

### Self-Responsibility for Self-Care

- The idea of a right to health should be replaced by the idea of an individual moral obligation to preserve one's own health - a public duty
- The individual then has the right to expect help with information, accessible services of good quality, and minimal financial barriers.

### Rights and Responsibilities

- What is the balance between rights and responsibilities?
- if we have the right to health care and the right to health
- Do we not have the right to smoke, eat high fat foods, use drugs?

### Health Belief Model (Hochbaum, Kegels, Rosenstock (1950))

- Developed to explain and predict health behaviour

### Quality of Life Model

- Three domains
  - Being
    - Physical, psychological and spiritual
  - Belonging
    - Physical, social and community
  - Becoming
    - Practical, leisure and growth

Quality of Life is measured as the degree to which a person enjoys the possibilities of his or her life

### Canadian Institute for Health Information (CIHI)

- Independent, not-for-profit organization
- Provides information about national health indicators and standard

### Population health defined

- A way of thinking about the social and economic forces that shape the health of Canadians
- Builds upon public health and health promotion
- Goes beyond our traditional understanding of the causes of health and illness

### PHE Canada

- Foremelthy CAHPERD
- Advocates and educates for quality physical and health education in school settings
  - QDPE - Quality Daily PHysical Education
  - CSH - Comprehensive School Health

## Wellness and the Wellness Movement

- Wellness
  - Purposeful, enjoyable living
  - A deliberate lifestyle choice characterized by personal responsibility
  - Optimal enhancement of physical, mental and spiritual health
  - Living life to the fullest

## Dr. Halbert Dunn

- Pioneer of the wellness movement
- Physician and chief of the US National Office of Vital Statistics 1935-1950
- Health - a passive state of homeostasis or balance
- Wellness - a dynamic process of continually moving toward one's potential for optimal functioning
- Dependent on 3 criteria:
  - Direction and progress toward a higher level of functioning
  - The total individual
    - Physical, mental, emotional, social and spiritual components
  - Functioning and adapting for daily living and in times of crisis

## Dr. John Travis

- Wellness is a choice - a decision you make to move toward optimal health
- Wellness is the right and privilege of everyone
- New focus is global wellness and wellness for children

## Berkman, Breslow, Wingard (1983)

- Health and Ways of Living: The Alameda County Study
- Found a number of simple health habits significantly affect health expectancy

## Health Habits

- 1) Regular moderate exercise
- 2) no smoking
- 3) no alcohol or only moderate use
- 4) moderate weight
- 5) 7 or 8 hours of sleep a night

## Health Challenges Recent Trends

- Recent trends
  - Cancer and heart disease two leading causes of death for Canadians
  - Followed by lower respiratory diseases
  - Type 2 Diabetes
- YPLL - Years of Potential Life Lost
  - measure - age at which deaths occur and cost to society in terms of the loss of human potential and productivity

- Greater if you live in the northern regions of Canada
- Due to unintentional injuries and self-inflicted injuries

#### Social Determinants of Health (SDOH)

- Health is determined by complex interactions between
  - Our environment

#### 14 Social Determinants

- Early Childhood Development, Employment and Working Conditions

#### Health of College and university Students

- Students often engage in behaviours that put them at risk for serious health problems
  - College age men are more likely than women to engage in risk-taking behaviours
    - use drugs and alcohol
    - Risky sexual behaviour - multiple partners and having sex under the influence of alcohol