

Health and dimensions of health

- Health: a state of complete physical, mental and social wellbeing, not merely the absence of disease or infirmity.
- Physical health: relates to the efficient functioning of the body and its systems and includes physical capacity to complete tasks and physical fitness.
- Mental health: state of wellbeing in which the individual realises their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to their community.
- Social health: being able to interact with others and participate in the community in an independent and cooperative way.
- Health status: an individual's or population's overall level of health, taking into account various factors such as life expectancy, amount of disability, and levels of disease risk factors.

Determinants of health

Factors that influence our health. They raise or lower an individual's level of health, and help explain why groups have better or worse health than others. 4 types:

- Biological: factors relating to the body.
- Behavioural: actions/lifestyle.
- Social: aspects of society & social environment.
- Physical environment: physical surroundings in which we live, work and play.

Health status indicators (ways we measure HS)

- Burden of disease: a measure of the impacts of diseases and injuries, specifically it measures the difference between current health status and an ideal situation where everyone lives to an old age free of disease and disability.
- Disability-adjusted life years (DALYs): a measure of burden of disease, one DALY equals one year of healthy life lost due to premature death and time lived with illness, disease or injury.
- Health-adjusted life expectancy: a measure of burden of disease based on life expectancy at birth, but including an adjustment for time spent in poor health. It is the number of years in full health a person can expect to live, based on current rates of ill health and mortality.
- Life expectancy: an indication of how long a person can expect to live, it is the number of years of life remaining to a person at a particular age if death rates do not change.
- Under-five mortality rate: the number of deaths of children under 5 years of age per 1000 live births.
- Mortality: the number of deaths caused by a particular disease, illness or other environmental factor.
- Morbidity: refers to ill health in a population and levels of ill health in a population or group.
- Incidence: the number or rate of new cases of a particular condition during a specific time.
- Prevalence: the number or proportion of cases of a particular disease or condition present in a population at a given time.

Rural/remote (vs. metropolitan)

Difference: lower LE and higher rates of injury, mental health issues, diabetes, CVD, and preventable cancers (lung, liver, skin, cervical).

Determinants:

- (bi) higher rates of obesity
- (be) smoking
- (be) unsafe driving
- (so) low education, income and employment
- (ph) isolation
- (ph) poor roads and long travel time
- (ph) low access to fresh foods and healthcare
- (ph) UV exposure

Lower SES (vs. higher SES)

Difference: lower LE and higher rates of infant mortality, CVD, diabetes, lung cancer, mental health issues, suicide, injuries, emphysema and asthma.

Determinants:

- (bi) higher rates of obesity
- (bi) high blood pressure/cholesterol
- (be) smoking, alcohol, drug use
- (be) poor diet
- (be) physical inactivity
- (so) unemployment, financial stress, social exclusion
- (so) low income – less healthy food/healthcare
- (ph) poor housing: overcrowding, poor cooking facilities
- (ph) passive smoking

Males (vs. females)

Difference: males – lower LE and higher mortality from injury (suicide + road accidents), CVD, melanoma, prostate/lung cancer, diabetes. **Females** – higher *morbidity* rates from osteoporosis, arthritis, dementia and mental health issues.

Determinants (males)

- (bi) higher rates of obesity
- (bi) testosterone -> injury
- (bi) no oestrogen and fat round abdomen -> CVD risk
- (be) poor diet
- (be) risk-taking behaviours
- (be) use less preventative healthcare
- (so) 'strong' macho image -> less likely to seek healthcare
- (ph) hazardous 'tradie' employment: pollution, manual labour