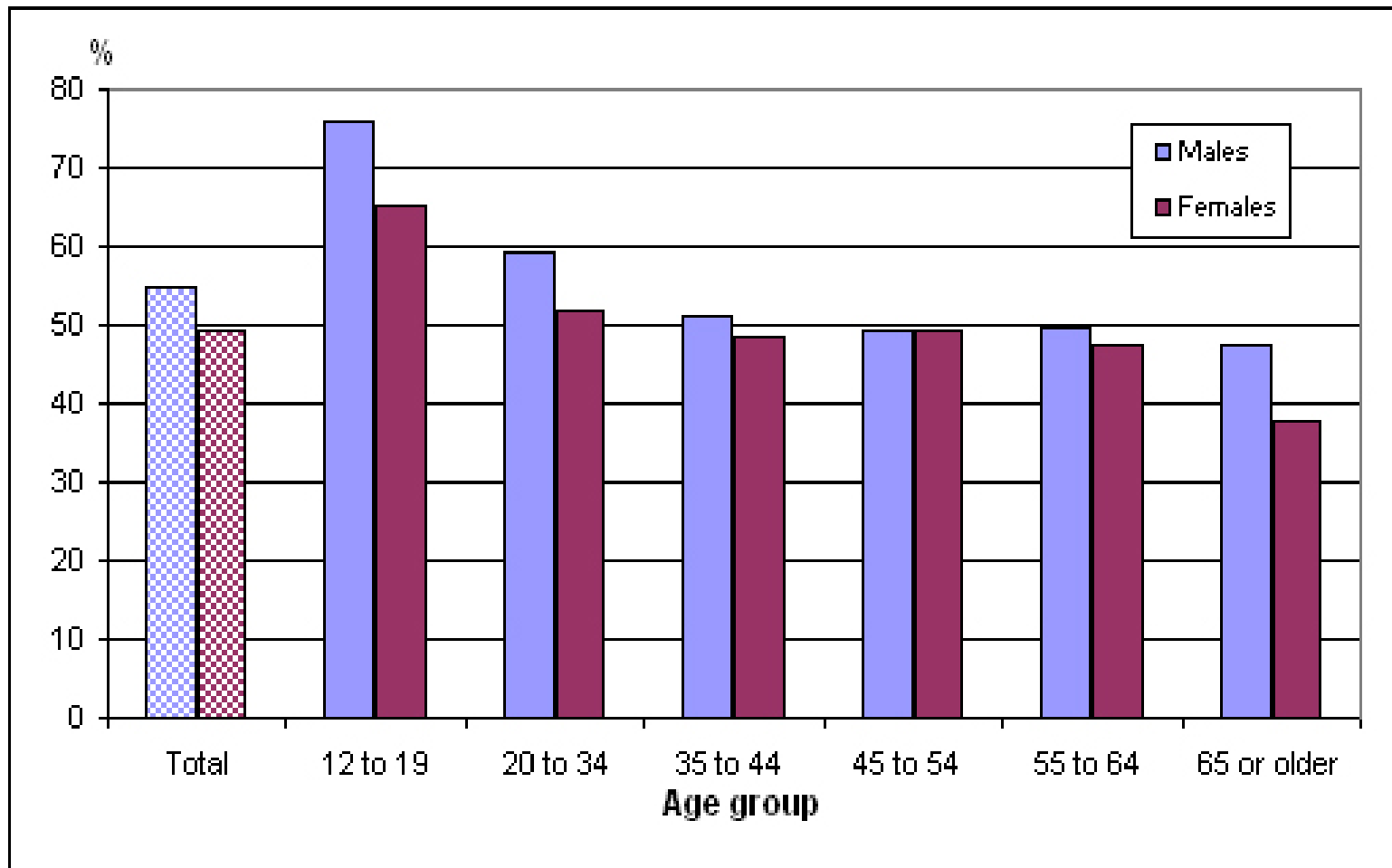
Source: Canadian Community Health Survey, 2009

Percentage reporting most days quite a bit or extremely stressful, by sex, household population aged 15 or older, Canada, 2003 to 2010



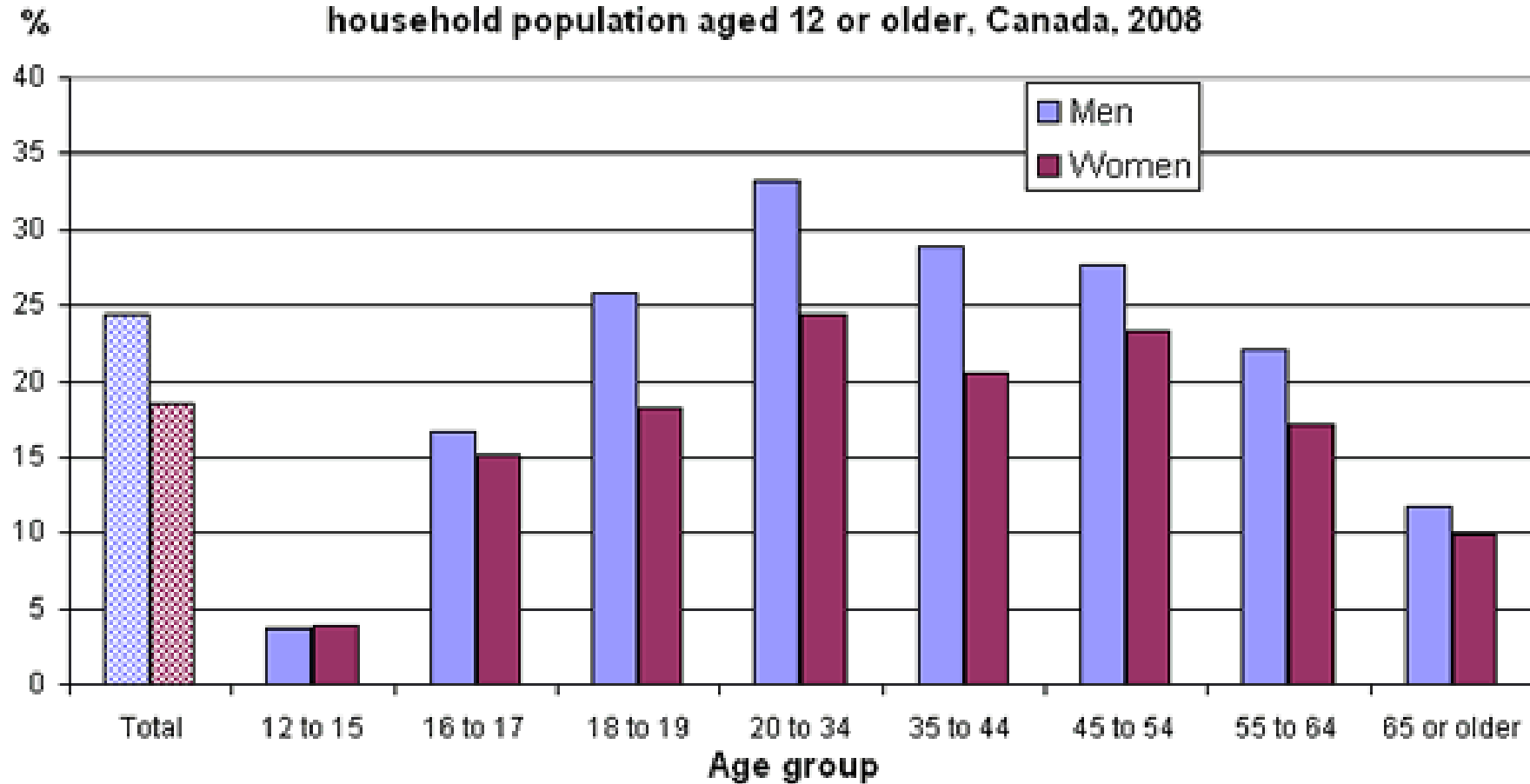
Source: Canadian Community Health Survey, 2003, 2005, 2007, 2008, 2009, 2010

Percentage at least moderately active in leisure time, by age group and sex, household population aged 12 or older, Canada, 2010



Source: Canadian Community Health Survey, 2010

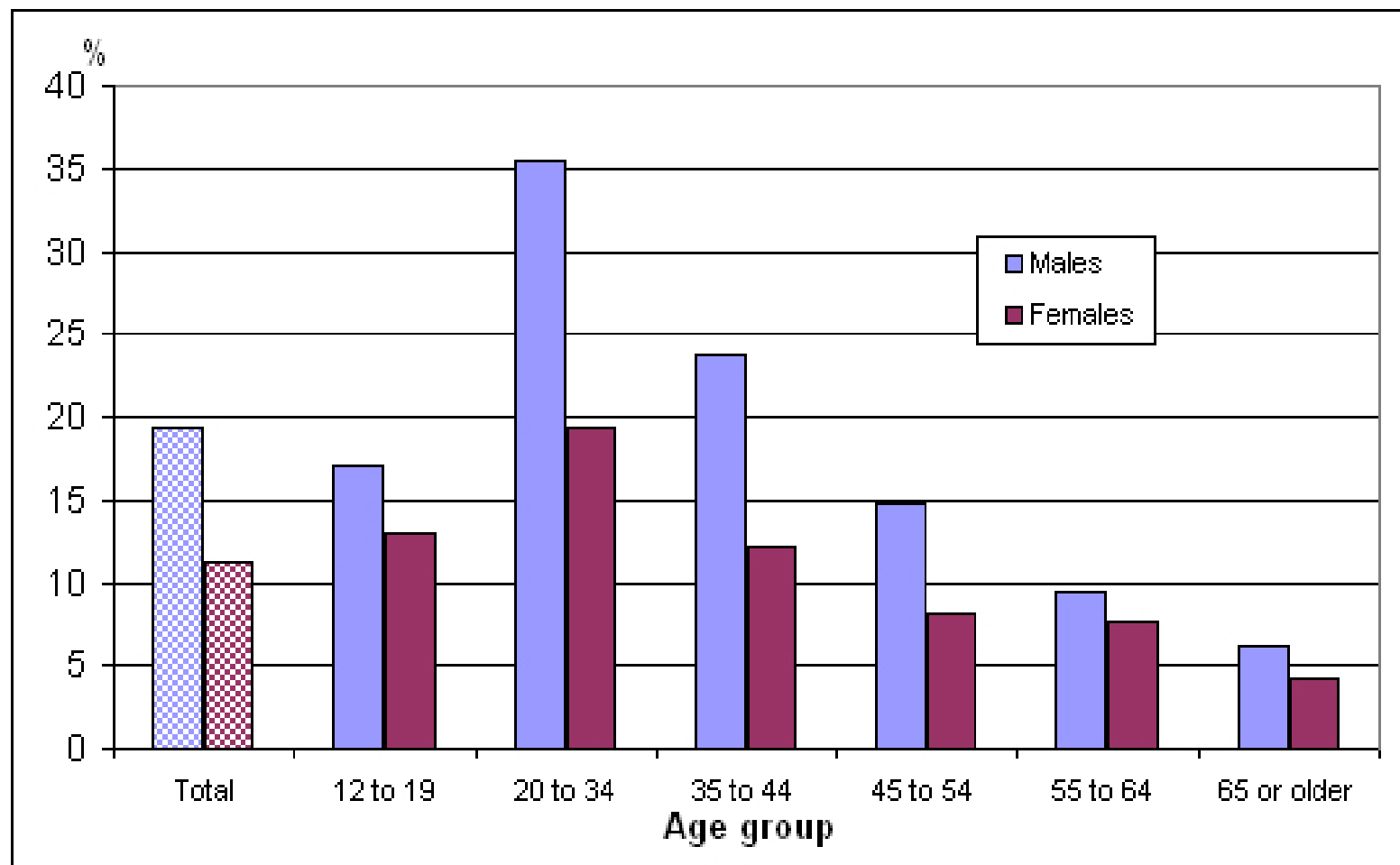
Percentage who smoke daily or occasionally, by age group and sex, household population aged 12 or older, Canada, 2008



Source: Canadian Community Health Survey, 2008.

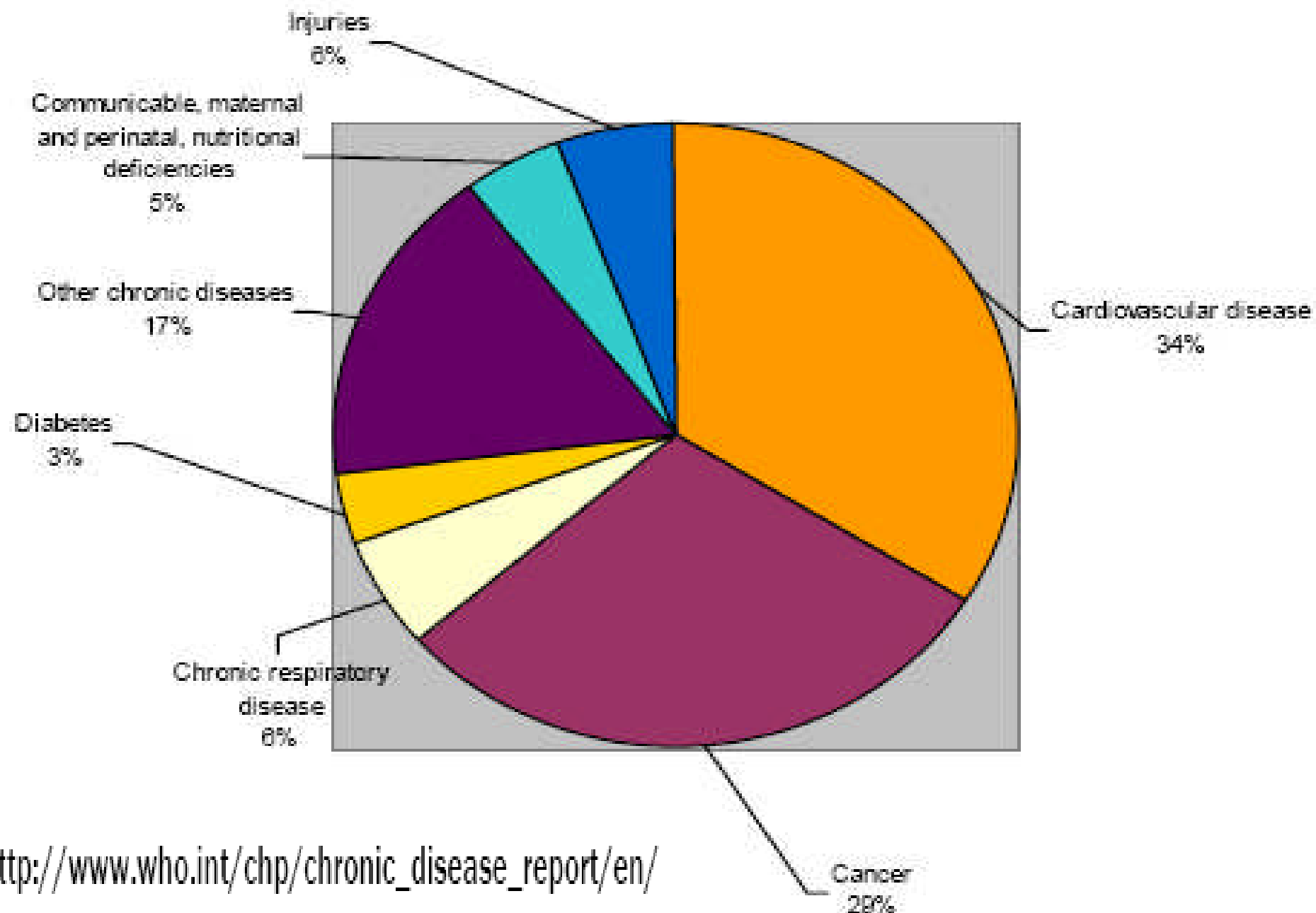
Source: Canadian Community Health Survey, 2008

Percentage without a regular medical doctor, by age group and sex, household population aged 12 or older, Canada, 2010



Source: Canadian Community Health Survey, 2010

Projected deaths by cause, all ages, Canada, 2005



http://www.who.int/chp/chronic_disease_report/en/