

Individual Health and Well-being

Health and Well-being

S4 – Concepts and Framework

Booklet (1) Personal development

Booklet (2) Health and well-being

S4 – Holistic Health

Booklet (3) Physical

Booklet (4) Mental

Booklet (5) Social

S5 – Macro Level

Health Management

Booklet (6) (8) (9) (10)

Social Care

Booklet (7) (11)

Round-up : Booklet(13) Health and Social Care Policies

Learning Targets

Values and attitudes

- Pay attention to personal health
- Be a supportive citizen in the community

Skills

- Use relevant intervention method and solve the problem
- Investigate the necessary intervention method to reduce the influence of risk factors
- Introduce practical actions as supportive measures in the community

Knowledge

2.1

- Understand the holistic concept of health
- Analyze the interrelationship between different aspects of health as well as factors that affect health and well-being

Learning Targets

Knowledge

2.2

- Recognize the factors that influence personal and social health
- Understand the determining factors that influence health and gain a better understanding of this issue
- Analyze the impacts of technology advancement on health and social care

Knowledge

2.3

- Explain how health can be examined by biological, psychological, social, spiritual, ecological and cultural perspectives

Knowledge

2.4

- Understand the importance of social care to personal and social well-being

2.1 Holistic concept of Health

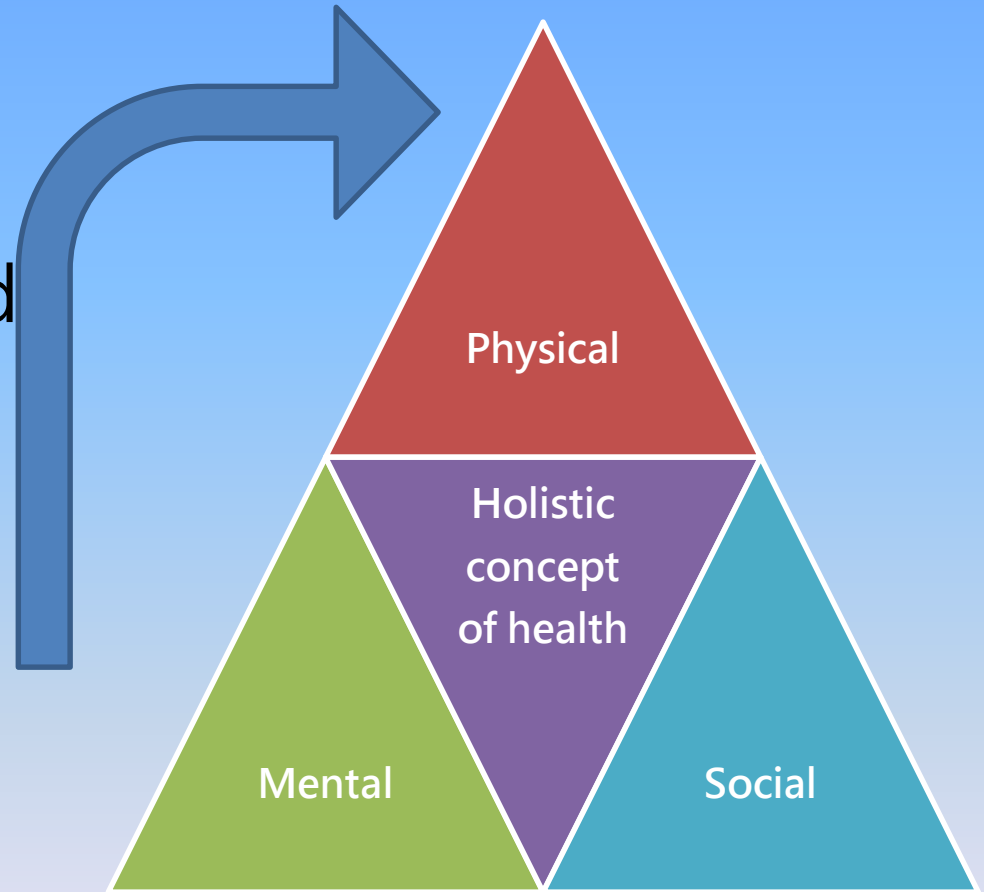
Curriculum and Assessment Guide

- **Topic 1 - Personal Development, Social Care and Health Across the Lifespan**
 - *1A Biological, social, psychological, spiritual, ecological and cultural perspectives and dimensions*
 - 1A1 -Definitions of health
 - *To understand the holistic concept of health*

2.1 Concept of health

(WHO · 1947)

- A **state of complete** physical, mental and social **well-being**
- Not merely the absence of disease or infirmity



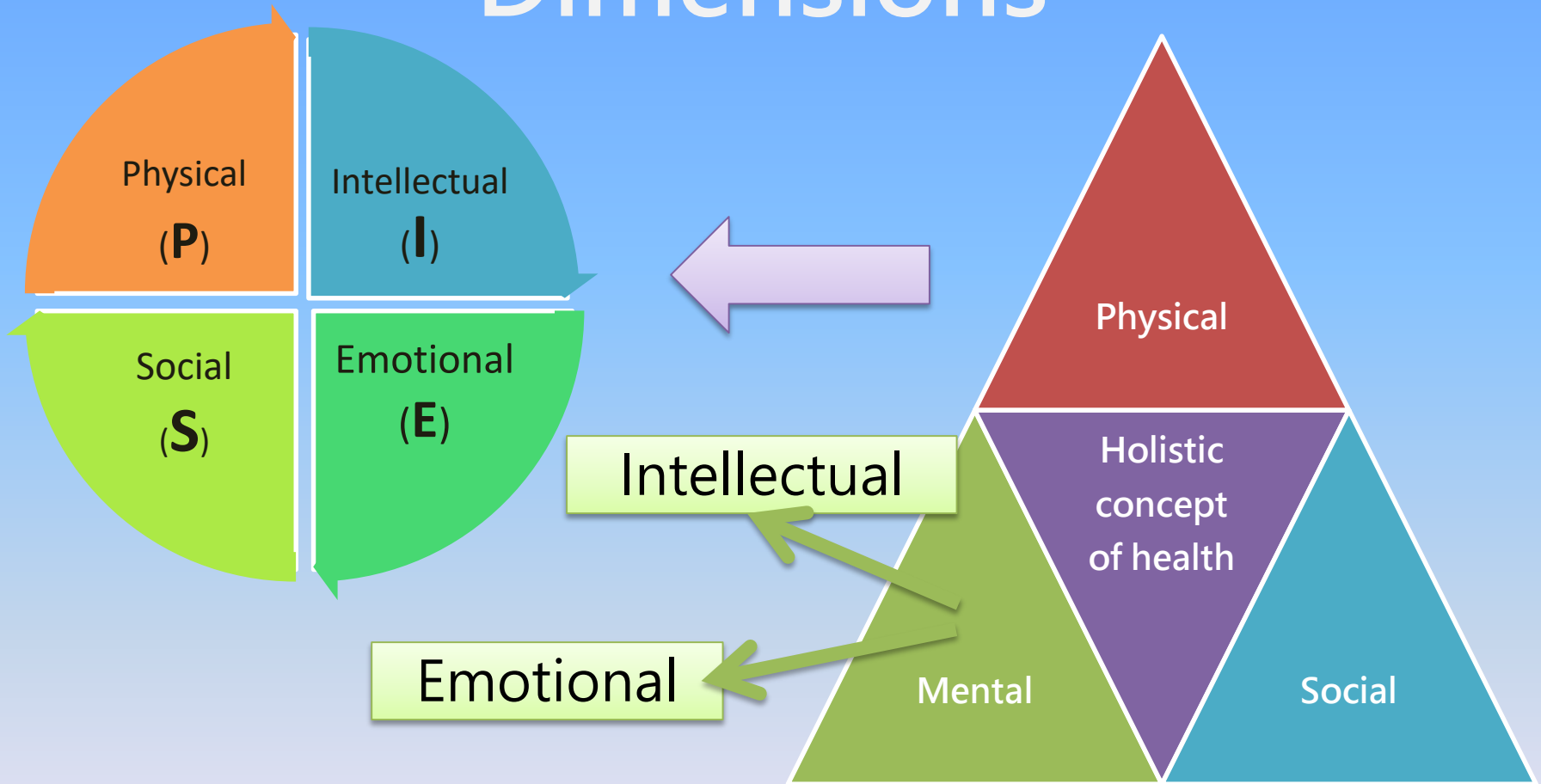
Concept of Health(1984)

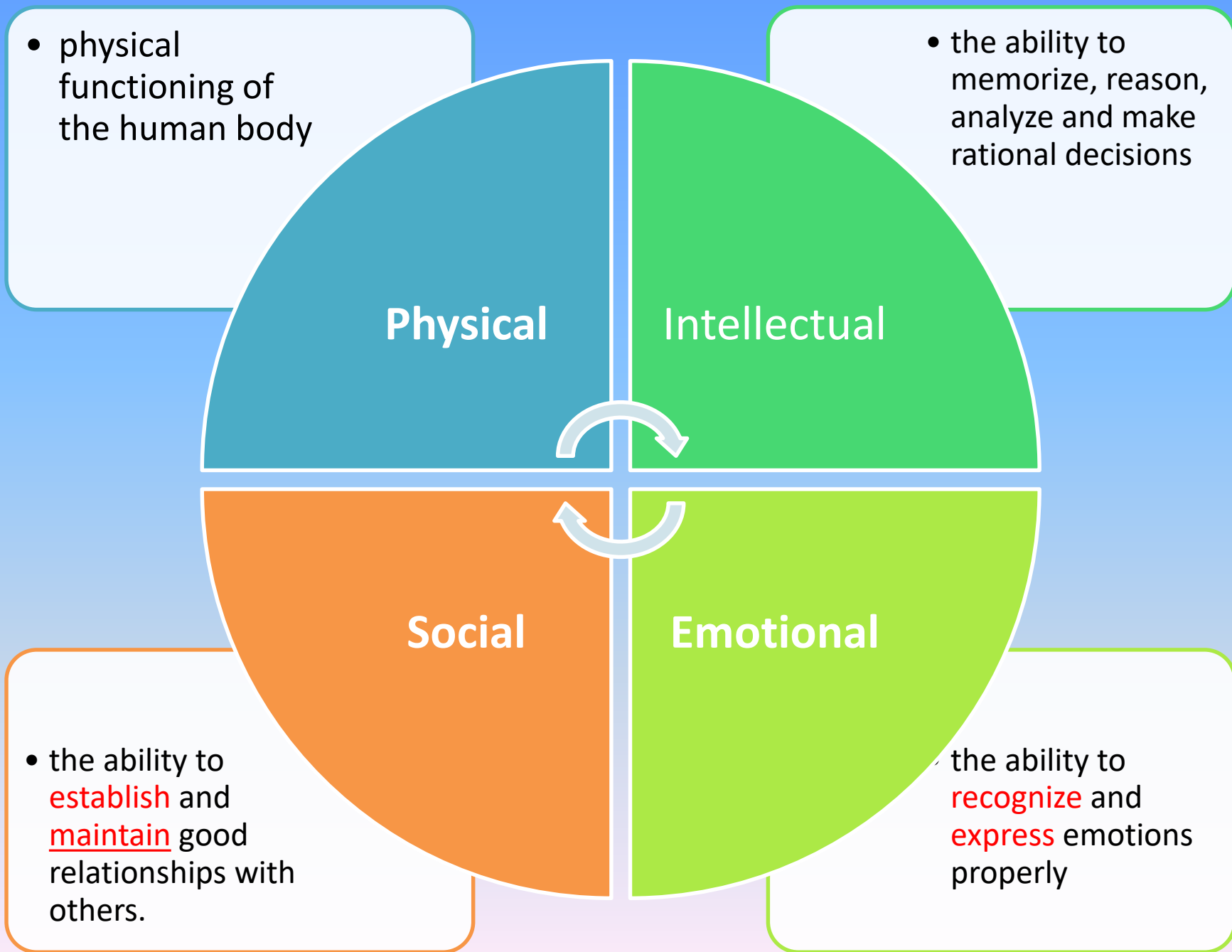
the extent to which an individual or a group is able to realize aspirations and satisfy needs and to change or cope with the environment

a resource for everyday life, not the objective of living

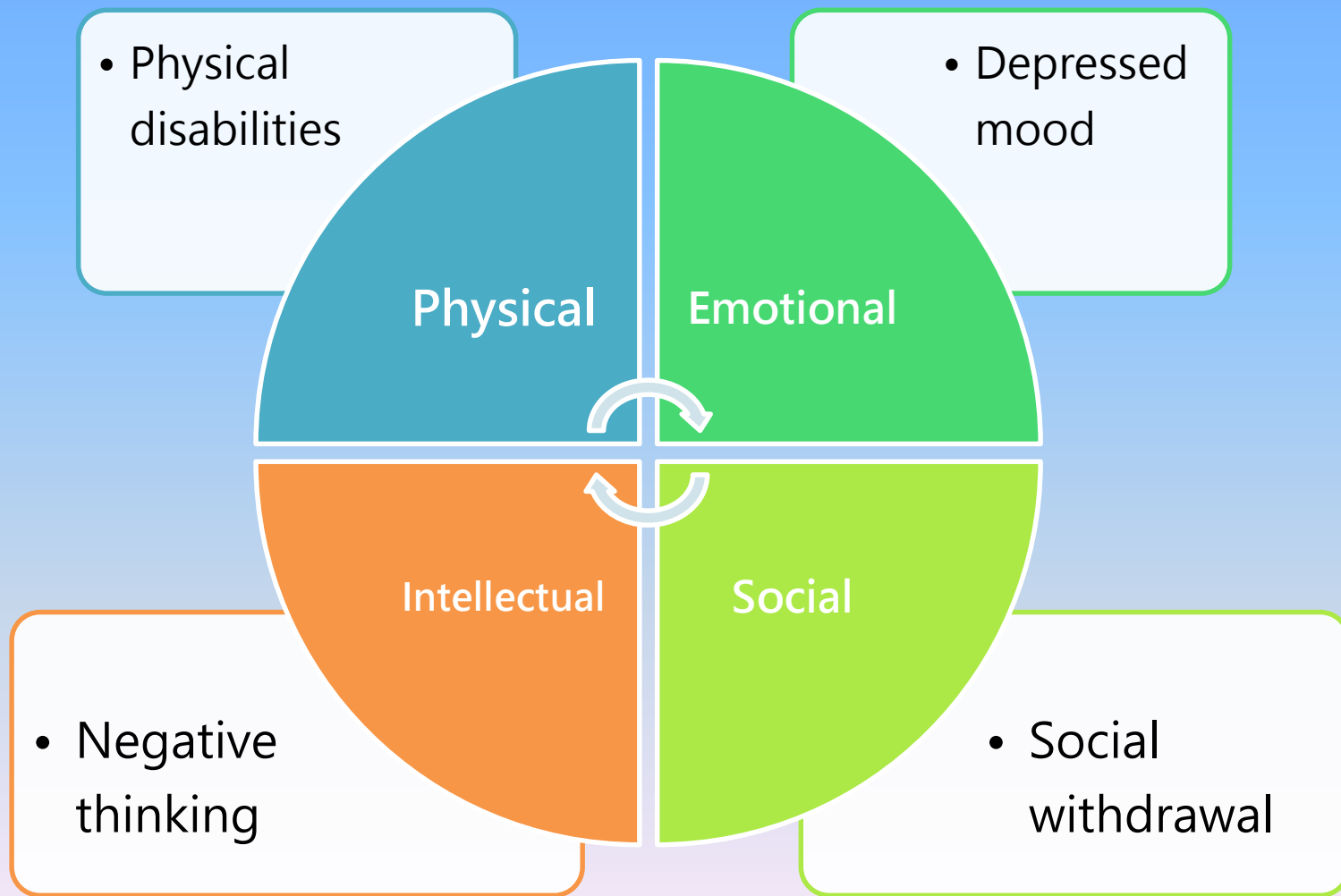
a positive concept, emphasizing social and personal resources as well as physical capabilities

2.1 Different Aspects / Dimensions

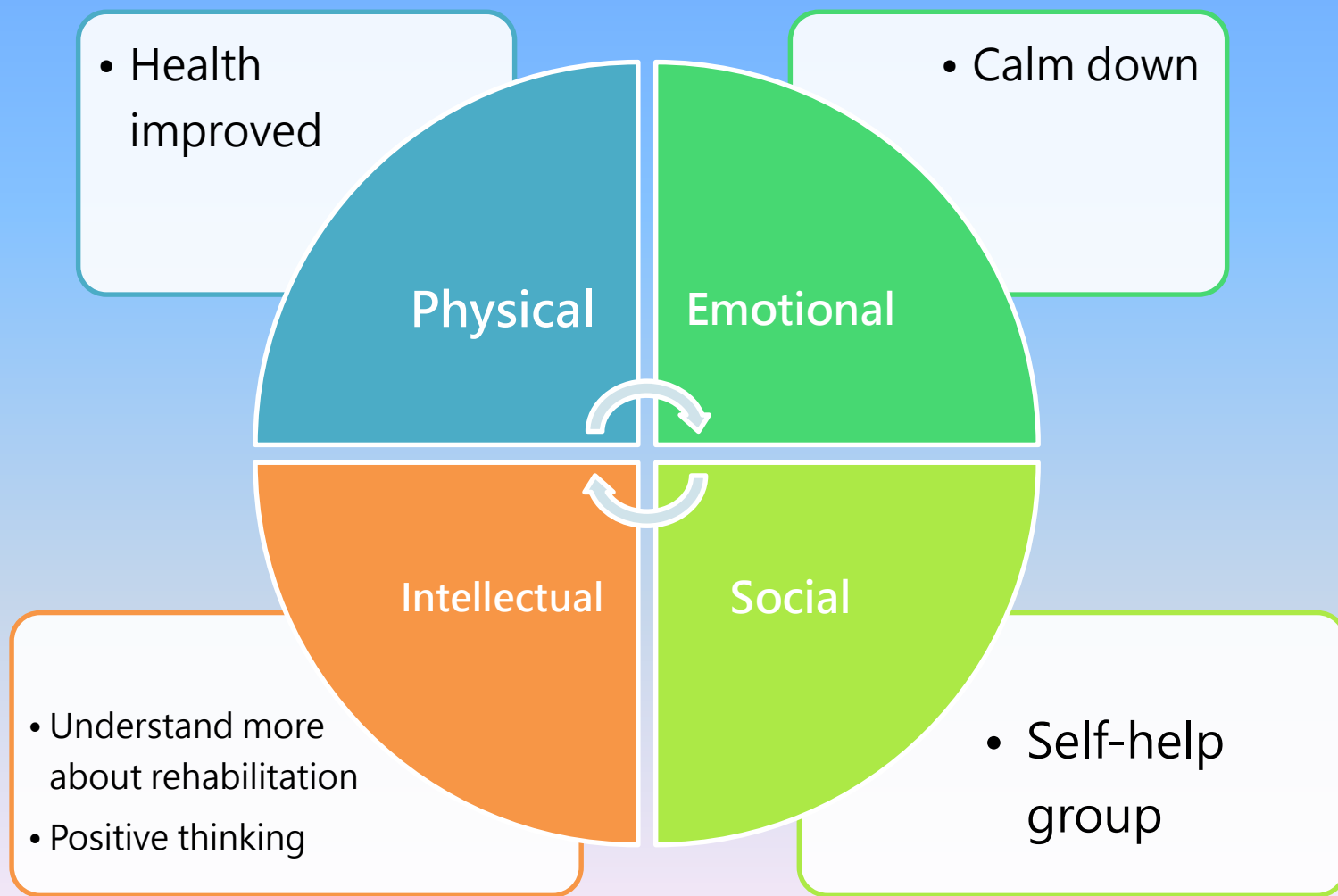




2.1 The interrelations of all the dimensions of health



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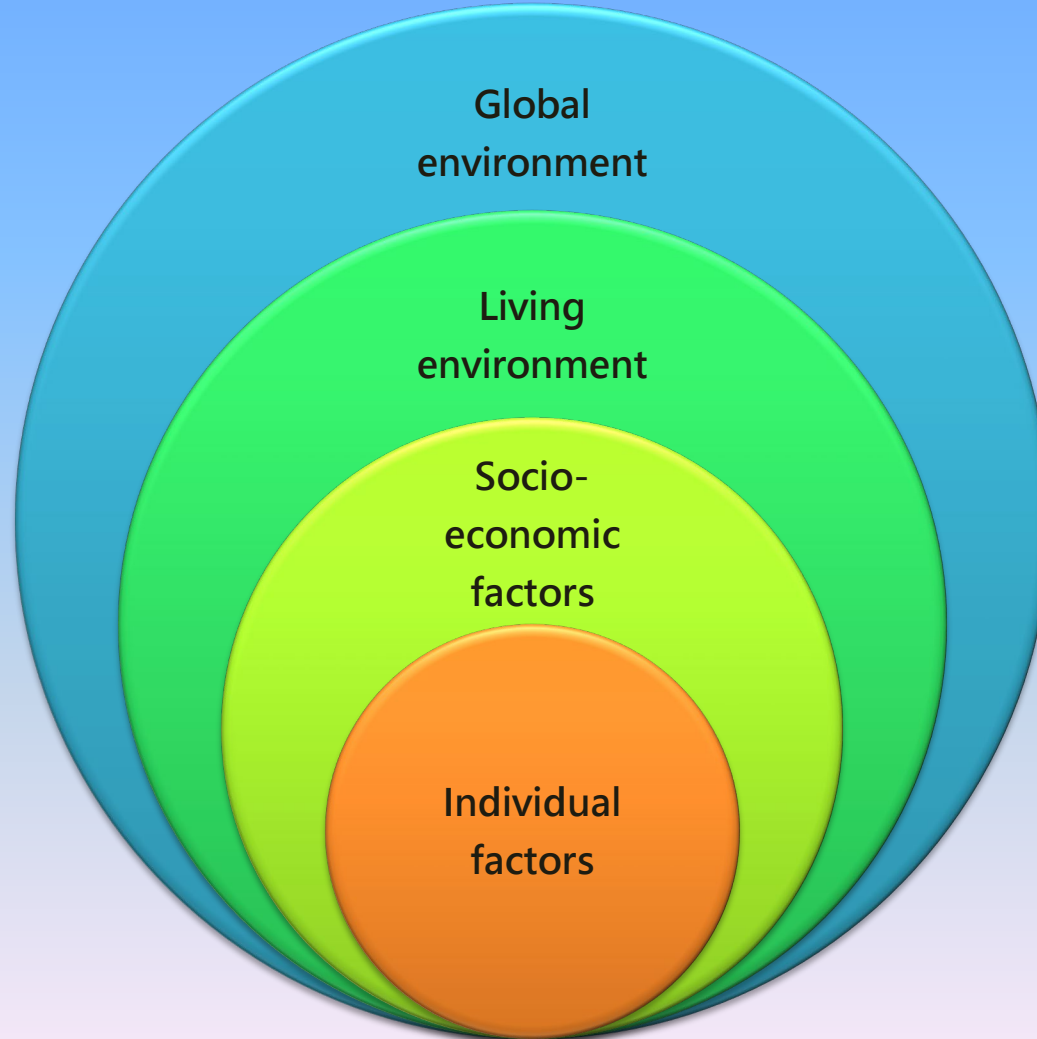


2.2 Factors affecting Health and Well-being

Curriculum and Assessment Guide

- **Topic 1 - Personal Development, Social Care and Health Across the Lifespan**
 - *1D Factors affecting our health / illness experiences and personal and social well-being*
 - To recognise the factors that influence personal and social health
 - To analyse the interrelationships between the factors that affect health and well-being
 - To realise that knowledge of the determinants of health serve to deepen our understanding of not just the problems but the interventions needed to address them

2.2 Factors affecting health and well-being



Factors affecting health and well-being

Demographic factors

Social and economic factors

Nutritional factors

Socio-biological and psychobiological factors

Ecological factors

Globalization

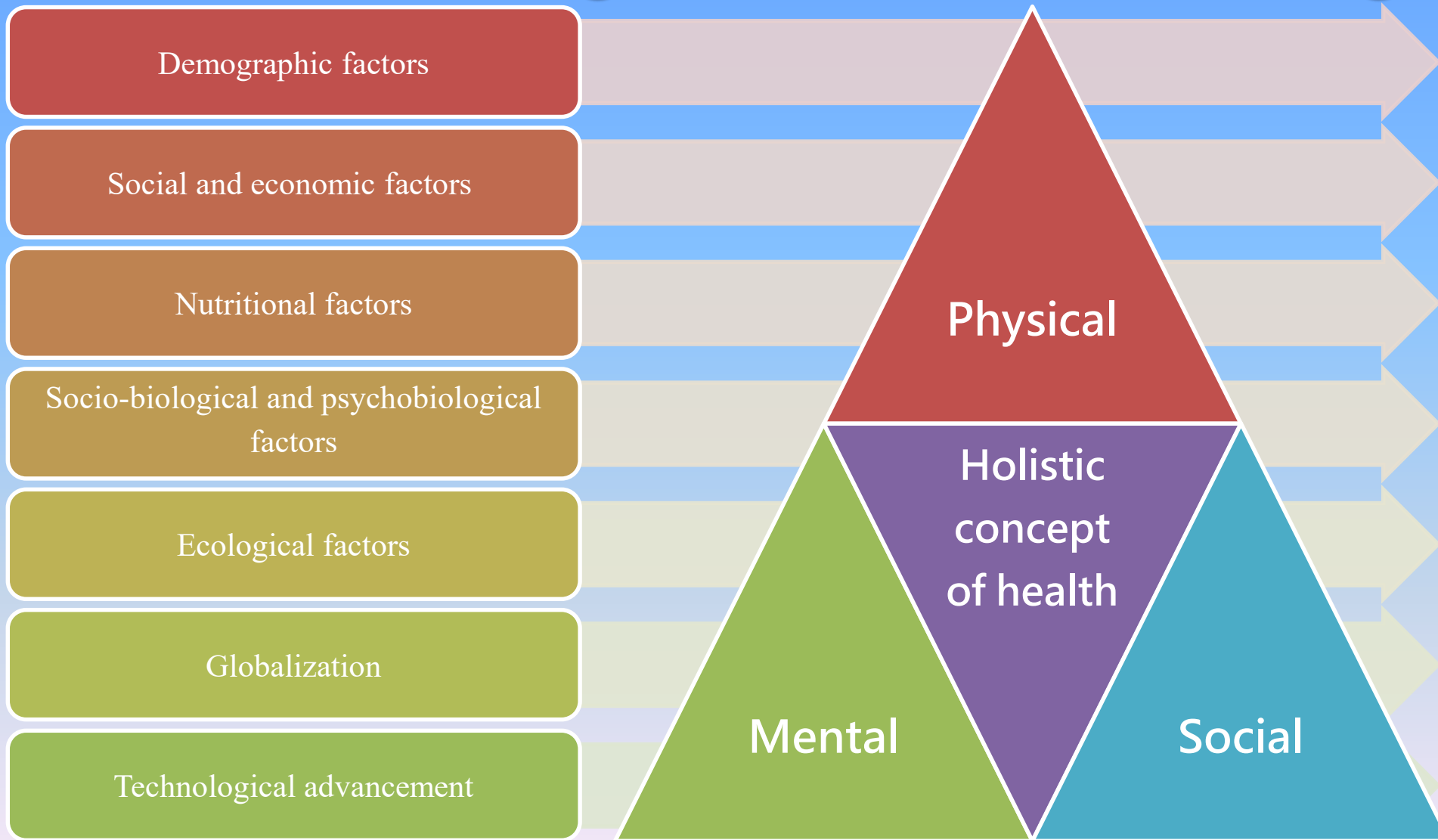
Technological advancement

Physical

Holistic
concept
of health

Mental

Social



Demographic factors

Age

Immune systems

Physiological changes and physical decline

Gender

Biological factors

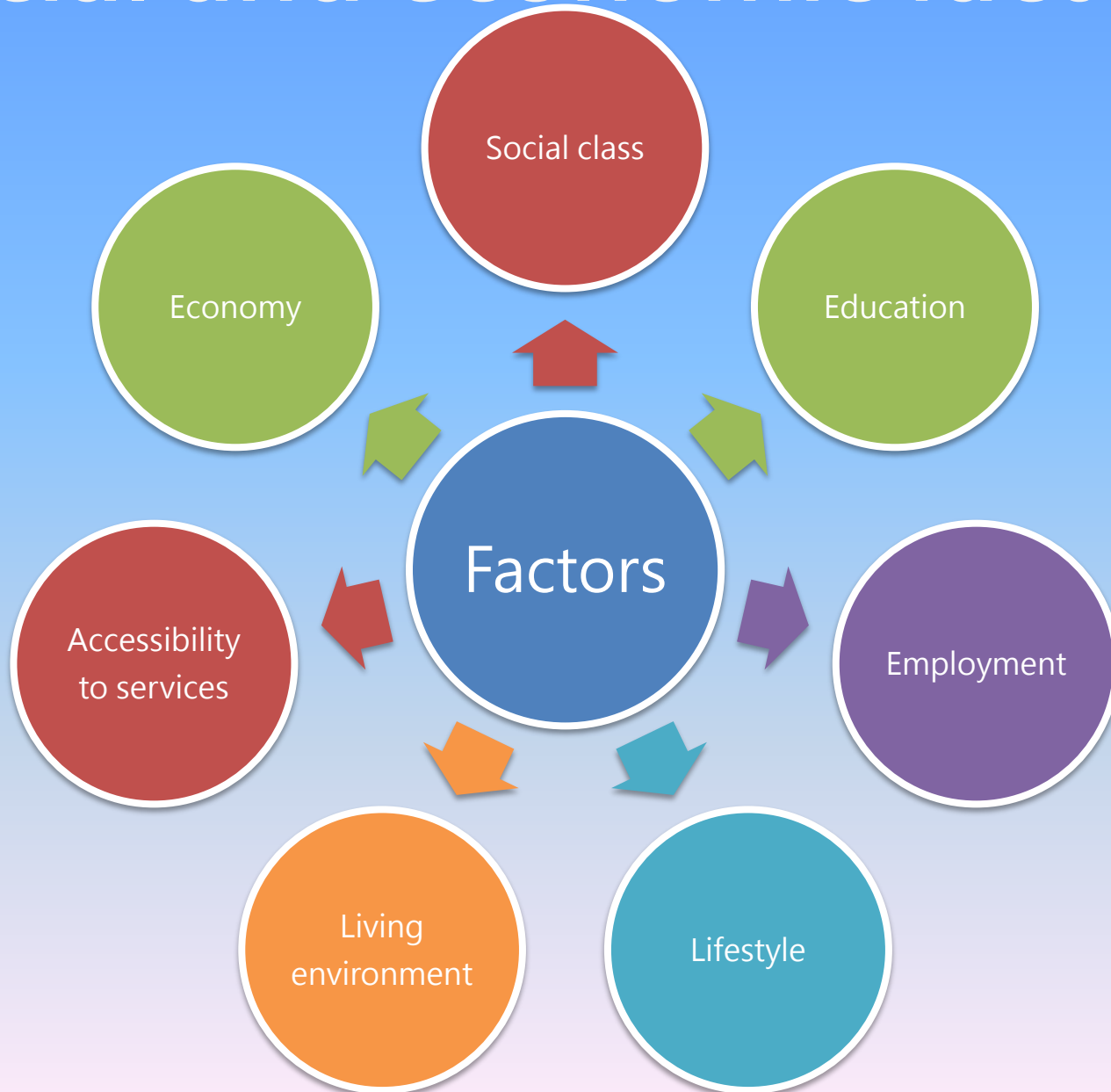
Lifestyles

Race and ethnicity

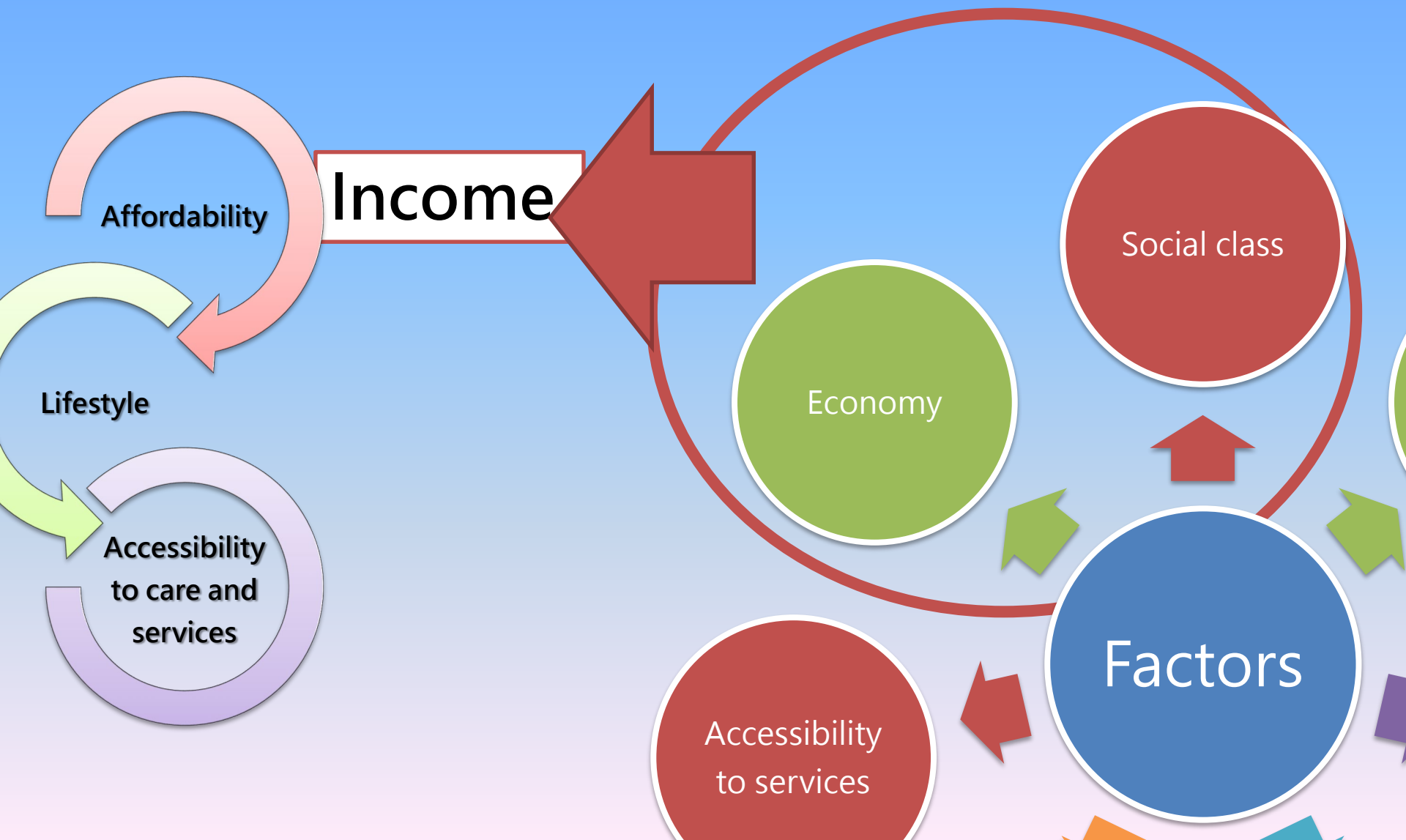
Diet

Understandings of health and health care

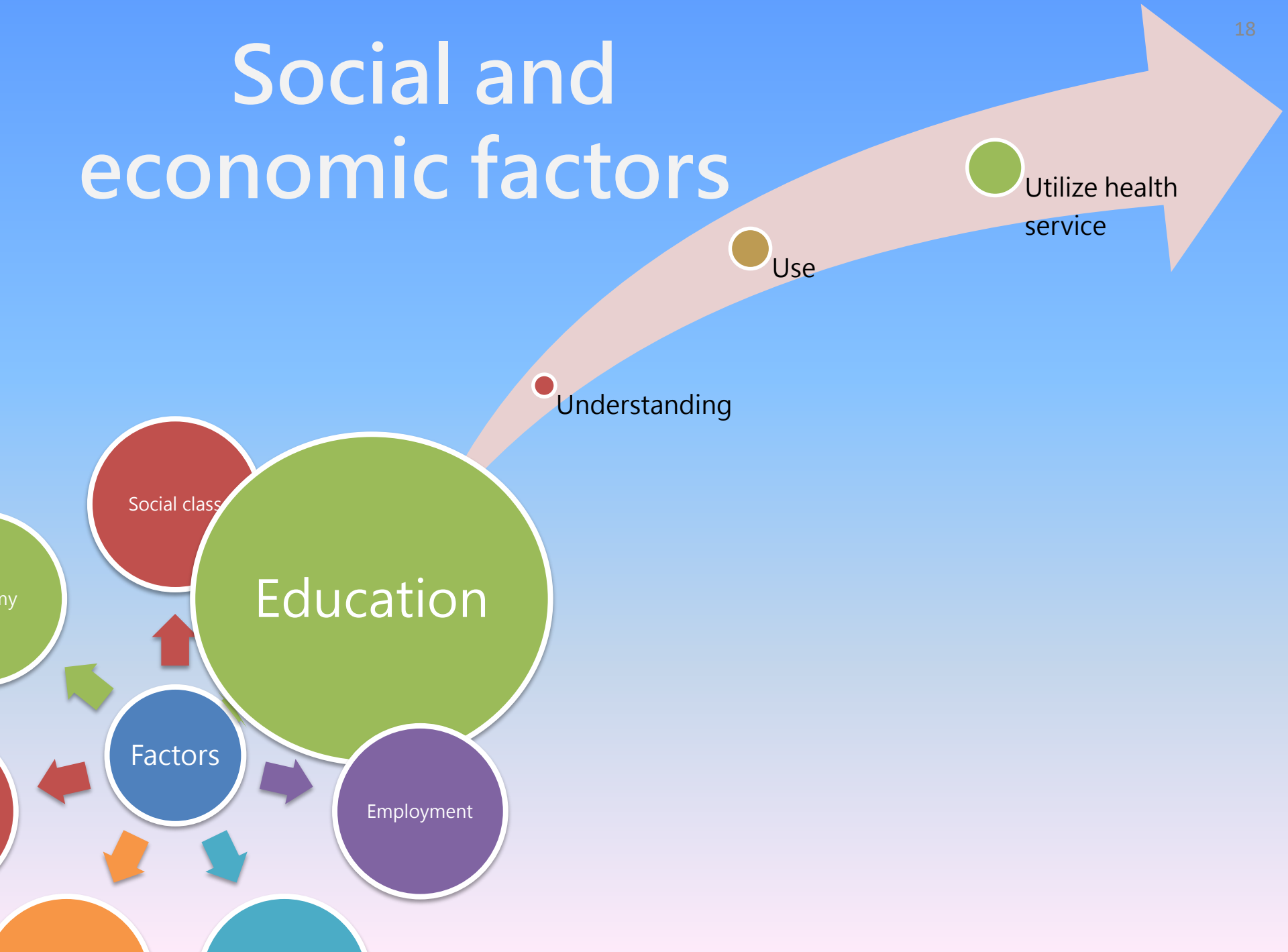
Social and economic factors



Social and economic factors



Social and economic factors



Education

Social class

Factors

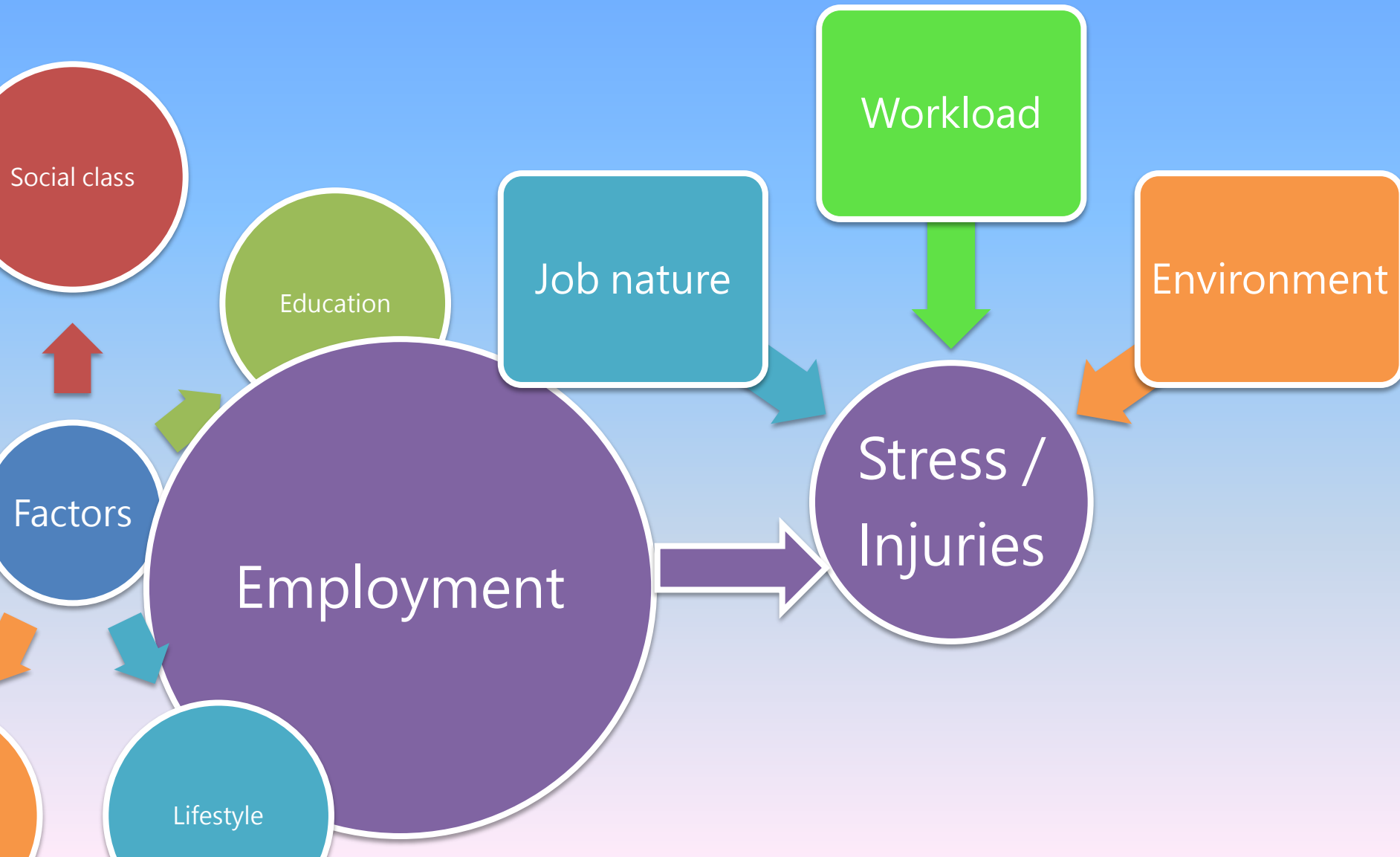
Employment

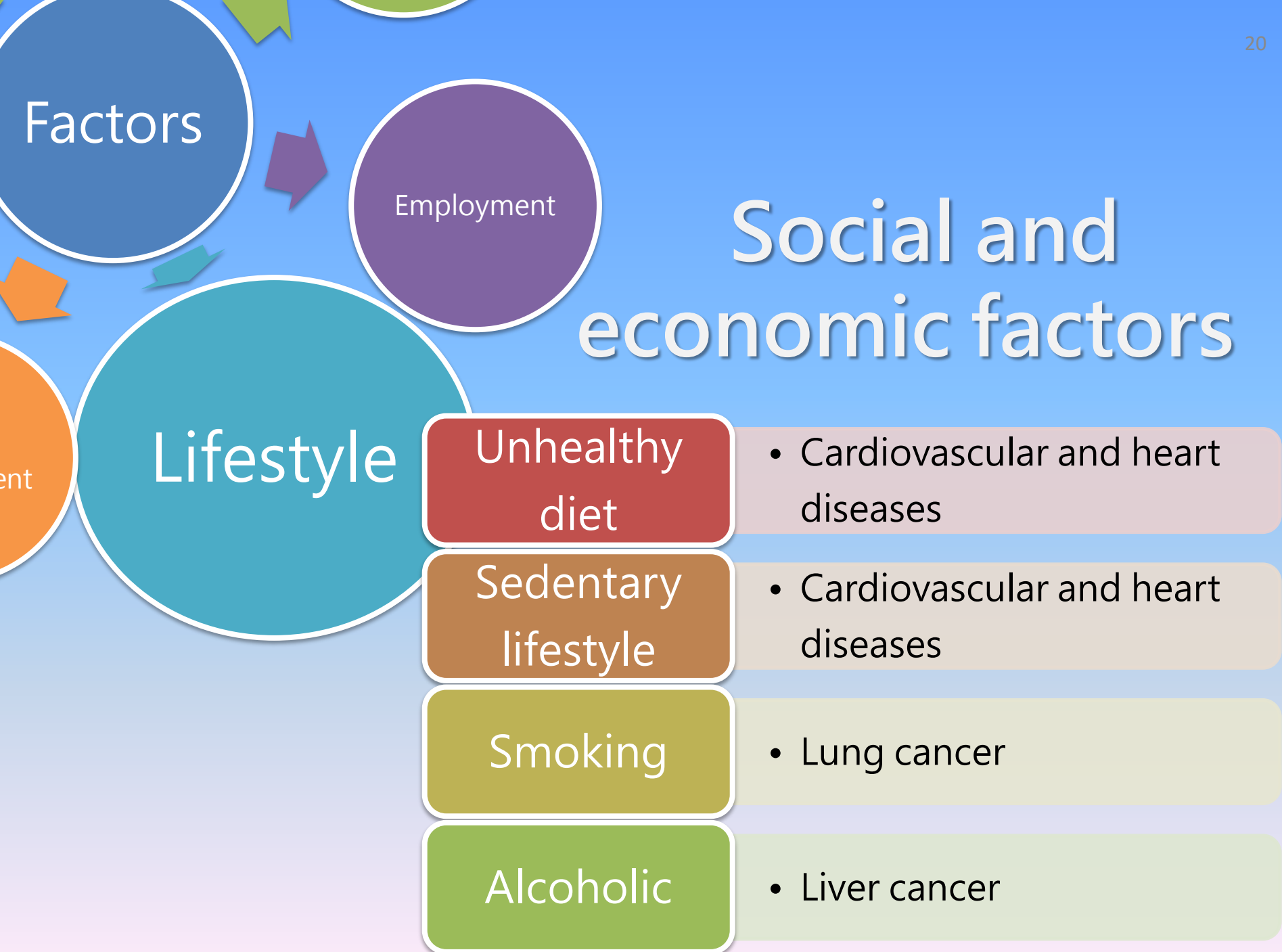
Understanding

Use

Utilize health service

Social and economic factors





Social and economic factors

to services



Pollution

- Noise
- Air

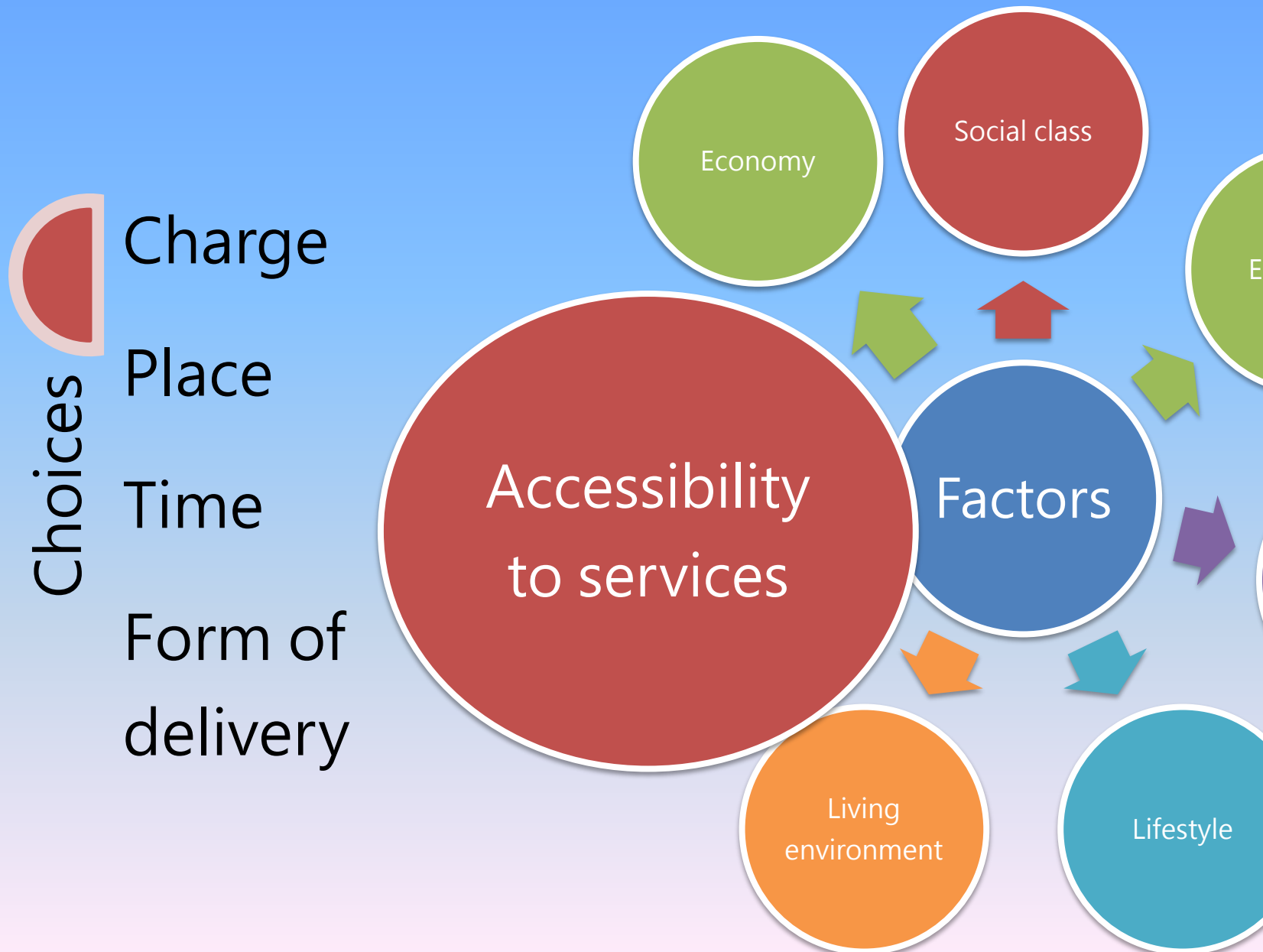
Neighborhood

- Support
- Network

Living environment

- Hygiene
- Space

Social and economic factors



Nutritional factors

Unbalanced diets

Low vegetable / fibre diets

High fat, high salt and high sugar

Colon cancer

Heart diseases

Malnutrition

Deficiency of vitamin C

Excessive intake of carbohydrates

e.g. Scurvy

e.g. obesity

Socio-biological and psychobiological factors

Health

Growth

Psycho-

- Lack of concentration

biological

Hyperactivity

Socio-

- unbalanced diets (high fat, high salt and high sugar)

biological

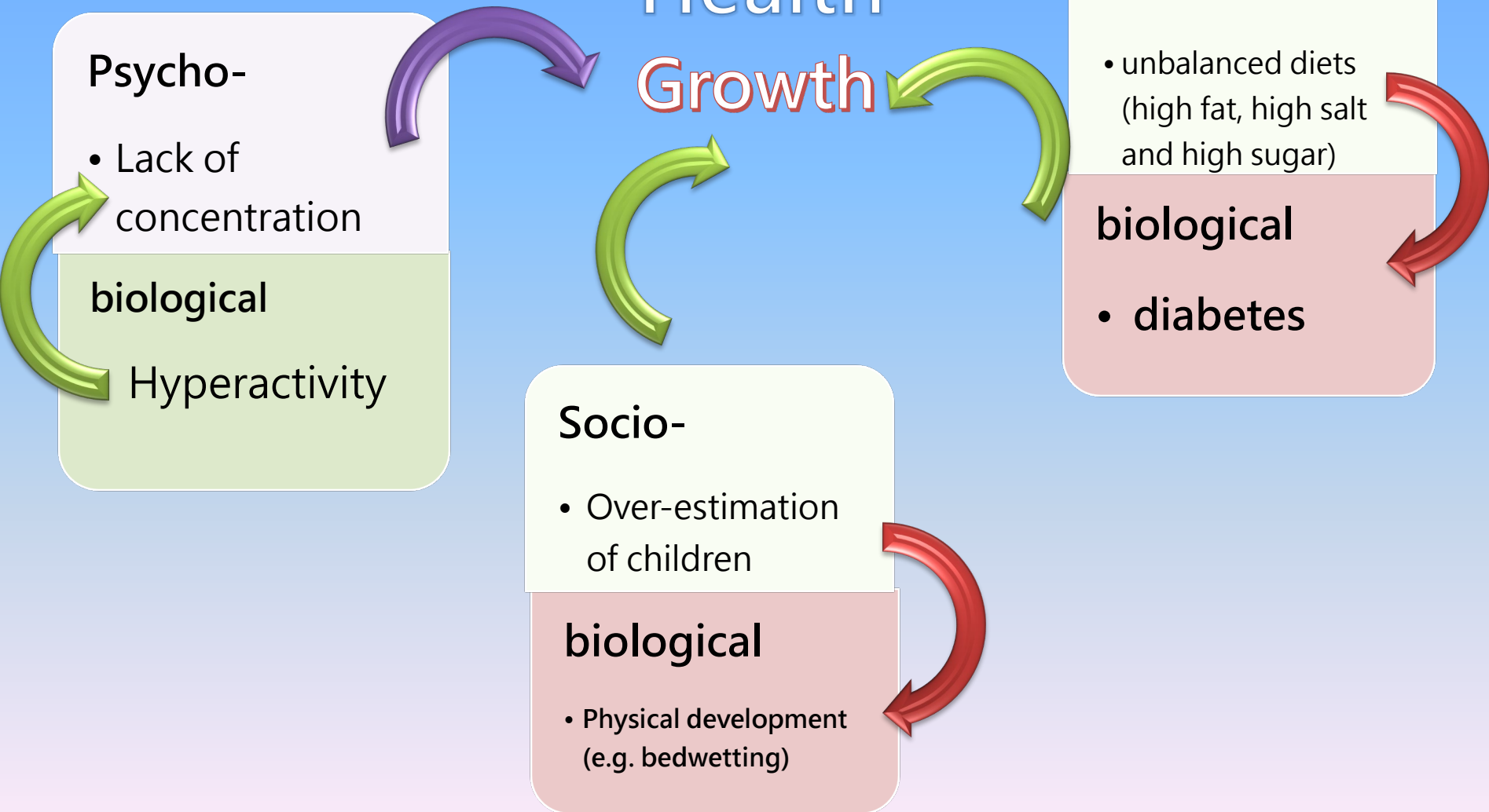
- diabetes

Socio-

- Over-estimation of children

biological

- Physical development (e.g. bedwetting)



Ecological factors

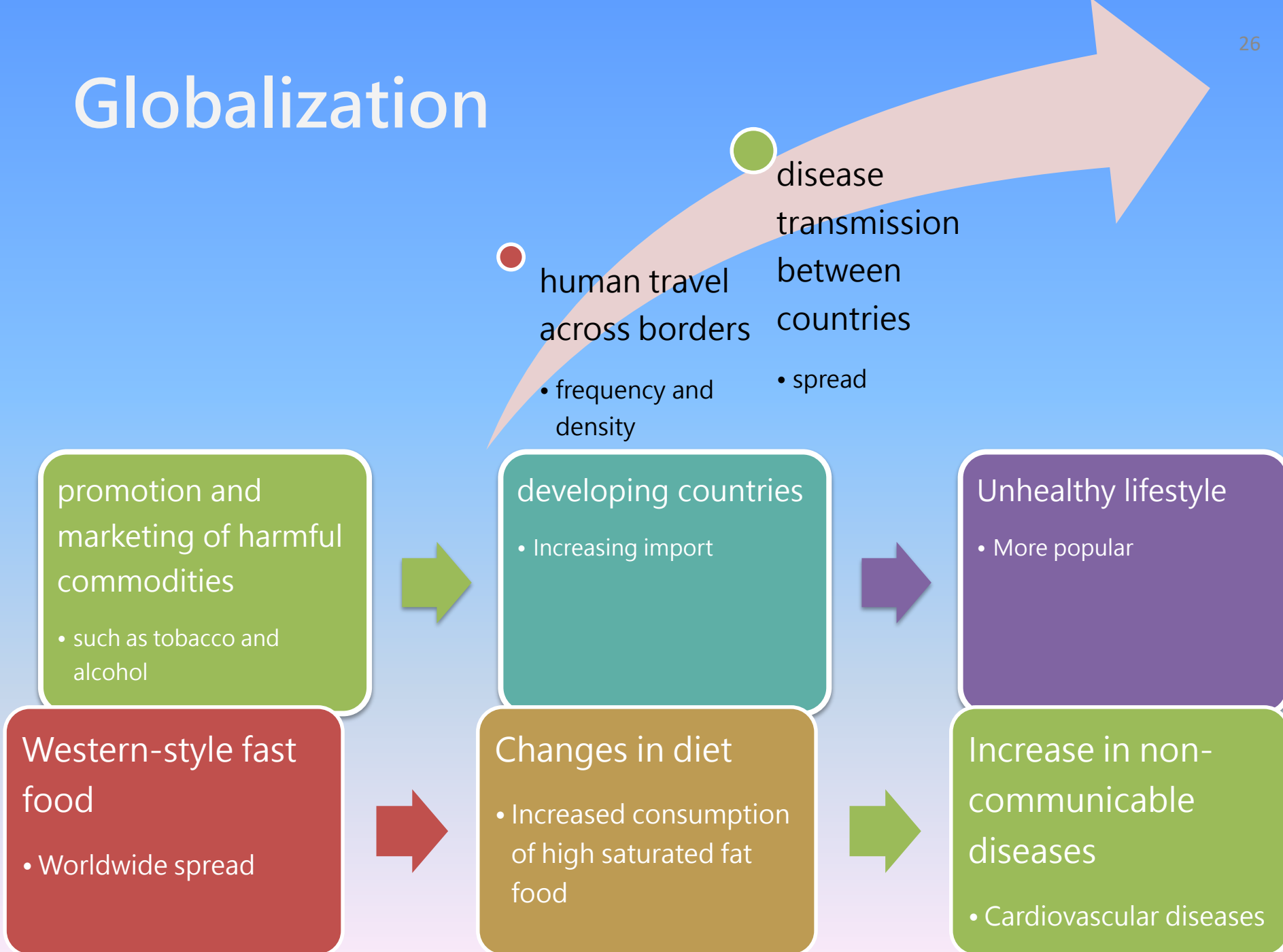
Disasters

Natural
disasters

Climate
changes

Human activities

Globalization



Technological advancement

Impact on health

- GM Technology
- Such as genetic modification of foodstuff

Impacts on disease prevention

- Primary
 - e.g. vaccination
- Secondary
 - e.g. screening for HIV
 - e.g. Computerized Tomography (CT) scanning
- Tertiary
 - e.g. 3D printed prosthetics

Impacts on medical care

- Primary
 - e.g. perinatal care/ premarriage advice and genetic screening
- Secondary
 - e.g. automated external defibrillator(AED)
- Tertiary
 - e.g. organ transplant-reproducing human organs - cloning technology

2.3 Different perspectives of Health and Well-being

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 - *1A Biological, social, psychological, spiritual, ecological and cultural perspectives and dimensions*
 - Biological, social, psychological, spiritual, ecological and cultural perspectives
 - To understand that health can be examined by a range of biological, social, psychological, spiritual, ecological and cultural perspectives

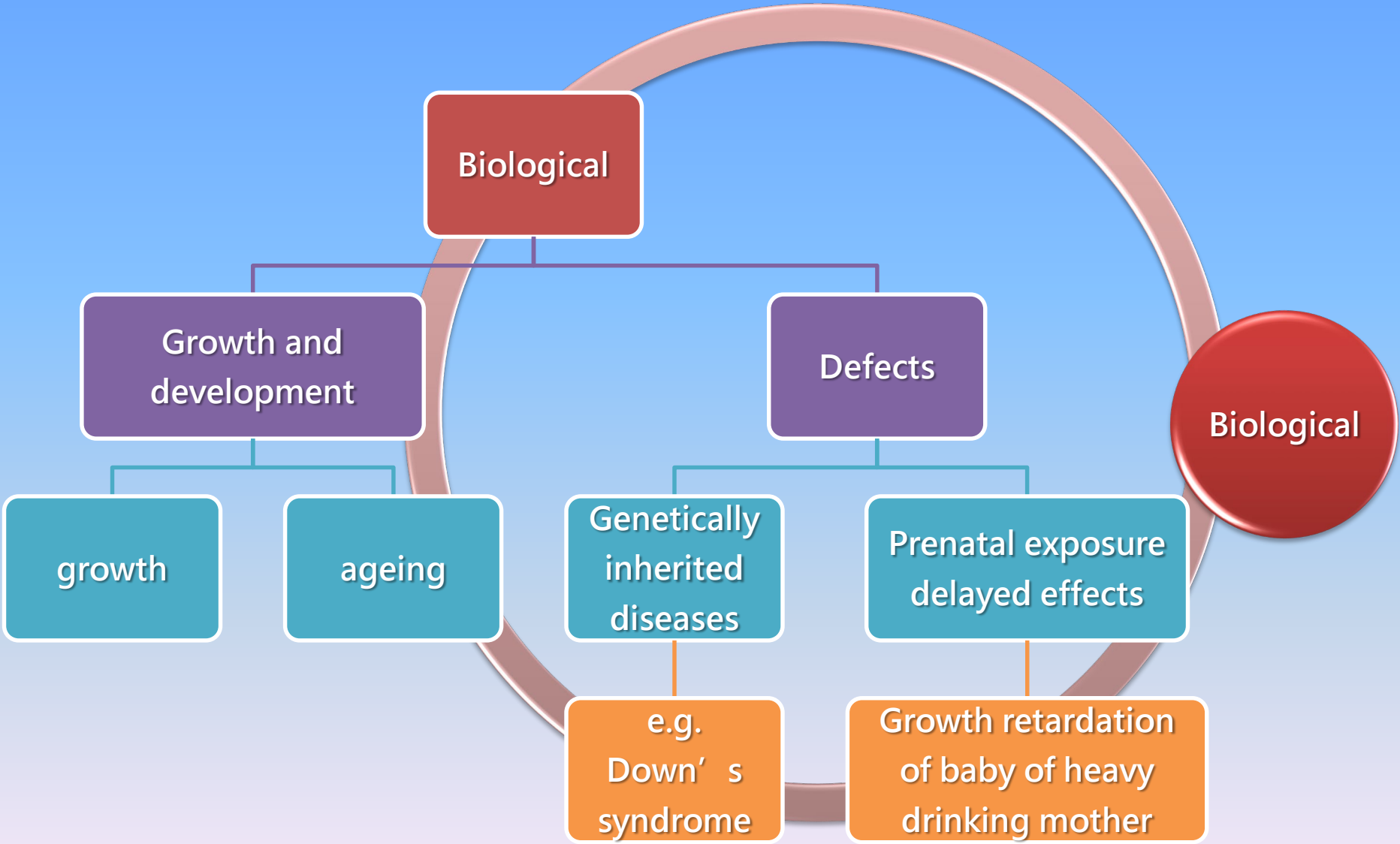
2.3 Different perspectives of health and well-being²⁹



30
Different
perspectives

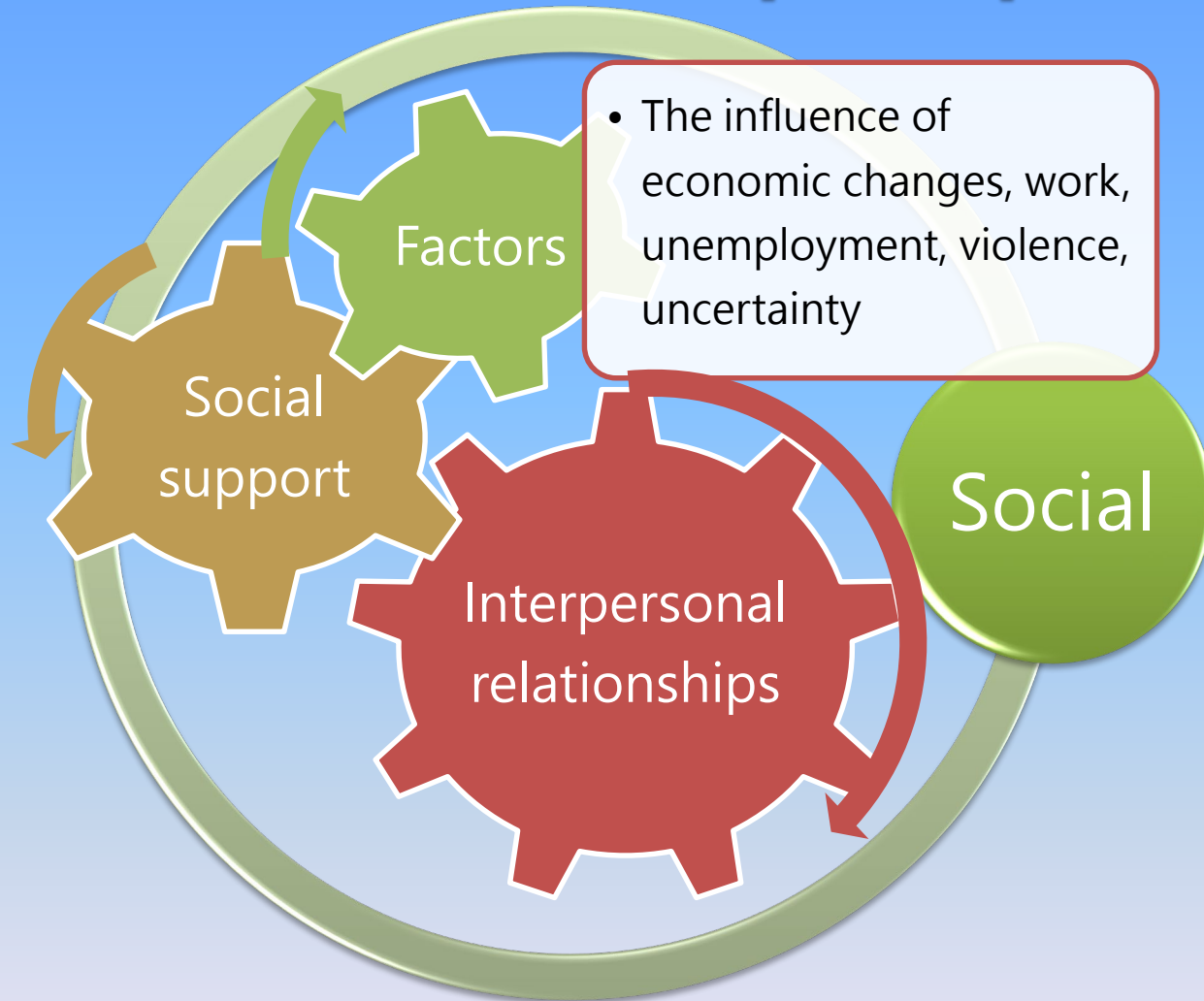


Biological perspective

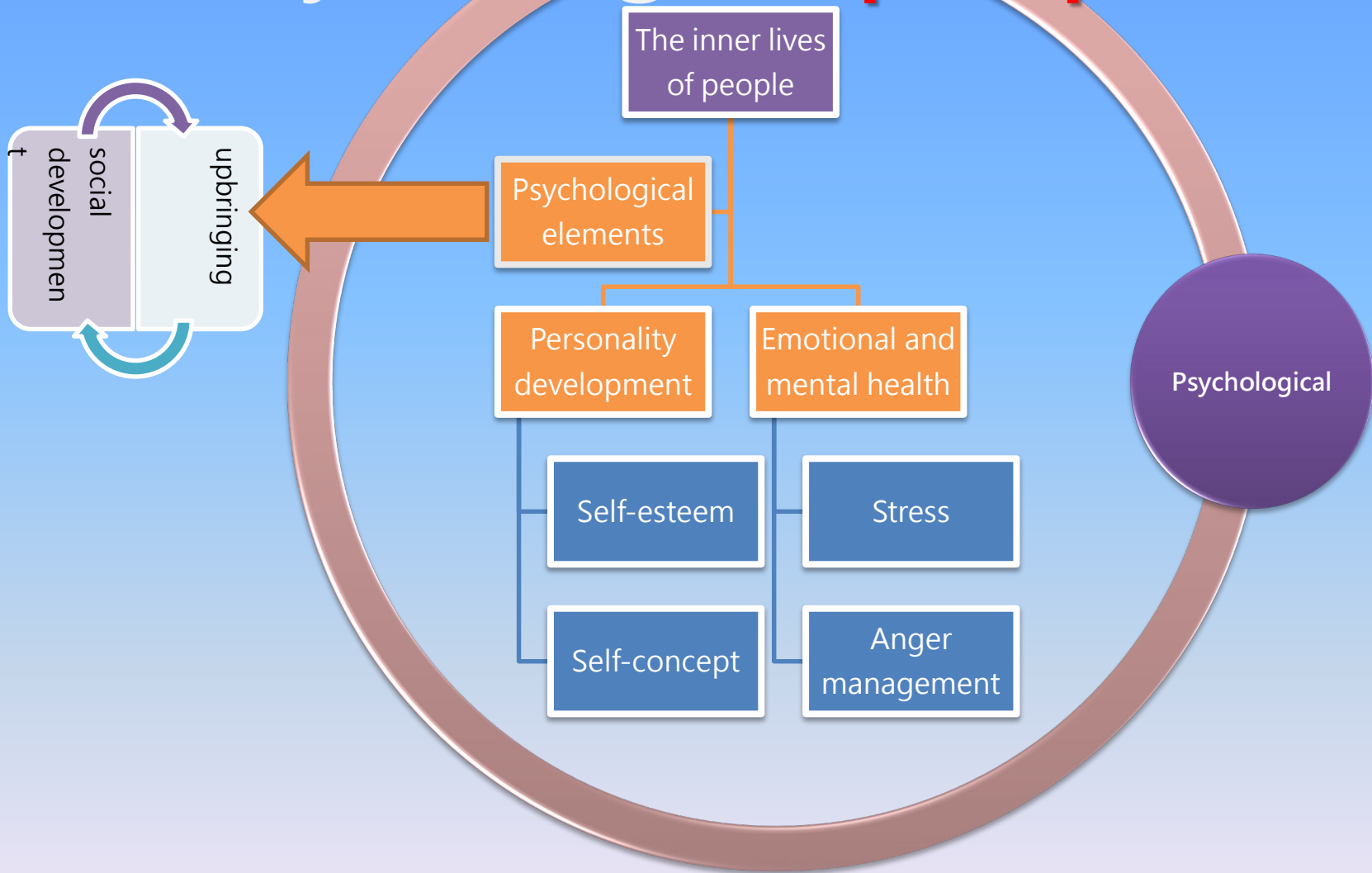


Social perspective

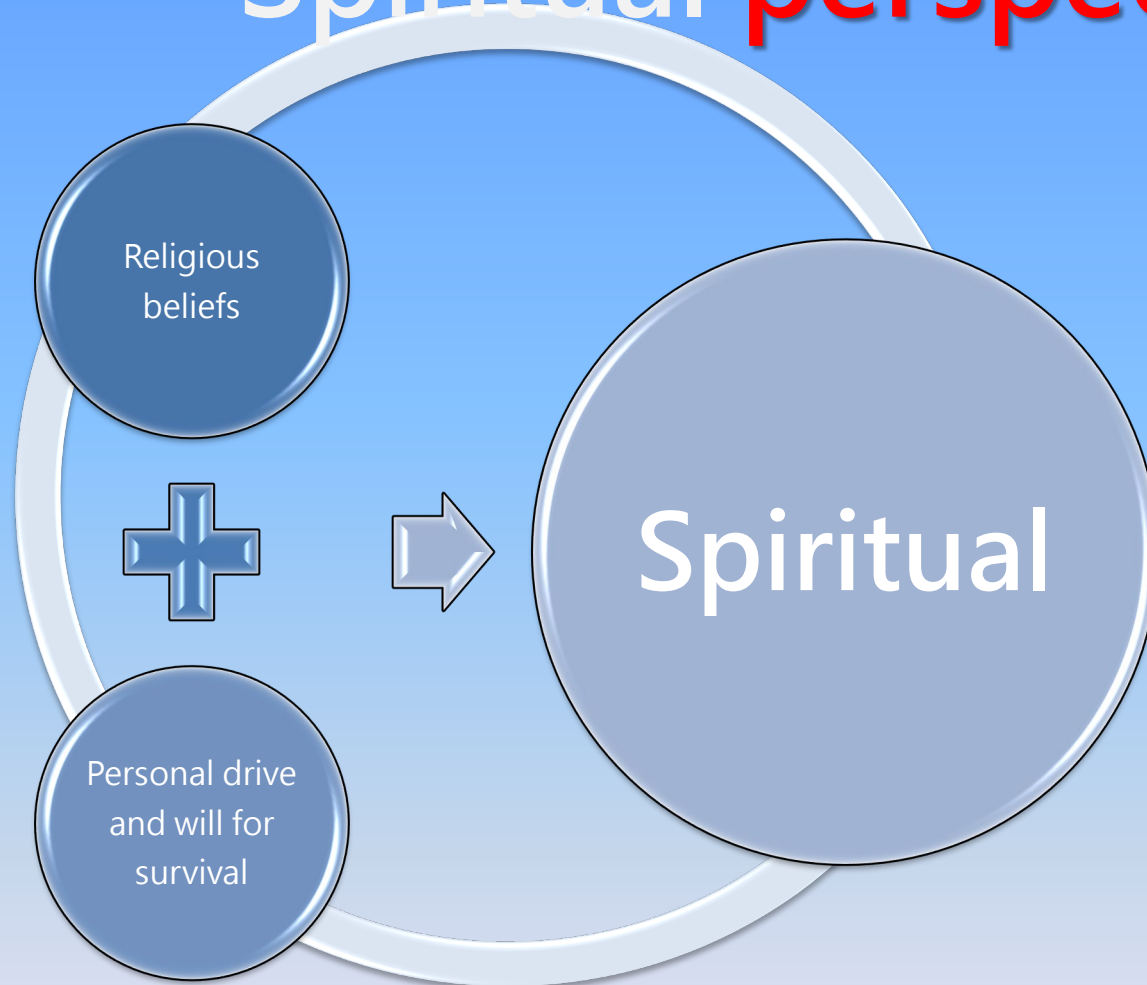
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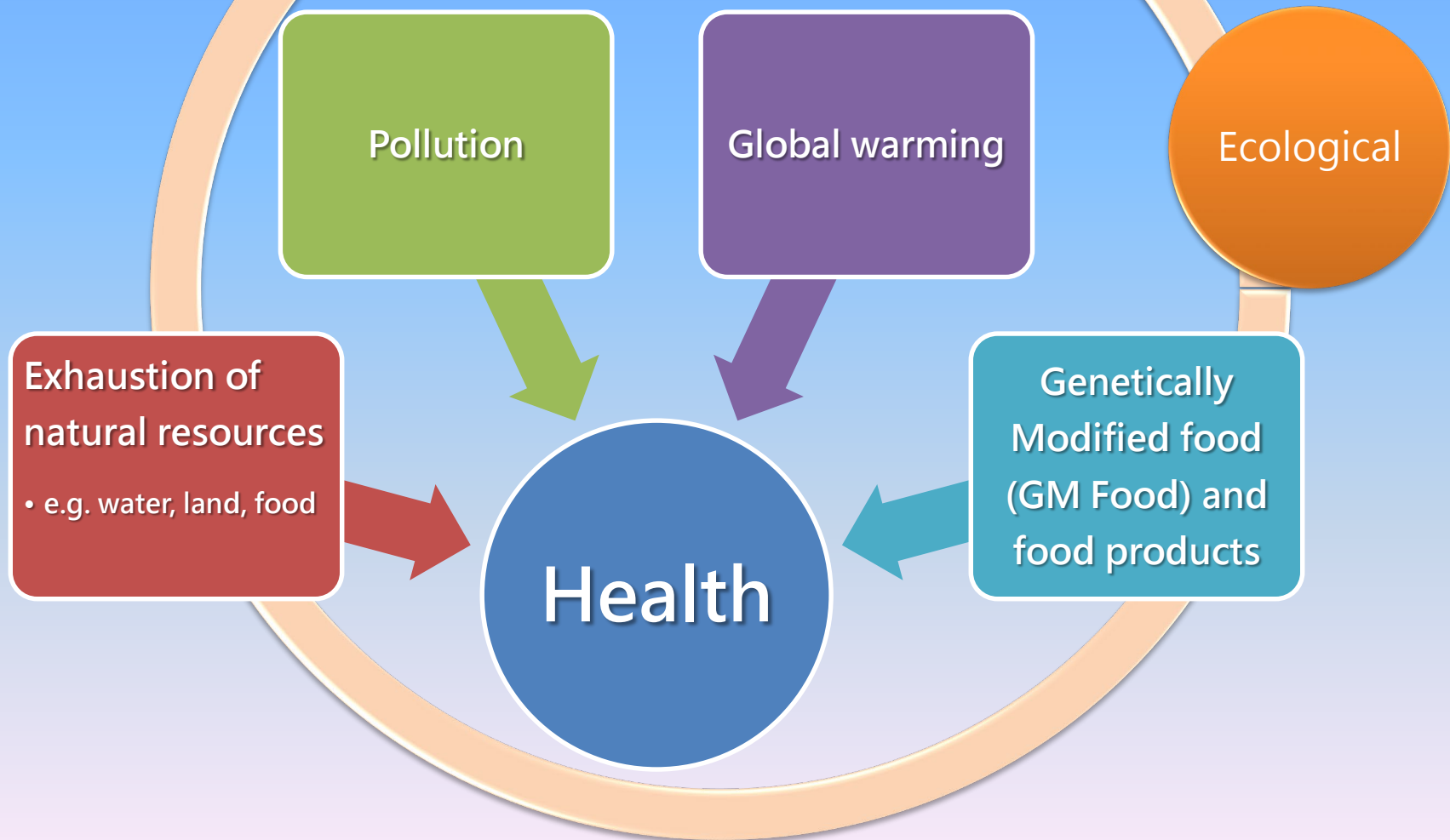
Psychological perspective



Spiritual perspective



Ecological perspective



Cultural perspective

Social

- cultural influences on human relationships

Mental

- Cultural influence on self-image and ways of stress management

Physical

- different attitudes on health and care (health-seeking behaviour among Chinese)
- food culture and eating habits

Cultural

2.4 Promotion of health and well-being

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 - Definitions of health
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Evolving Definition of Health

Traditional

- Health - absence of disease or infirmity

1949

- **Holistic** view : a state of complete physical, mental and social well-being

1984

- 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**
- a **resource** for everyday life, not the objective of living
- a **positive** concept, emphasizing **social and personal resources** as well as **physical capabilities**

Social Care

Caring Citizenship and Social Care

Breakdown of community bonds

- **Technological advancement**
 - Close contact / face-to face communication is replaced by Internet communication
- **Individualism**
 - Place the interests of the individuals above those of the social groups
- **Working hours**
 - Long duration of working hours is one of the barriers to the maintenance of relationships
- **Policies**
 - i.e. housing planning and urban renewal policies

Community bond

- In a healthy community, people establish different bonds with others through on-going interactions, that enabling the exchange of ideas and the help for one another

A Caring Citizen

- Learn reciprocity and mutual care and support
- Develop empathy to the disadvantaged and commitment to the community
- Able to recognize what we can do for the community and society
- Develop communication and problem solving skills
- Deepen the understanding of different health and social issues and be responsible for dealing with problems