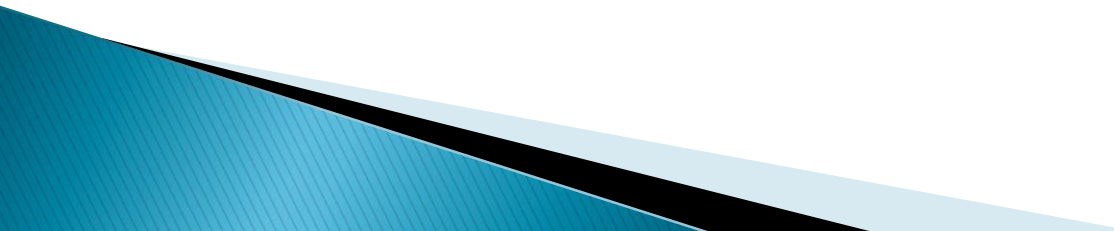


# Model of Health

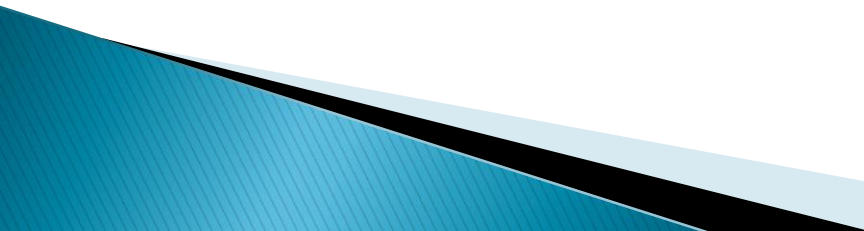
**Dr. Samia Farouk Mahmoud**

Assistant professor of community health nursing


# Outlines:

- ▶ Definition of health.
  - ▶ Meikirch model of health.
  - ▶ Health continuum: Wellness–Illness.
  - ▶ Role of nurse in achieving health:
- 

# Learning objectives:

- ▶ **By the end of this lecture the undergraduate students should be able to:**
  - ▶ **Define health.**
  - ▶ **Identify and draw the Meikirch model of health.**
  - ▶ **Describe and draw the health continuum:  
Wellness–Illness.**
  - ▶ **Apply the role of nurse in achieving health:**
- 

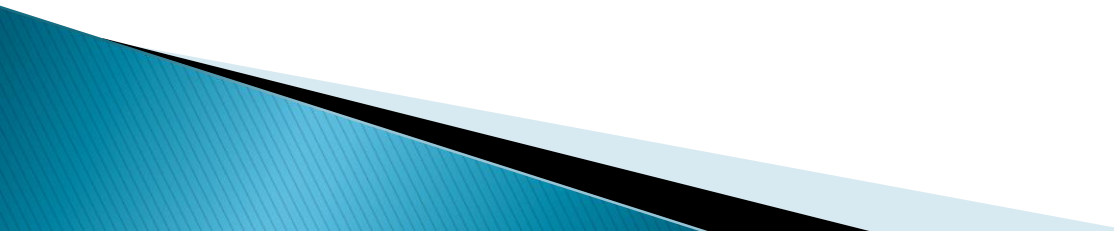
# Introduction

- ▶ Before discussing about health education, it is imperative to conceptualize what health itself means.
  - ▶ Health is a highly subjective concept.
  - ▶ **Good health** means **different things to different people,** and its meaning varies according to individual and community expectations.
- 

# Introduction

- ▶ Many people consider themselves healthy if they are free of disease or disability.
- ▶ **However**, people who have a disease or disability may also see themselves as being in **good health** if they are able to manage their condition so that **it does not impact greatly on their quality of life**.

# Question

- ▶ **1: Why is it important to understand the concept of health?**
  - ▶ **A) To establish a fixed definition of health for everyone.**
  - ▶ **B) To highlight the importance of disease prevention.**
  - ▶ **C) To acknowledge the subjective nature of health and its varied interpretations.**
  - ▶ **D) To promote a universal approach to health education.**
- 

# Question

## 3. How might individuals with diseases or disabilities view their health?

- ▶ A) They always perceive themselves as unhealthy.
- ▶ B) They focus exclusively on managing their conditions.
- ▶ C) They may still consider themselves in good health if they can manage their condition's.
- ▶ D) They believe that good health is unattainable بعيد المنال for them.

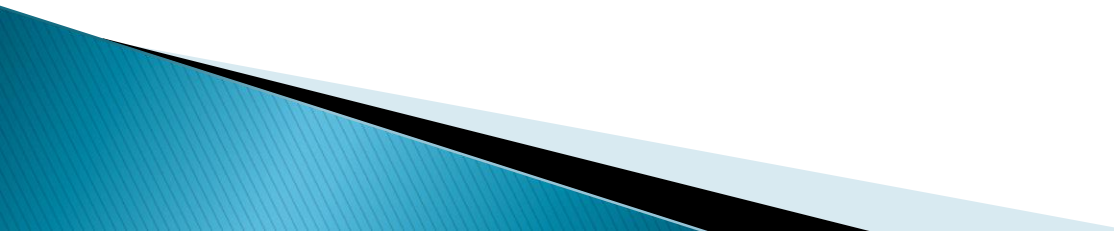
# Definition of Health:

- ▶ **In 1948**, World Health Organization (WHO) defined health in its **constitution** as “a state of **complete physical, mental, and social well-being** and **not merely the absence of disease or infirmity**”.

# Conference on Health Promotion

- ▶ was held in **Ottawa, Canada**. Health was defined **more broadly**,
- ▶ health has been considered **less as an abstract state** and more as **a means** to an end.
- ▶ **Health is a resource for everyday life, not the object of living.**

# How did the Ottawa Charter ?redefine the concept of health

- ▶ a. As an abstract state
  - ▶ b. As an individual goal
  - ▶ c. As a resource for everyday life
  - ▶ d. As a luxury for the elite
- 

# Meikirch Model

- ▶ Health is a dynamic state of wellbeing characterized by a physical, mental and social potential, which satisfies the demands of a life suitable with age, culture, and personal responsibility. If the potential is insufficient to satisfy these demands the state is disease.

# Five components of Meikirch model:

1. Demands of life
2. Biologically given potential
3. Personally acquired potential
4. Social determinants of health
5. Environmental determinants of health

These five components are interacting with each other by **ten complex interactions**

**Environment**  
Environmental determinants of health

**Society**  
Social determinants of health

**Individual**  
Individual determinants of health

Biologically given potential

Personally acquired potential

**Demands of life**



# Complex Interactions

: ▶

- ▶ **1:** High demands of life (e.g., stressful work) may interact with **personally acquired potential** (e.g., coping skills) to influence overall well-being.
- ▶ **2:** Social determinants (e.g., access to education) can interact with biologically given potential (e.g., genetic factors influencing cognitive abilities) to impact an individual's overall health.

# According to Meikirch Model

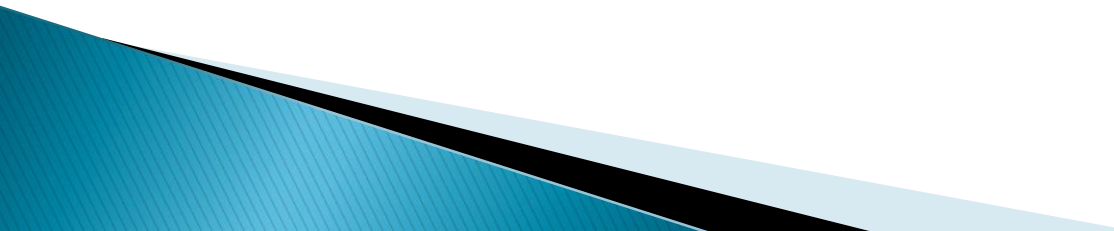
- ▶ In order to be **healthy** each human being has to **fulfill all demands** of life such as **adequate nutrition, assurance of personal safety, hygiene, and social integration.** For this purpose each human being has received **abilities at birth** and must also develop further abilities as life progresses.

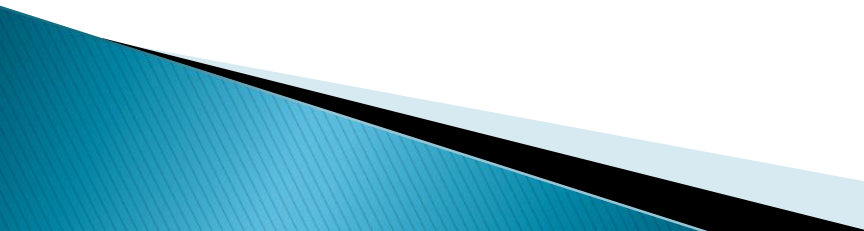
# According to Meikirch Model

- ▶ These abilities have to serve also in our **future**. Therefore they are called **potentials**. If **the biologically given** and the **personally acquired potentials together suffice** to cover all the vital demands of life a person is **healthy**.

- ▶ **If they are insufficient** she or he is diseased. Consequently, each individual has the responsibility to take good care of his or her biologically given potential and to **continuously acquire new personal potential.**

- ▶ **Potentials** used to describe the abilities received at birth and developed throughout life.

- ▶ **What is the Meikirch Model's definition of health?**
  - ▶ a. Absence of disease
  - ▶ b. A dynamic state of wellbeing characterized by physical, mental, and social potential
  - ▶ c. Physical fitness only
  - ▶ d. Mental and emotional stability
- 

- ▶ **According to the Meikirch Model, what happens when the potential is insufficient to satisfy life demands?**
  - ▶ a. Enhanced potential
  - ▶ b. State of health
  - ▶ c. Disease
  - ▶ d. Social integration
  - ▶ **What is the term used to describe the abilities received at birth and developed throughout life according to the Meikirch Model?**
  - ▶ a. Biological necessities
  - ▶ b. Personal responsibilities
  - ▶ c. Potentials
  - ▶ d. Social determinants
- 

# The Illness– Wellness Continuum:

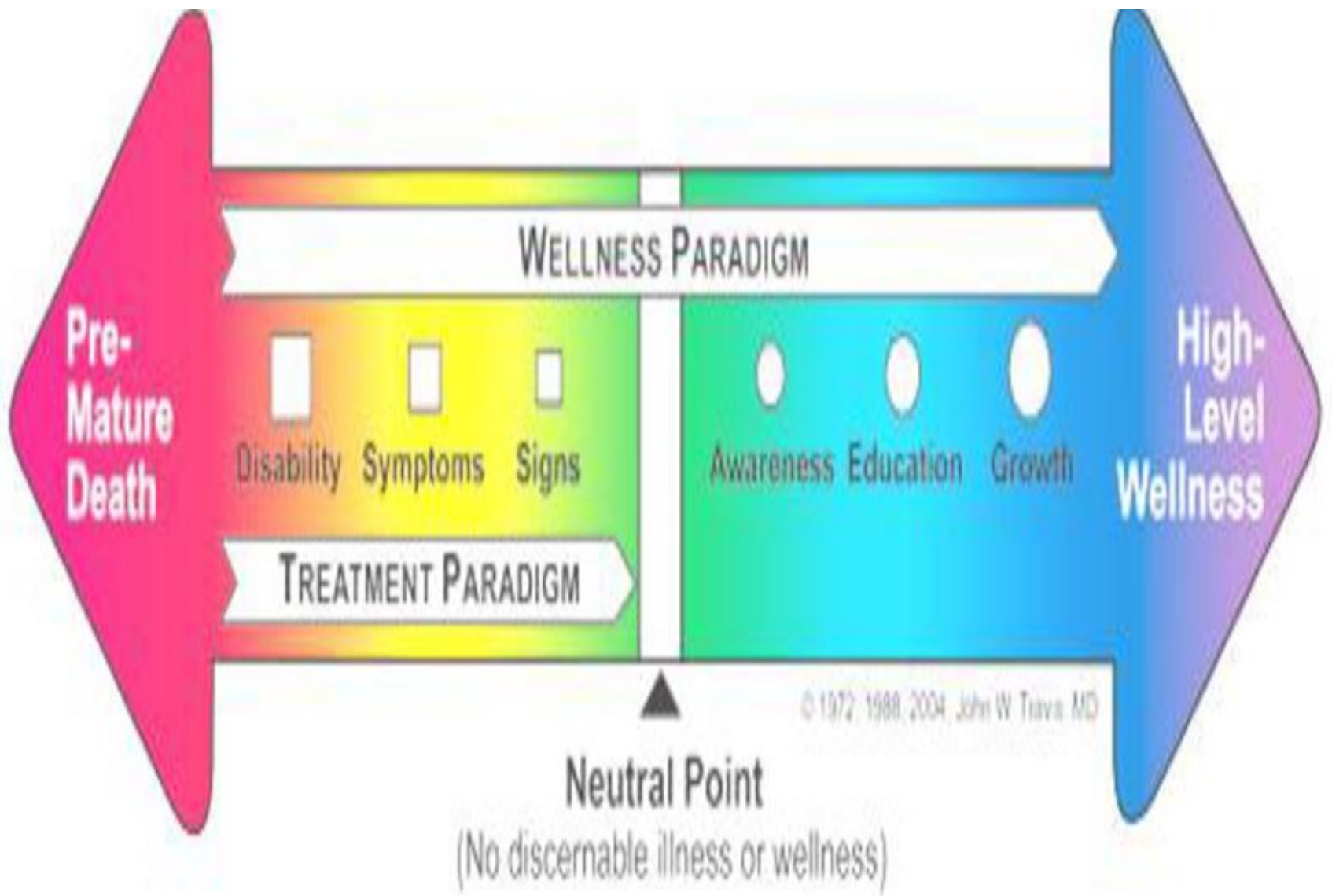
- ▶ **Continuum** means something that changes gradually without any clear points, and **Health** is a variable component which changes time to time to make adjustment with the internal or external variables.

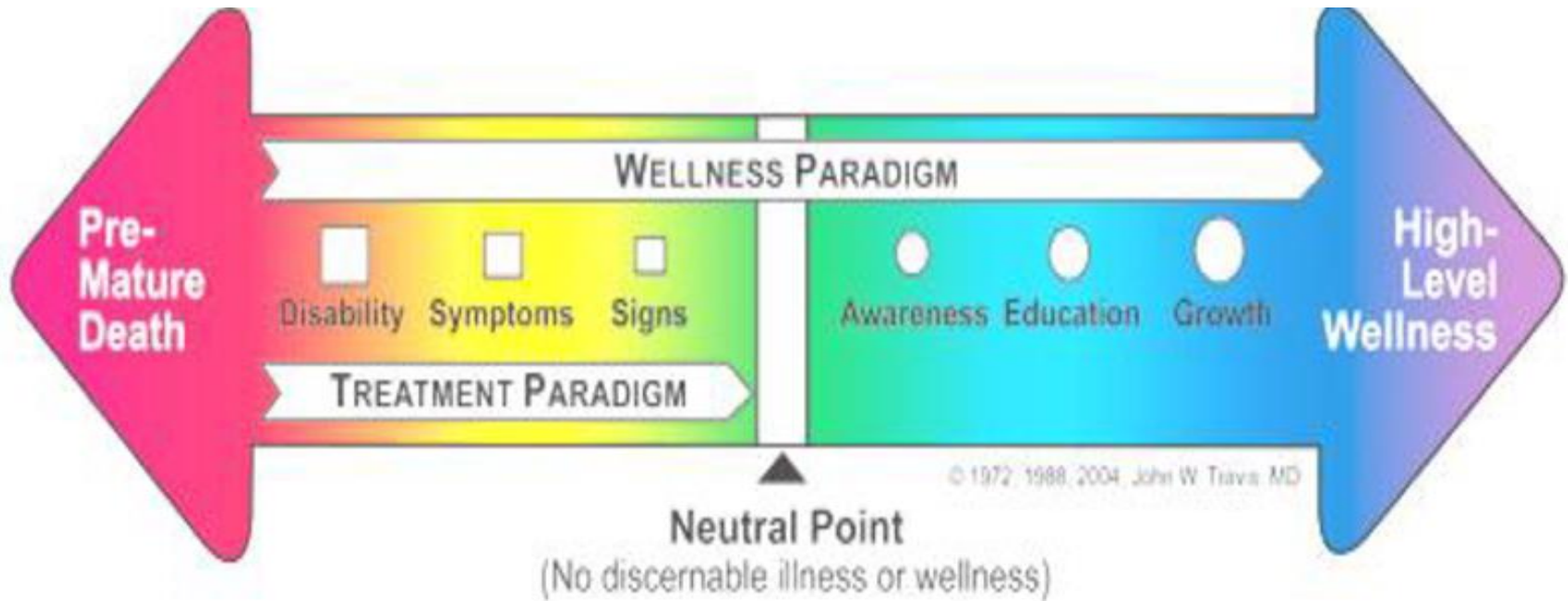
# The Illness– Wellness Continuum:

- The Health illness continuum is a graphic representation of the wellness of an individual.
- This concept was first proposed by John W. Travis.

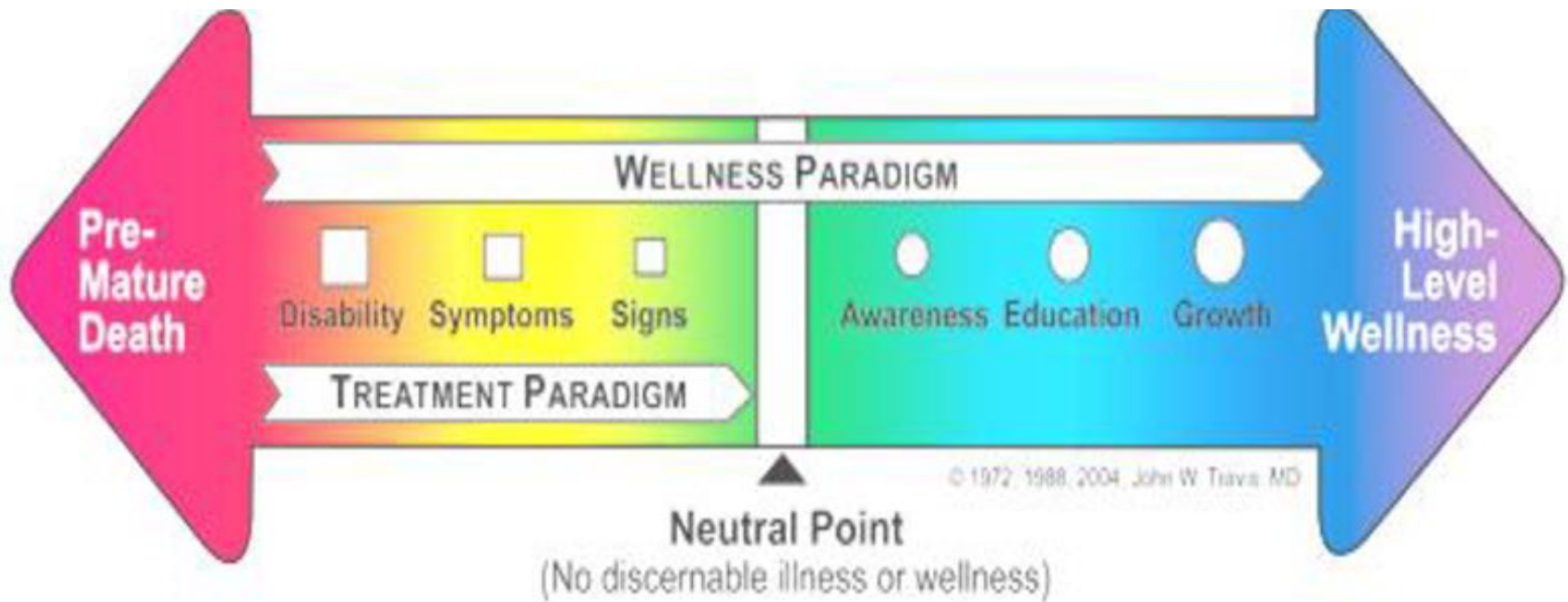
# The Illness– Wellness Continuum:

- ❑ In this Travis model right side shows a high level of wellness i.e. achievement of optimum health and the left side shows premature death.



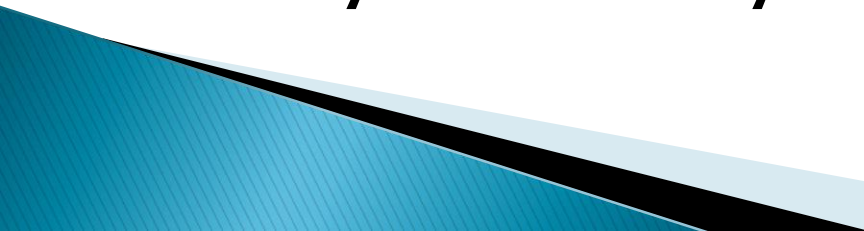


**Travis explained** that, treatment paradigm can only move health to a **neutral point** where all can see no sign of illness. After this neutral point, it depends on the individual how he can move himself to **optimum health** which is **a high level of wellness**.



To **achieve high level of wellness** individual need to pass through **three stages like awareness, education and growth**. Individuals attitude towards health also affect. If individual have positive attitude, he moves towards right side that means to achieving good health. But if individual have negative attitude **he will move left side.**

# The Illness– Wellness Continuum:


- ▶ **For example**, if a person has a fever, and he thinks he will be better in few days and continue the treatment person **will have both mental wellness and physical wellness**.
  - ▶ In case of **a negative attitude**, the individual will be in mental distress and there may be a delay in recovery from illness.
- 

- ▶ **Question 1: What does the Illness–Wellness Continuum represent?**
- ▶ A) A fixed point indicating a person's level of health.
- ▶ B) A gradual change in health over time
- ▶ C) A measurement of physical health only
- ▶ D) A graphical representation of illness only.

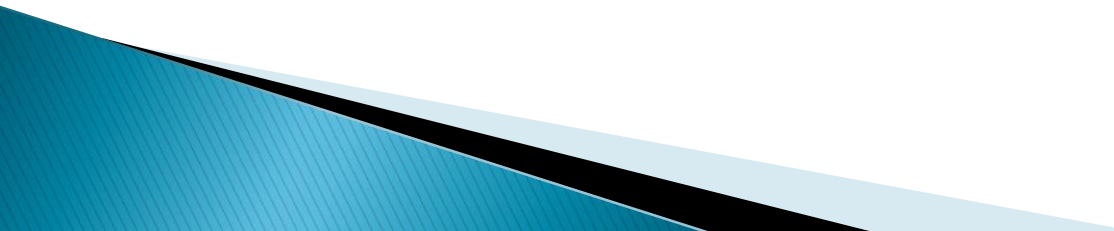
**Question 2: Who first proposed the concept of the Illness–Wellness Continuum?**

- ▶ A) John W. Travis
- ▶ B) Florence Nightingale
- ▶ C) Albert Einstein
- ▶ D) Marie Curie.

# Role of nurse in achieving health:

1. Determine the **clients' stage** of health and position at health illness model.
  2. Recognize the **risk factors** that are causing degradation in health of client, it may be genetics, or physiological.
  3. Prevent the illness through awareness, educating the client.
- 

# Question

- ▶ **What is one of the roles of a nurse in achieving health?**
  - ▶ **a. Providing entertainment**
  - ▶ **b. Determining clients' stage of health**
  - ▶ **c. Cooking meals for clients**
  - ▶ **d. Fixing broken equipment**
- 

# References

- **Institute for Work & Health. (2023).** *Primary, Secondary, and Tertiary Prevention*. Retrieved from <https://www.iwh.on.ca>
- **World Health Organization. (2024).** *Health Promotion and Disease Prevention*. Retrieved from <https://www.who.int>
- **Snelling, A. (2023).** *Introduction to Health Promotion* (2nd ed.). Jossey-Bass.
- **Madanat, H., Arredondo, E. M., & Ayala, G. X. (2021).** *Introduction to Health Promotion & Behavioral Science in Public Health*. Cengage Learning.
- **World Health Organization. (2024).** *Health Promotion*. Retrieved from <https://www.who.int/health-topics/health-promotion>
- **Thompson, S. (2015).** *The Essential Guide to Public Health and Health Promotion*. Routledge.
- **Naidoo, J., & Wills, J. (2016).** *Foundations for Health Promotion* (4th ed.). Elsevier.

**THANKS**

