Chapter One

Health in a Changing Society

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Health and Wellness

- **Health**: State of complete physical, mental, social, and spiritual well-being

- **Wellness**: Process of adopting patterns of behavior that can lead to improved health and heightened life satisfaction
The Ecological Model of Health and Wellness

- Ecology = branch of biology that studies the relation between an organism (you) and its environment ("eco-" natural habitat)
  - Individual has unique set of characteristics, including genetics, age, and knowledge
  - Environment is your relationships with people and community affiliations
    - Many social determinants of health influence the options you have and the choices you make
Ecological Model of Health and Wellness

This model addresses
• Your individual characteristics
• Your choices
• All the factors that influence those choices
The Wellness Continuum
Public Health and Community Health

• Public health is a discipline that focuses on the health of populations of people, rather than of individuals (*medicine*)
  – Health promotion (proactive)
  – Disease prevention (defensive)

Community health aims to improve the health of those people within a defined community… They have shared resources
Culture, Ethnicity, and Race

- Three primary dimensions of diversity which impact groups of people are
  - Culture: Shared pattern of values, beliefs, language, and customs within a group
  - Ethnicity: Sense of identity individuals draw from a common ancestry, national, religious, tribal, language, or cultural origin
  - Race: Describes ethnic groups based on personal characteristics, such as skin color or facial features
Health Concerns of Ethnic and Racial Minority Populations

- During the past 100 years, medical technology has produced significant health gains in the general population
- Minority populations in the U.S. have not seen equal health benefits during that time
  - Disproportionately higher rates of morbidity and mortality
- Many health problems are not due to race or ethnicity but to social and economic conditions
- Reducing or eliminating these disparities is not only a critical challenge in the 21st century, but an explicit national health goal
Health-Related Behavior Choices

• Health-related behavior choices are the actions you take and decisions you make that affect your health
  • Physical choices
  • Mental choices
  • Emotional choices
  • Spiritual choices
  • Social well-being choices

• Psychologists, Prochaska and DiClemente, have proposed the “Stages of Change” model, which addresses an individual’s readiness for change and identifies change as a…

PROCESS
The Stages of Change Model

• The *Stages of Change Model* takes into account thinking, feelings, behaviors, relationships, and many other factors

• Change is a process that includes:
  • *Precontemplation*
  • *Contemplation*
  • *Preparation*
  • *Action*
  • *Maintenance*
  • *Termination*
  • … *Relapse*
Factors that Promote Healthy Behavior Change

- Perceived Self-Efficacy
- Internal Locus of Control
- Learning from past experiences
- Role Models & Supportive People
- Building Strong Motivation
Ask Yourself…

• *Is there a health behavior I would like to change?*
• *Why do I want to change this behavior?*
• *What challenges or barriers am I likely to encounter?*
• *Am I ready to change the behavior?*
Creating a Behavior Change Plan

• Accept responsibility for your own health and make a commitment to change
• To do this:
  – Set SMART goals
  – Develop action steps
  – Identify benefits
  – Identify positive enablers
  – Sign a behavior change contract
  – Create benchmarks
  – Assess accomplishments and revise, if necessary
Health Challenges in a Changing Society

• Be an informed consumer
• Develop health literacy
• Understand medical research studies
• Healthy People 2020
Facing Current Health Concerns

- Physical activity
- Overweight and obesity
- Tobacco use
- Substance abuse
- Responsible sexual behavior
- Mental health
- Injury and violence
- Environmental quality
- Immunization
- Access to health care
Web Sites

www.berkeleywellness.com

www.mayo.edu

www.medlineplus.gov

www.webmd.com
Family Health History

- **Grandfather**
  - b. 1919
  - D. 1969
  - Heart disease
  - Diabetes
  - Obese
  - Fatal heart attack

- **Grandmother**
  - b. 1920
  - Glaucoma
  - Allergies
  - Hypertension
  - Osteoporosis

- **Uncle**
  - b. 1944
  - D. 1964
  - Motor vehicle fatality

- **Father**
  - b. 1946
  - Hypertension
  - Heart disease

- **Husband**
  - b. 1974
  - Diabetes
  - Overweight

- **Self**
  - b. 1975
  - Allergies

- **Brother**
  - b. 1978
  - Testicular cancer

- **Brother**
  - b. 1981

- **Sister**
  - b. 1985

- **Son**
  - b. 2000
  - Asthma

- **Grandfather**
  - b. 1927
  - D. 2001
  - Colon cancer

- **Grandmother**
  - b. 1927
  - D. 1987
  - Breast cancer

- **Mother**
  - b. 1952

- **Aunt**
  - b. 1955
  - Bipolar disorder

- **Aunt**
  - b. 1956
  - Breast cancer

- **Female**
- **Male**
- **b** Year of birth
- **D** Year of death
- **X** Deceased
- || Divorced
- :: Adopted or foster child