

Chapter 1: Discovering Your Personal Rhythm for Healthy Living

Learning Outcomes

- 7 dimensions of health and wellness
- Goals and objectives of the Pan-Canadian Healthy Living Strategy
- Lifestyle behaviours related to living longer
- Behaviour change techniques that identify when, how and why to change
- Role of decision making in making behaviour changes

What is Health?

- Dynamic and ever-changing process of achieving individual potential in 7 dimensions
 - Physical
 - Social
 - Mental
 - Occupational
 - Emotional
 - Environmental
 - Spiritual
- Complete physical, mental and social well-being, not merely the absence of disease or infirmity (WHO, 1947)
- Broad scope of definitions has evolved over time
 - Free of sickness, good shape, wellness
 - Many nuances to health and well-being
- Defined by extremes
 - Changing views of health
- More than not being sick
 - Death due to disease: infectious and chronic
 - Decreased morbidity and mortality rates (better healthcare systems, not necessarily healthier)
 - Consider occupational, environmental and spiritual health as well

Health

- Social, mental, occupational, emotional, spiritual and biological
- Dynamic, multi-dimensional process
- Characterised by adaptability to life situations
- Wellness
 - Achieving higher levels in each dimension of health
- Health and wellness often used interchangeably
- Health promotion:
 - Creating optimal conditions for successful behaviour change
 - Educational supports
 - Organisational supports
 - Environmental supports
 - Financial supports
- Social Ecological Model
 - Individual: attitudes, beliefs, knowledge, skills
 - Interpersonal: family, friends, social groups
 - Institution: work, school, organisations
 - Community: relationships between neighbourhoods, towns, cities
 - Public policy: national, provincial, local laws and regulations
- Integrated Pan-Canadian Healthy Living Strategy, 2005:

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Siddappa N.Byrareddy



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