

Public Health and Infectious Diseases: Part 2

Dimensions of Health:

Health is a state of complete physical, mental, social and spiritual well-being and not merely the absence of disease.

7 Dimensions of Health:

- Emotional – how feel and how express feelings
- Spiritual – what is the direction in life
- Social – how interact with other people, relationships
- Occupational – associated with job, good if job = hobby
- Physical – can perform normal activities of daily life
- Environmental – external environment
- Intellectual – open minded, able to learn new things

“It is more important to know what sort of patient has a disease, than what sort of disease a patient has” – Osler

Do people choose their own health? Yes!

Psychological Models of Health Behavior

- Health belief model
 - I am vulnerable to the threat
 - The threat is serious
 - By taking action I can protect myself
- Locus of control theory (self-efficacy)
 - Self-efficacy is increased by previous successful performance
 - Self-efficacy is increased by seeing others successfully perform, especially if by a peer

Ecological Model of Health Behavior

- Intrapersonal level (psychology)
- Interpersonal level (family, friends, coworkers)
- Institutional level (school, workplace)
- Community level (churches, community organizations)
- Public Policy level (government regulations)

The Stages of Change

- Used when considering change in health and lifestyle
- Pre-contemplation -> Contemplation -> Determination Preparation -> Action -> Maintenance -> Relapse/Recycle

The Mystery Panacea = Exercise!