Health Status and Determinants of Health

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Outline
- Definitions of Health
- Health Status
- Health Promotion & Disease Prevention
- The Impact of Stress on Health
- Summary

Health

What does the term health mean to you?

Health: Definitions
- Health: The absence of acute and chronic physical or mental disease & impairments.
- Illness: The presence of a physical or mental disease or impairment.

Health: Quality of Life
- Quality of Life research has focused primarily on:
  - Quality of life in the context of specific diseases or conditions
  - Quality of life relating to end-of-life issues

Health: Quality of Life

- Many people now include biological, psychological, sociocultural, spiritual, & environmental components.
- Changes in any one of these aspects affects people’s health.
Health: Quality of Life

- Quality of Life
  - In many respects quality of life is a subjective judgment that can be understood in the context of broader models of development.

Health: Quality of Life Example

- Quality of Life model (Baltes et al., 1998)
  - People select domains of relative strengths, & compensate for age-related changes.
  - Quality of life is a successful use of selection, optimization, & compensation to manage one’s life, resulting in successful aging.

Health

- Acute diseases: Conditions that develop over a short period of time and cause a rapid change in health.
  - Examples: colds, influenza, & food poisoning

Health

- Chronic diseases: Conditions that last a longer period of time (at least 3 months) & may be accompanied by residual functional impairment that necessitates long-term management.
  - Examples: diabetes & arthritis

Health

- As people age the rates of acute disease go down whereas the rates of chronic diseases go up.
  - Example: Older people have fewer colds than younger people.

Health

- When older people get an acute disease, they tend to get sicker and take longer to recover.
  - Thus, although they get fewer acute infections, they spend more days sick than younger adults.
Health

• Chronic disease was initially viewed as a part of aging. However, since the release of the 1991 document *Healthy People 2000: National Health Promotion and Disease Prevention*, the view has shifted dramatically to one of prevention & wellness.

Comprehensive Functional Health Status

• Vision
• Hearing
• Speech
• Mobility
• Dexterity
• Cognition
• Emotion
• Pain

Health

• Functional Health Status
  • Activities of daily living: Include basic self-care tasks such as
    • Eating
    • Bathing
    • Toileting
    • Walking
    • Dressing

• Instrumental activities of daily living: are actions that entail some intellectual competence & planning. IADL’s vary across cultures. In the West we include:
  • Shopping for personal items
  • Paying bills
  • Making telephone calls
  • Taking medications appropriately
  • Keeping appointments

Health Promotion & Disease Prevention

• Progress in developing theories & models in areas of risk factors & disease outcomes.

• Progress in developing techniques & evaluation methodologies for particular settings & with particular populations.
Risk Factors

- Medical model: Currently focus on risk factors associated with disease outcomes (Chronic & some infectious).
- Change to focus solely on risk factors.

Risk Factors

- There are some differences in psychosocial outcomes & risk factors with certain diseases.

Health Outcomes

- Smoking
- Obesity
- Physical activity
- Substance use & abuse

Health Outcomes

- Cardiovascular diseases
- Cancer
- Intentional and unintentional injury
- Pulmonary disorders
- Pain & musculoskeletal disorders
- HIV

Settings

- Schools
- Communities
- Health care settings
- Work sites

Populations

- Women
- Children
- Adolescents
- Older adults
- Cultural & ethnic minority groups
- Persons in developing countries
Policy

- Cost-effectiveness of Intervention programs that involve health care organizations & health departments.

Health: Health Promotion & Disease Prevention

- Goal: Enhance health & Prevent disease
  - Multidisciplinary
  - Interdisciplinary

Health Promotion & Disease Prevention

- Relatively new area of inquiry
  - Disciplines Involved
    - Social & behavioral sciences
    - Public health
    - Medicine
    - Allied health disciplines

Factors that Influence Health

- Beliefs
- Attitudes
- Perceptions
- Interaction between beliefs, attitudes & perceptions
- Physiological processes
- Cognitions
- Emotional responses
- Environment
- Culture (micro & macro)
- Economics
- Stress

Health: Stress

Stress is very bad for your health

What is Stress?
Stress is a Process

Stress = Stressors (Sources or Situations) plus Stress Responses

Sources of Stress
- Physical (Environment; Weather)
- Family
- Work/School
- Individual (Personal/Psychological)
- Financial
- Social
- Health

Acute Stressors
Short-term demands and challenges.
- Work deadlines
- Minor accidents
- New job
- Moving
- Minor illness
- Making a presentation
- Job interview

Repeated Acute Stressors
- A series of acute stressors “One thing after the next”
- Often brought on by personality style (e.g., Type A) or thinking style (“worry-warts”)

Chronic Stressors
Stressors that go on day after day, year after year
- Poverty
- Family problems
- Serious illnesses
- Unemployment
- Loneliness
- Problems at work
- Unhappy marriage
- Unsafe neighborhood
- Racism
- Sexism

Traumatic Stressors
Overpowering trauma experiences
- Accidents
- Rape
- Verbal, physical or sexual abuse
- Exposure to extreme violence
- Imprisonment
- Natural or man made disasters
If something is stressful for person A, does that mean that it is necessarily stressful for person B?

No

Because how you view a situation will determine whether it is stressful for you. Different people can view the same situation differently.

Stress Process

- Situation
  - Perceived or Viewed as Stressful
    - Emotional/Psychological
    - Behavioral
    - Physiological
  - Stress Reaction
    - Mental or Physical Illness

Managing Stress

- Relaxation Exercises
  - Progressive Muscular Relaxation
  - Sensate Focus
  - Deep breathing
  - Imagery

Summary

- Health Status is important

- Health promotion & Disease Prevention is an area of public health designed to increase the mental and physical functioning of the population.

- Stress impacts our health in ways most people are not aware.