

- The way that an individual perceives about their own health and wellbeing, can be affected by culture, age and personal expectations.

## Dimensions of Health and Wellbeing

### Physical Health and Wellbeing

Relates to the functioning of the body and its systems; it includes the physical capacity to perform daily activities or tasks.

- Healthy body weight
- Freedom from illness, disease and injury
- Adequate energy levels
- Ability to complete physical tasks adequately
- Appropriate levels of fitness
- Strong immune system
- Well-functioning body, systems and organs

### Social Health and Wellbeing

Relates to the ability to form meaningful and satisfying relationships with others and the ability to manage or adapt appropriately to different social situations. Includes the level of support provided by family and within a community to ensure that every person has equal opportunity to function as a contributing member of the society. Supported by strong communication skills, empathy for others and a sense of personal accountability.

- Supportive network of friends
- Supportive and well-functioning family
- Ability to manage or adapt appropriately to different social situations
- Effective communication with others
- Productive relationships with other people

### Emotional Health and Wellbeing

Relates to the ability to express emotions and feelings in a positive way. The positive management and expression of emotional actions and reactions as well as the ability to display resilience, the degree to which an individual feels emotionally secure and relaxed in everyday life.

- Recognise and understand the range of emotions
- Effectively respond to and manage emotions
- Experience appropriate emotions in different scenarios
- Have a high level of resilience

### Mental Health and Wellbeing

The current state of the mind or brain, relates to the ability to think and process information. A mentally healthy brain enables an individual to positively form opinions, make decisions and use logic. Associated with low levels of stress and anxiety, positive self-esteem, as well as a sense of confidence and optimism.

- Low levels of stress and anxiety
- Positive self-esteem
- Process information to solve problems
- High levels of confidence
- Use logic and reasoning to form opinions and make decisions
- Positive thought patterns (being optimistic)

**Difference between emotional and mental health and wellbeing:** Emotional health and wellbeing relates to appropriately experiencing, identifying and managing emotions, whereas mental health and wellbeing relates to the nature of feelings and thoughts that a person is having. Experiencing stress is an aspect of mental health and wellbeing, but the manner in which the

individual recognises and deals with the associated emotions relates to emotional health and wellbeing.

- During stressful times, mental health and wellbeing may not be optimal, but if the emotions and feelings are appropriate, emotional health and wellbeing can be considered positive.

### Spiritual Health and Wellbeing

Not material in nature, but relates to ideas, beliefs, values and ethics of human beings. Includes the concepts of hope, peace, a guiding sense of meaning or value, and reflection on a person's place in the world. May relate to organised religion, a higher power and prayer, while in other practices it can relate to morals, values, a sense of purpose in life, connection or belonging.

- A sense of belonging and connection to the world
- Positive meaning and purpose in life
- Peace and harmony
- Developed personal values and beliefs
- Acting according to values and beliefs

**TABLE 1.3** How the five dimensions of health and wellbeing can influence each other

	Physical	Social	Mental	Emotional	Spiritual
Physical		When an individual has adequate levels of energy, they are physically able to participate in activities with friends which can enhance relationships.	An individual who is fit and physically capable of carrying out daily tasks is more likely to feel good about themselves and have positive self-esteem.	An individual who is sick may experience emotions such as fear and anger and respond appropriately to these emotions.	A person who is able to function physically due to adequate energy levels is more able to participate in community activities, which can enhance feelings of belonging.
Social	Strong social networks have been shown to reduce smoking rates and obesity, which can reduce the risk of a range of conditions including cardiovascular disease.		Having a close network of friends allows people to share problems with others, which can reduce stress.	Close social bonds allow individuals to be themselves and share their emotions with others which can assist in responding appropriately to them.	When a person has social bonds, they are more likely to feel connected to the world in which they live.
Mental	Stress can lower immune system function and increase the risk of infectious diseases.	If a person is optimistic, they are more likely to interact in a positive way with friends and family, developing stronger relationships.		When using logic and reasoning, an individual may be better able to think clearly and fairly judge the emotions they are experiencing.	Stress is characterised by excessive self-focus. When an individual is focusing on themselves, they are less likely to feel connected to their community.
Emotional	If an individual can recognise that they are feeling sad and are taking action to deal with this emotion, they are more likely to participate in their normal activities such as exercise, which can enhance fitness.	An individual who can express their emotions can share their feelings with friends, which can promote more meaningful friendships.	If an individual can process emotions effectively, they may feel better about themselves, which enhances self-esteem.		Experiencing appropriate emotions (both positive and negative) can assist in a person feeling connected to their world and the events that occur in it.
Spiritual	When an individual has purpose in life, they are more likely to take care of themselves physically so they can fulfil their purpose. This can promote a healthy body weight.	If an individual feels connected to their society, they are more likely to treat people fairly, which can enhance relationships.	Believing that life has a positive meaning and purpose can enhance self-esteem and a sense of optimism.	If a person acts according to their values and beliefs, they may feel more comfortable with the emotions they experience throughout life.	

**Optimal Health and Wellbeing:** refers to the highest level of health and wellbeing an individual can realistically attain at any particular time (influenced by environments and genetics).

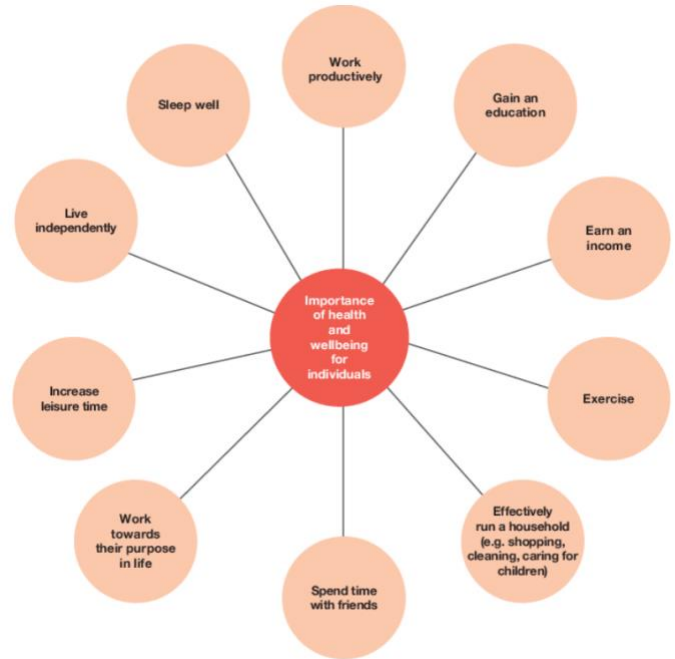
- **benefits of optimal health and wellbeing and its importance as a resource individually, nationally and globally**

## Optimal Health and Wellbeing as a Resource

### For INDIVIDUALS

Reduces the risk of illness and premature death. As a result, this increases the ability of individuals to live free from pain and concentrate on activities that improve their lives such as studying, working and socialising, decreases stress and anxiety and promotes positive emotions such as happiness. Being healthy can assist in creating a cycle of wellbeing. It allows individuals to work more effectively and improve their lives, which in turn promotes health and wellbeing.

Reduces healthcare costs so can spend money on other things (education, housing, food, social activities).

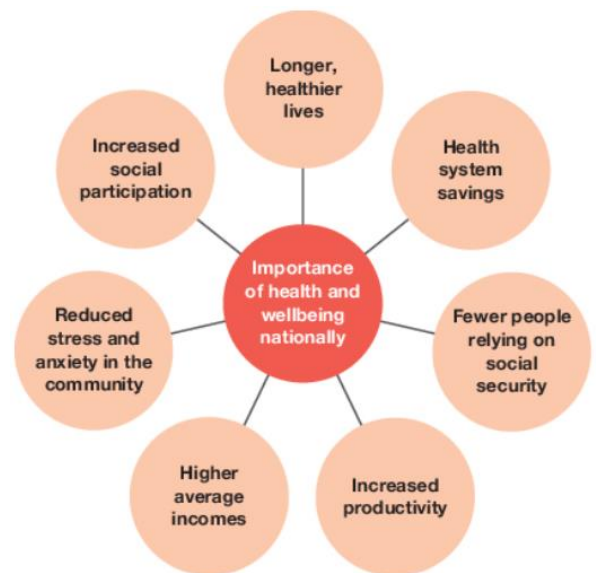


### For COUNTRIES

Populations experience greater economic benefits such as higher average incomes, greater productivity, less absenteeism from work, reduced healthcare costs, improved life expectancy and health outcomes.

Less healthcare costs (Medicare) can result in more money for education, infrastructure (housing/transport). Increased productivity = more likely to be engaged with job → more able to earn income → reduced unemployment and social security → more taxation and less social security reliance for better economy. Lower levels of social exclusion and social disadvantage → more job opportunities, reduction of crime.

Higher civic participation (volunteering, sports and recreation). Can create cycle through generations.



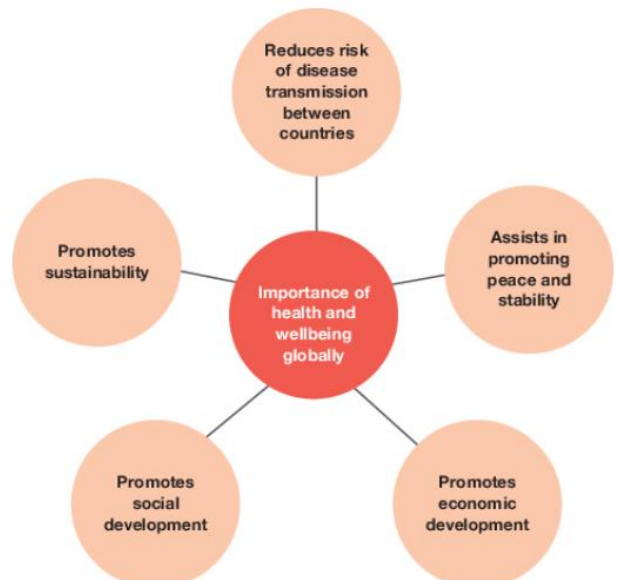
### For the WORLD

Reduces risk of communicable diseases spreading between countries.

**Direct:** touch (chicken pox), sex (HIV), saliva and droplets from coughing (influenza), human waste (hepatitis A).

**Indirect:** water (cholera), food (E. coli), blood (hepatitis B, HIV), vectors – mozzies (malaria).

**Due to globalization and increase in affordable transport, pandemics** can easily spread and cause significant rates of disease and premature death, reduced workforce participation and productivity, shutdown of non-essential services, disruptions to travel, food shortages, breakdown of law and order.



Contributes to peace and security, productivity, increased ability for individuals to access the resources they require for a decent standard of living such as employment, education, food, water, shelter and healthcare. Promotes sustainability (live sustainably, generate more tax for energy, water and agricultural systems), provides goods and services to be traded on global market (generates revenue for essential resources) → poor = impacts social and economic development. Decrease in humanitarian crises (eg. food security), improvement in achieving SDGs by 2030, increased trade opportunities.

- **prerequisites for health as determined by the WHO including peace, shelter, education, food, income, a stable eco-system, sustainable resources, social justice and equity**

## Prerequisites For Health

### Ottawa Charter

**1986:** provide guidance to governments on how to improve health and wellbeing for all, identifies specific prerequisites/resources that must be available for improvements in health and wellbeing.

### PEACE

- Absence of conflict, decreased risk of premature death, serious injury and disability.
- Decreased levels stress and anxiety, increases ability of people to move freely around their community (working, accessing food, going to school and socialising), and enhances choices allowing pursuit of purpose.
- Promotes preservation of infrastructure (transport systems, agriculture, water and electricity systems, healthcare, schools. Less access to food and water → increases risk of disease, less opportunities for socialising (reduce stress), less sense of safety, promoting belonging.
- Government income can be used for infrastructure, education, healthcare, etc.

### SHELTER

- Structure providing protection from outside environment.
- Protection from elements, privacy, safety/security, reduced risk disease, reduced stress and anxiety, ability to focus on employment/education (adequate sleep), more time to pursue purposeful life (recreation, participation in community).
- Other resources = toilet facilities, clean water, electricity and cooking facilities.

### EDUCATION

- Empowers individuals and increases their ability to earn an income, understand health promotion messages, exhibit healthy behaviours and find meaning and purpose.
- Allows meaningful employment (economic development), increases ability to afford food, shelter, healthcare, can improve self-esteem and meaning.
- Increases opportunities (women can make decisions about lives).
- Increased health literacy = healthy behaviours.

### FOOD

- **Food security:** state in which all persons obtain nutritionally adequate, culturally appropriate, safe food regularly through local non-emergency sources.
- Increased ability to consume nutrients (body function), energy for daily tasks (education/work), increase immunity to disease, less stress.
- Undernourished = stunting/wasting/nutritional deficiencies → mental disabilities, poverty, premature death.

### INCOME

- **Individual:** increases ability to afford healthcare, recreation, transport and education.
- **Population:** provide social services, public housing, education, healthcare, infrastructure, law and order.