

Concept of well being and prevention



DR. VISHWAVASU GAUR

M.D.(Ayu.)

Assistant Professor

M.J.F. Ayurved College

Chomu, Jaipur

Well being

- Well being is the experience of health, happiness, and prosperity.
- It includes having good mental health, high life satisfaction, a sense of meaning or purpose and ability to manage stress. Generally just feeling well is well being.

Components of well being

- 1. subjective components – this relates to quality of life.
- 2. objective components – this relates to standard of living.

Components of well being

- 1. Quality of life – subjective
 - Factors like – health, happiness, education, social and intellectual attainments, freedom of action, justice and expression.
 - It can be evaluated by PQLI (physical quality of life index)
 - A. I.M.R B. LIFE EXPECTANCY AT BIRTH. C. Literacy rate

P.Q.L.I Calculation

- A. I.M.R B. LIFE EXPECTANCY AT BIRTH. C. Literacy rate
- $$\text{Average} = \frac{A+B+C}{3}$$

PQLI does not measures economic growth of a country but it measures the results of social, economic and political policies. The ultimate objective is to attain PQLI of 100

Standard of living

- 2. standard of living – objective
- Level of education, employment, wealth, income, comfort, material goods, socio economic factors.
- It is primarily depends on GNP(Gross National Product) includes the gross income generated within the country as well as net income received from abroad.

Human Developmental index

- The **Human Development Index (HDI)** is a statistic composite index of life expectancy, education, and per capita income indicators, which are used to rank countries into four tiers of human development. A country scores a higher HDI when the lifespan is higher, the education level is higher, and the gross national income GNI (PPP) per capita is higher.

Calculating HDI

- Formula to calculate Human Development Index (HDI) = (Life Expectancy Index X Education Index X Income Index) $^{1/3}$ New Human Development Index (HDI) is geometric mean of Life Expectancy Index (LEI), Education Index (EI) and Income Index (II). After this calculation total value will be between 0 and 1.

Defination of prevention

- Actions aimed at eradicating, eliminating or minimizing the impact of disease or disability or if none of these are possible, retarding the progress of the disease and disability is considered as prevention

Levels of prevention

- 1. primordial prevention.- mass education & lifestyle modification.
- 2. Primary prevention
 - A. Health promotion, B. specific protection - immunization
- 3. Secondary Prevention
- 4. Tertiary prevention

Primary prevention

- Primary prevention aims to prevent disease or injury before it ever occurs. This is done by preventing exposures to hazards that cause disease or injury, altering unhealthy or unsafe behaviors that can lead to disease or injury, and increasing resistance to disease or injury should exposure occur. Examples include:
 - legislation and enforcement to ban or control the use of hazardous products (e.g. asbestos) or to mandate safe and healthy practices (e.g. use of seatbelts and bike helmets)
 - education about healthy and safe habits (e.g. eating well, exercising regularly, not smoking)
 - immunization against infectious diseases.

Secondary prevention

- Secondary prevention aims to reduce the impact of a disease or injury that has already occurred. This is done by detecting and treating disease or injury as soon as possible to halt or slow its progress, encouraging personal strategies to prevent reinjury or recurrence, and implementing programs to return people to their original health and function to prevent long-term problems.

Examples include:

- regular exams and screening tests to detect disease in its earliest stages (e.g. mammograms to detect breast cancer)
- daily, low-dose aspirins and/or diet and exercise programs to prevent further heart attacks or strokes
- suitably modified work so injured or ill workers can return safely to their jobs.

Tertiary prevention

- Tertiary prevention aims to soften the impact of an ongoing illness or injury that has lasting effects. This is done by helping people manage long-term, often-complex health problems and injuries (e.g. chronic diseases, permanent impairments) in order to improve as much as possible their ability to function, their quality of life and their life expectancy.

Examples of tertiary prevention

- cardiac or stroke rehabilitation programs, chronic disease management programs (e.g. for diabetes, arthritis, depression, etc.)
- support groups that allow members to share strategies for living well
- vocational rehabilitation programs to retrain workers for new jobs when they have recovered as much as possible.

Health promotion

- Health promotion is a process which enables people to preserve and improve the health.
- **A:** Health promotion enables people to increase control over their own health. It covers a wide range of social and environmental interventions that are designed to benefit and protect individual people's health and quality of life by addressing and preventing the root causes of ill health, not just focusing on treatment and cure.

Key elements of health promotion:

1. Good governance for health

- Health promotion requires policy makers across all government departments to make health a central line of government policy. This means they must factor health implications into all the decisions they take, and prioritize policies that prevent people from becoming ill and protect them from injuries.

2. Health literacy

- People need to acquire the knowledge, skills and information to make healthy choices, for example about the food they eat and healthcare services that they need. They need to have opportunities to make those choices. And they need to be assured of an environment in which people can demand further policy actions to further improve their health.

3. Healthy cities and villages

- Cities and villages have a key role to play in promoting good health. Strong leadership and commitment at the municipal level is essential to healthy urban planning and to build up preventive measures in communities and primary health care facilities. From healthy cities evolve healthy countries and, ultimately, a healthier world.