

**What is Health?**

Abbi Lewis

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Dr. Lawless

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The word health means to me, a state of being where a person is physically fit, eating a good diet, and has no medical conditions. To be healthy or maintain the status of being healthy I think it is important to get exercise at least 45 minutes a day because it keeps your heart healthy and strengthens the body's functions. Exercise also prevents health conditions like obesity, diabetes, clogged arteries, etc. I know heart disease is the leading cause of death in the United States, so exercise can definitely prevent the development of heart disease. Another thing that can prevent this is eating good, nutritious foods and staying on a good diet. A good balance of fruit, vegetables, protein, dairy products. As a country we've been leaning towards a lot of processed foods and junk foods because they are cheaper and already prepped so you can just reheat most things. Eating healthier might be more time consuming, but the benefits outweigh the cons in this case. By working out and eating healthy this ultimately prevents health conditions which hits my last point, so if you follow these things then I would consider a person to be healthy. My definition for health would have to be: a person medically, physically, and mentally well.

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity”. I like this definition because it emphasizes the fact that health is not measured on the basis of having an illness or not, it has other factors too. The textbook says that it has a “holistic” view on health meaning that it focuses on the whole not just the parts. We understand the parts of this definition, but we can also understand that you have to put the parts together to understand the true definition of health.

Health can be viewed negatively if the definition specifically focuses on the bad, for example they define health as not having a disease. Good definitions of health will include the well-being of someone which includes physical, mental, and social factors. By just focusing on the presence or absence of disease it makes the word “health” very simple. If anyone is sick they aren’t healthy and if they aren’t sick then they are healthy. The definition of health is much more complex, so by using the word “well-being” it can cover all missing factors not stated, such as even sexual, emotional, and spiritual.

The concept of wellbeing as stated in the textbook is very broad, allowing for everyone to have a different idea as to what wellbeing means. Wellbeing covers three major subjects: physical, social, and psychological well-being. Physical well being is focused on the body’s ability to function properly. It is measured through fitness and performance capacity, meaning the ability to perform physical activity normally. Social well being is concerned with the idea of a person's involvement/interactions with others. It is found within people's ability to make connections and relationships with another as well as their ability to get employed using social skills and showing off their personalities. The concept of psychological well being deals with the mental aspect of health. If you don’t have a good self esteem then you can’t make proper relationships with others, you can’t accept the physical features of your body, and you’re always tearing down aspects of yourself that you don’t like. The concept of quality of life is explained in the textbook as a gold standard in a way. If health is increased then quality of life will therefore increase as well.

Health as a human right to me means that an individual has the choice to prioritize health and maintain health or they can put their health on the back burner. For me, health is very important to me. I exercise at least an hour a day, I play soccer, I eat a good diet, I maintain a

healthy weight for my height, and I go to regular doctor appointments for check-ups. The government has provided the care to keep someone's health well, it's up to the individual to use the resources. The U.S. has healthcare, doctors offices, dentists, health insurance, medicare, medicaid, etc. I say that exercising this right of health is a choice because some people simply do not care about their health. They don't exercise, don't eat right, don't go to doctors offices, don't keep good hygiene, don't go to the dentist, etc. Granted some people can't afford such things, but if you are able to do these things and are provided with all the resources to maintain a healthy status of life then you aren't taking care of yourself. Health is a right simply because all people have the right to live and to live you must be healthy.

The Medical Model of health is based upon the scientific method which is a process used to scientifically prove a problem or question that is asked using facts. It is a step-by-step process: question, research, hypothesis, experiment/study, facts and observation, analysis, conclusion. The Medical Model uses a reductionalists understanding which says that by looking at the simplest parts of our systems we can understand why we are the way we are. This model is defined as the absence of disease or abnormality, so those who aren't ill are the picture of health in the eyes of the medical model. This also holds the individual accountable for their health, meaning that one is responsible for their own health. The Social Model is influenced by political, economic, social, psychological, cultural and environmental factors. The body can become ill by these factors even though they are outside of the physical body. If someone is in poverty then these environmental factors can therefore affect the person's health because they have a disadvantage. This shows that this model emphasizes inequalities in health. It causes disruption between a person's ability to make relationships, attain jobs, interact with others, etc. This model holds a more holistic view of health meaning that it is the opposite of the reductionist view. The whole body must be

understood instead of the smaller parts alone. The Holistic Model takes into account the interaction of biological, psychological, and social factors. The whole is more than the sum of its parts. The model looks at the mind, body, and spirit to see how they all connect. This focuses more on the individual and doesn't bring social factors into account so it can focus more on things like spiritual health. The Bio-Psycho-Social Model also combines the biological, psychological, and social aspects of health. The biological aspects focus on things like genetics and our physiological make-up. The social aspects include how we interact with others within groups, communities, and societies. The psychological aspects look at the thoughts and feelings of the individual. This model is different from the others because it combines all three of these factors and looks at the interaction between these things.