

# Health Promotion and Wellness

## Chapter 16

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# Objectives

By the end of this discussion, YOU will be able to:

- Differentiate between health and wellness
- Discuss the factors that affects health
- Identify the dimensions of wellness
- Differentiate between disease and illness

# Objectives

By the end of this discussion, **YOU** will be able to:

- Differentiate between health promotion and health protection
- Discuss the healthy lifestyle
- Discuss the healthy lifestyle paradigms

# Health

**What does being healthy mean to you?**

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# Health

**It varies from one person to another, it might be:**

- Not being ill
- Not having disease
- It is like building up strength and having resistance to infection
- Being productive

# Health

**It varies from one person to another, it might be:**

- Good academic achievement
- Not having stress
- Performing good daily activity life
- Emotional stable

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# Health

## Health as defined by WHO (1948)

“a state of complete physical, mental and social well being, and not merely the absence of a disease or infirmity (illness).”

- Health means having the ability to adapt continually to constant changing demands.

(Roy Adaptation theory)

# Health

- **The Joint Committee on Health Education Terminology (2002) stated that *health* is:**
- “an integrated method of functioning which is oriented toward maximizing the potential of which the individual is capable. It requires that the individual maintain a continuum of balance and purposeful direction with the environment where he (she) is functioning.”



# Health

- **Greiner and Edlman, 2006 defined health as:**
- More than just the absence of disease
- It is a state of physical, mental and social functioning that realizes a persons' potential and reflects a state of homeostasis, balance, equilibrium, stability, and resilience

# Factors affect Individual's Health

Genetic

Gender and age

Family

Religion and culture

Friends (social life)

Employment status and income

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# Factors affect Individual's Health

- Advertising and social media
- Health services
- Access to leisure facilities
- Self-esteem and self confidence
- Environmental pollution

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# Wellness

## Wellness (العافية)

- Its an active process of becoming aware of and making choices toward a more successful existence and a healthy and fulfilling life
- Its more than being free from illness

# Wellness

## Wellness (العافية)

- It is a dynamic process of change and growth
- Includes individual's functioning at the highest potential and can be viewed as the actualization of the human potential

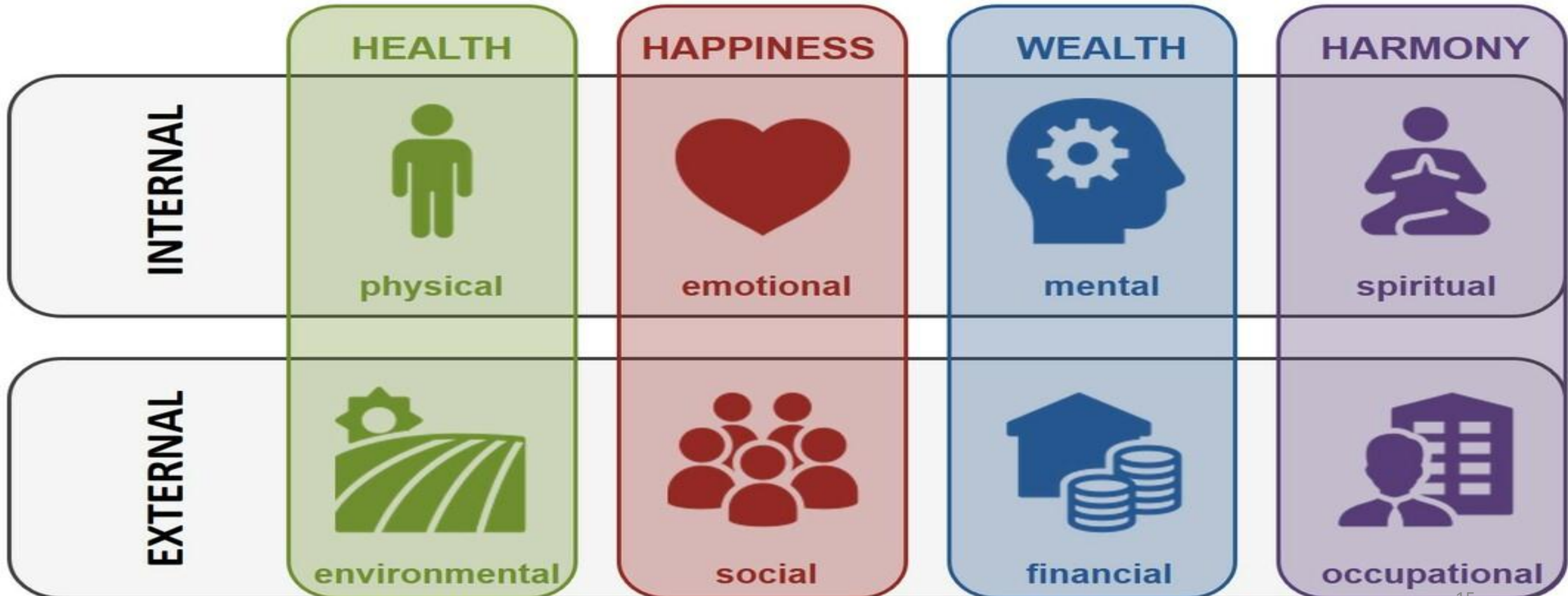
# Wellness

**According to the National Wellness Institute:** Wellness is centered around three basic ideas:

- A conscious, self-directed and evolving (developing) process of achieving full potential
- Is a multi-dimensional and holistic, encompassing (شامل) lifestyle, mental and spiritual well-being, and the environment.
- Is a positive and affirming



# The eight dimensions of wellness



# The Eight-Nine Dimensions of Wellness

- **Physical Wellness**
- **Emotional Wellness**
- **Mental/ Intellectual Wellness**
- **Spiritual Wellness**
- **Occupational/Vocational Wellness**
- **Social and Relational Wellness**
- **Environmental Wellness**
- **Financial Wellness**
- **Cultural Wellness**



# The Eight-Nine Dimensions of Wellness

## Physical Wellness:

- The ability to carry out daily tasks, develop cardiovascular fitness, muscular fitness, maintain adequate nutrition and proper weight, avoid abusing drugs/alcohol, and not use tobacco products.(positive lifestyle choices)

# The Eight- Nine Dimensions of Wellness

**Physical Wellness:** Include the following and not limited to:

- Healthy foods/ Nutritious diet/plenty of water
- Regular exercise
- Maintaining healthy sleeping routines
- Maintaining personal hygiene

# The Eight- Nine Dimensions of Wellness

**Physical Wellness:** Include the following and not limited to:

- Avoiding harmful habits/substances
- Avoiding unnecessary injury
- Recognizing and responding to illness and disease
- Regular physical checkups
- Utilizing safe modes of transportation

# The Eight- Nine Dimensions of Wellness

## Emotional Wellness:

- The ability to control stress and to express emotions appropriately and comfortably, awareness and acceptance of positive and negative emotions, and good communication skills and to share feelings of anger, fear, sadness, or stress; hope, joy, love, and happiness in appropriate and productive ways.



# The Eight- Nine Dimensions of Wellness

**Emotional Wellness:** Include the following and not limited to:

- Impulse control السيطرة على الاندفاع
- Ability to understand, accept, and manage one's feelings
- Ability to express feelings with others
- Self-confidence/self-compassion



# The Eight-Nine Dimensions of Wellness

**Emotional Wellness:** Include the following and not limited to:

- Ability to trust in ourselves and others
- Being optimistic about outcomes
- Ability to recognize emotions in others
- Humor and play/fun

# The Eight- Nine Dimensions of Wellness

## **Mental/ Intellectual Wellness:**

- The ability to learn and use information effectively for personal, family, and career developments through creative and stimulating mental activities to increase knowledge and creativity.

# The Eight- Nine Dimensions of Wellness

**Mental/ Intellectual Wellness:** Include the following and not limited to:

- Having a growth mindset
- Creative expression
- Short/long-term goals
- Ability to think critically
- Curiosity



# The Eight- Nine Dimensions of Wellness

**Mental/ Intellectual Wellness:** Include the following and not limited to:

- Academic ability and integrity
- Determination to master new skills
- Having the capacity to ask questions
- Willingness to explore new ideas
- Time management skills

# The Eight- Nine Dimensions of Wellness

## Spiritual Wellness:

- The state of living with meaning and purpose
- The activities that address issues such as meaning and purpose in life; self-awareness; connectedness with self, others, and a larger reality

# The Eight- Nine Dimensions of Wellness

**Spiritual Wellness:** Include the following and not limited to:

- Guiding sense of purpose and meaning
- Alignment with one's own values/moral principles
- Belonging to something greater than oneself
- Spiritual practice/faith
- Capacity for forgiveness

# The Eight- Nine Dimensions of Wellness

**Spiritual Wellness:** Include the following and not limited to:

- Optimism and hopefulness
- Idealism and altruism
- Compassion for others regardless of background
- Inner harmony, happiness, and peace
- Contributing to the greater good

# The Eight- Nine Dimensions of Wellness

## Occupational/Vocational Wellness:

- The ability to balance life with a satisfying vocation that aligns with **YOUR** skills and values, and challenges **YOU** in an effort to recognize the importance of satisfaction, enrichment, and meaning through **YOUR** work.

# The Eight- Nine Dimensions of Wellness

**Occupational/Vocational Wellness:** Include the following and not limited to:

- Education/training
- Building relationships with peers/colleagues
- Contributing towards goal fulfillment
- Exploring opportunities to learn and be challenged

# The Eight- Nine Dimensions of Wellness

**Occupational/Vocational Wellness:** Include the following and not limited to:

- Feeding a sense of purpose and meaning
- Enjoying your field of study/career
- Volunteerism/social contributions
- Feeling a sense of value from instructors/supervisors/managers
- Meaningful work/employment

# The Eight- Nine Dimensions of Wellness

## **Social and Relational Wellness:**

- The ability to establish and maintain meaningful connections, networks, relationships, and interactions with other individuals, groups, and communities to satisfy the roles you play.



# The Eight- Nine Dimensions of Wellness

**Social and Relational Wellness:** Include the following and not limited to:

- Communication skills
- Capacity for connection/intimacy
- Managing interpersonal disputes النزاعات
- Willingness to ask for help
- Ability to maintain satisfying relationships

# The Eight- Nine Dimensions of Wellness

**Social and Relational Wellness:** Include the following and not limited to:

- Establishing a support network
- Caring for/encouraging others
- Being a strong team player or group partner
- Sharing appropriately
- Recognizing social cues/respectful behavior

# The Eight- Nine Dimensions of Wellness

**Environmental Wellness:** a balancing act between the demands and challenges from our environment and our resources, or capacity, to deal with those challenges



Adapted from Dodge et al. 2012

# The Eight- Nine Dimensions of Wellness

**Financial Wellness:** the state of your finances

- This also includes behavior choices that ensure adequate income, insurance, health benefit coverage, and investing and saving for future needs

# The Eight- Nine Dimensions of Wellness

## **Financial Wellness: Include the following and not limited to:**

- Managing short/long-term financial goals
- Budgeting/cost saving skills
- Having a working understanding of finances/taxes
- Living within one's means/adequate income
- Avoiding unnecessary debts/paying bills and debts on time

# The Eight-Nine Dimensions of Wellness

## **Financial Wellness: Include the following and not limited to:**

- Planning for emergencies (savings fund)/ Retirement planning
- Understanding of our own state of wealth
- Differentiating between needs and wants
- Charitable donations
- Adequate insurance coverage/benefit plans

# The Eight-Nine Dimensions of Wellness

## Cultural Wellness:

- The ability to develop a sense of awareness, understanding, and respect for different cultures, genders, sexual orientations, income/education levels, and other aspects of diversity.

# The Eight- Nine Dimensions of Wellness

## **Cultural Wellness: Include the following and not limited to:**

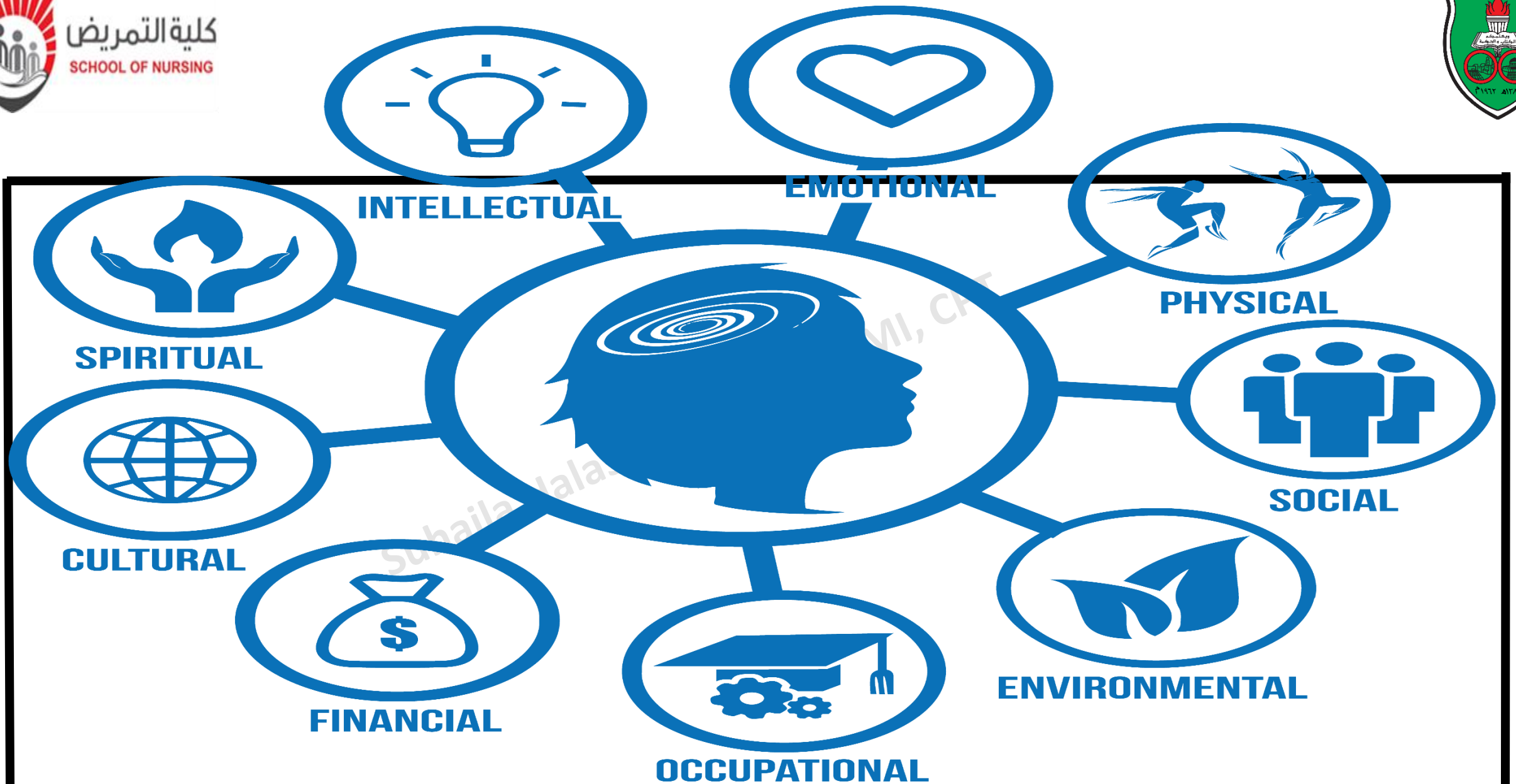
- Strong citizenship      المواطنة القوية
- Appreciation of cultures, traditions, and diversity
- Establishing relationships with those of different backgrounds  
(inclusivity)
- Standing-up for/supporting others in times of injustice



# The Eight- Nine Dimensions of Wellness

**Cultural Wellness:** Include the following and not limited to:

- Avoidance of damaging stereotypes and biases
- Acceptance of all ethnicities, cultures, religions, genders, etc.
- Respect for, and adherence to, laws and regulations



# Disease

- A **functional** or **structural** disturbances resulting from failed adaptation to stress and stimuli due to pathological (sometime undetermined organ) state that affects either one or more body systems of individual (objective)
- It reflects a state of **imbalance** and **failure** to **survive** and **create** a higher quality of life
- Example: Acute or chronic disease
- **“What the person has on the way home from the doctor’s office”**

# Illness

- Is the inner sense of an individual's feeling, an experience of unwell / unhealth (subjective)
- Does not refer to any explicit pathology, but refers to a person's subjective understanding of it
- Example: what the individual feels such as; discomfort, tiredness, or general weakness
- **“What the person feels when he goes to see the doctors”**

# Health Promotion

- Is a process of enabling people to improve their health by synthesizing personal choice and social responsibility
- The science and art of helping people change their lifestyle to move toward a state of optimal health (O'Donnell (2002)

# Health Promotion

- The actions taken to develop a high level of wellness and is accomplished by influencing individual behavior and the environment in which people live
- Is about raising the health status of individuals and communities

# Health Promotion vs Health Protection

- **Health promotion:** client behavior directed towards developing well-being and actualizing human health potential
- **Health protection:** client behavior geared towards preventing illness, detecting it early or maintaining function
- **Health promotion and health protection are complementary processes, both impact quality of health**

# Health Promotion vs Health Protection

## Example:

A 40 year-old male, may begin a program of walking 30 min/day

- If the goal is “to decrease the risk of CVD” then this activity is **Health protection**
- If the goal is “to increase his overall health and feeling of well-being” then this activity is **Health Promotion Behavior**



# Healthy Lifestyles



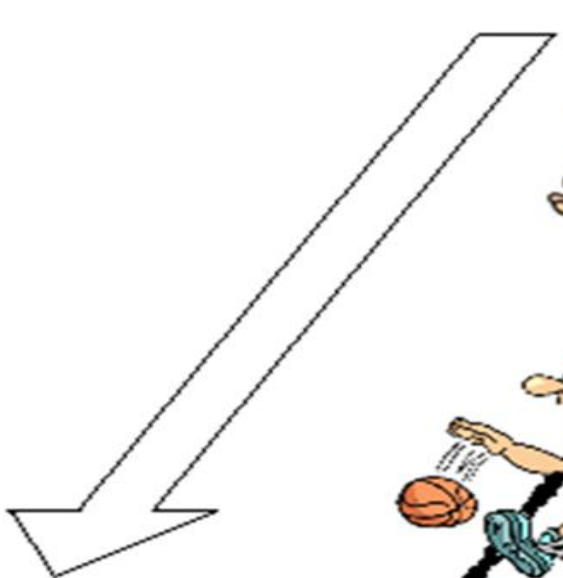
# A healthy life style

- The combined effect on health risks and health status over which an individual has control
- **It combines elements of:**
  - **Health prevention** (which decreases the individual chances of encountering illness)
  - **Health promotion** (which is a positive approach to living that leads individuals toward well-being)

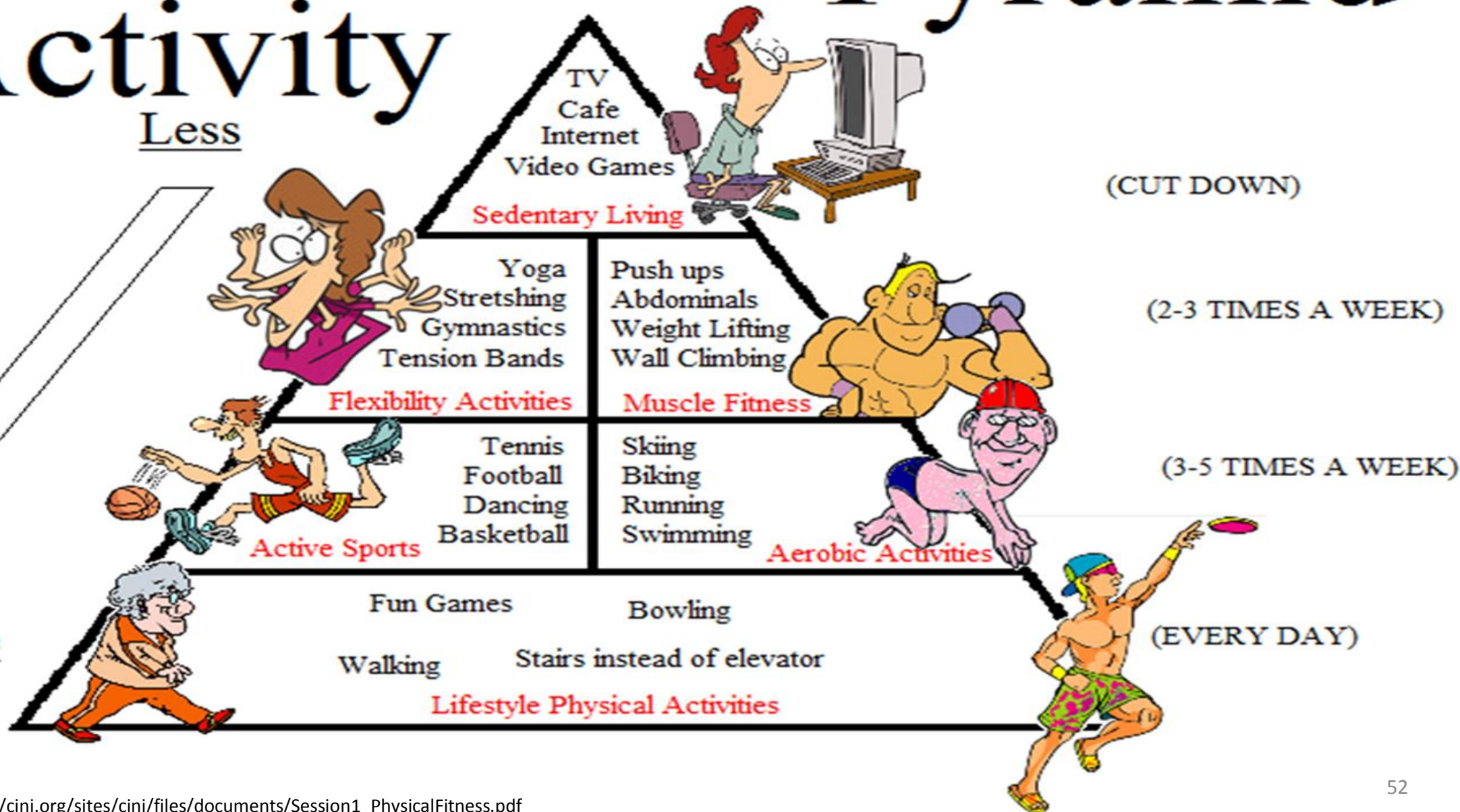


# The Pyramid

Less



More



# Healthy People 2030



Access to  
Health Services



Clinical Preventive  
Services



Environmental  
Quality



Injury and  
Violence



Maternal, Infant  
& Child Health



Mental Health



Nutrition, Physical  
Activity & Obesity



Oral Health



Reproductive &  
Sexual Health



Social  
Determinants



Substance  
Abuse



Tobacco

# Healthy lifestyle paradigms

## Healthy People 2030

- Physical activity
- Overweight and obesity
- Tobacco use
- Substance use
- Responsible sexual behavior



<https://healthylifestylespllc.com/>

# Healthy lifestyle paradigms

## Healthy People 2030

- Mental health
- Injury and violence
- Environmental quality
- Immunization
- Access to health care
- Reproductive health



<https://healthylifestylespllc.com/>

# Role of Nurses in Health Promotion

## • Prevention Role:

- Prenatal care
- Immunization program
- Occupational health and safety
- Public health education
- Conducting research and Evidence-based practice