

# Enriching Knowledge for the Health Management and Social Care Curriculum Series : Individual Health and Well-being

## Learning and Teaching References

- 1 Personal Needs and Development across Lifespan
- 2 **Health and Well-being**
- 3 Physical Well-being – Healthy Body
- 4 Mental Well-being – Healthy Mind
- 5 Social Well-being – Inter-personal Relationship
- 6 Healthy Community
- 7 Caring Community
- 8 Ecology and Health
- 9 Building a Healthy City
- 10 Healthcare System
- 11 Social Welfare System
- 12 Medical and Social Care Professions
- 13 Health and Social Care Policies
- 14 Social Care in Action
- 15A Health and Social Care Issue – Ageing Population
- 15B Health and Social Care Issue – Discrimination
- 15C Health and Social Care Issue – Domestic Violence
- 15D Health and Social Care Issue – Addiction
- 15E Health and Social Care Issue – Poverty

Education Bureau  
HKSARG

# Booklet 2 - Health and Well-being

September 2016

# S4 – Concepts and Framework

Booklet (1) Personal development

Booklet (2) Health and well-being

## S4 – Holistic Health

Booklet (3) Physical

Booklet (4) Mental

Booklet (5) Social

## S5 – Macro Level

Health Management

Booklet (6) (8) (9) (10)

Social Care

Booklet (7) (11)

Round-up : Booklet(13) Health and Social Care Policies

# Learning Targets

## Values and attitudes

- Pay attention to personal health
- Be a supportive citizen in the community

## Skills

- Use relevant intervention method and solve the problem
- Investigate the necessary intervention method to reduce the influence of risk factors
- Introduce practical actions as supportive measures in the community

## Knowledge

2.1

- Understand the holistic concept of health
- Analyze the interrelationship between different aspects of health as well as factors that affect health and well-being

# Learning Targets

## Knowledge

2.2

- Recognize the factors that influence personal and social health
- Understand the determining factors that influence health and gain a better understanding of this issue
- Analyze the impacts of technology advancement on health and social care

## Knowledge

2.3

- Explain how health can be examined by biological, psychological, social, spiritual, ecological and cultural perspectives

## Knowledge

2.4

- Understand the importance of social care to personal and social well-being

# 2.1 Holistic concept of Health

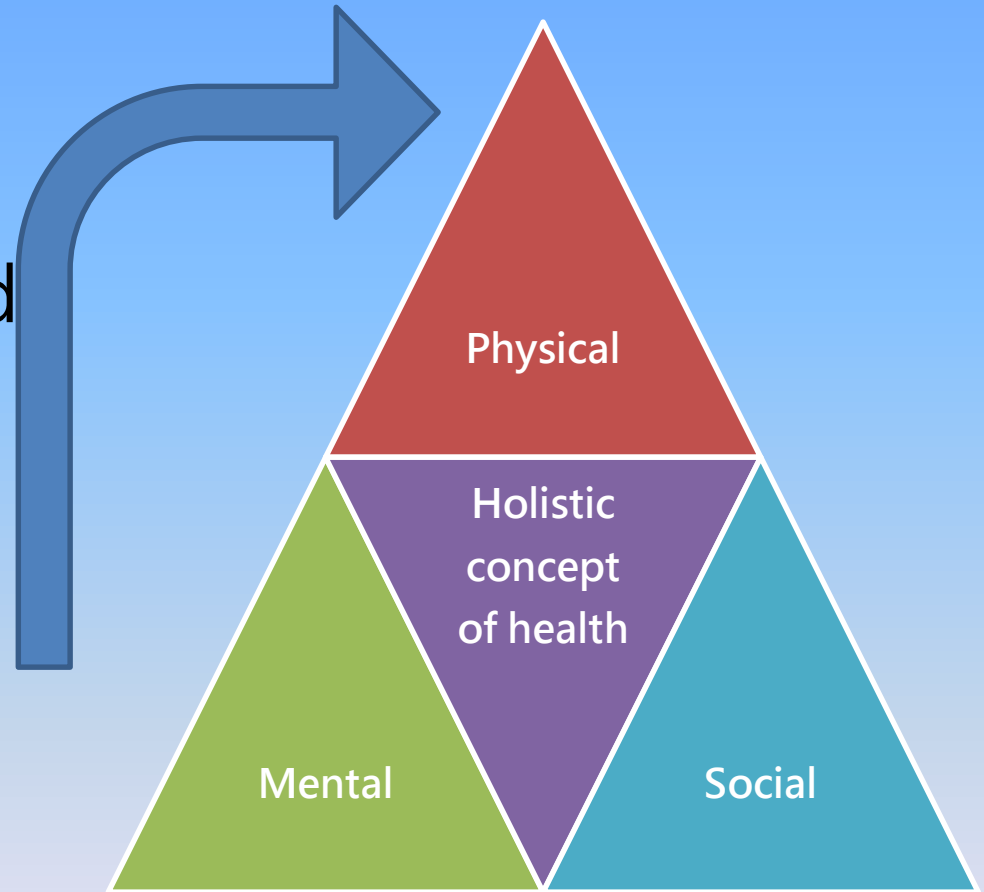
## Curriculum and Assessment Guide

- **Topic 1 - Personal Development, Social Care and Health Across the Lifespan**
  - *1A Biological, social, psychological, spiritual, ecological and cultural perspectives and dimensions*
    - 1A1 -Definitions of health
    - *To understand the holistic concept of health*

# 2.1 Concept of health

(WHO · 1947)

- A **state of complete** physical, mental and social **well-being**
- Not merely the absence of disease or infirmity



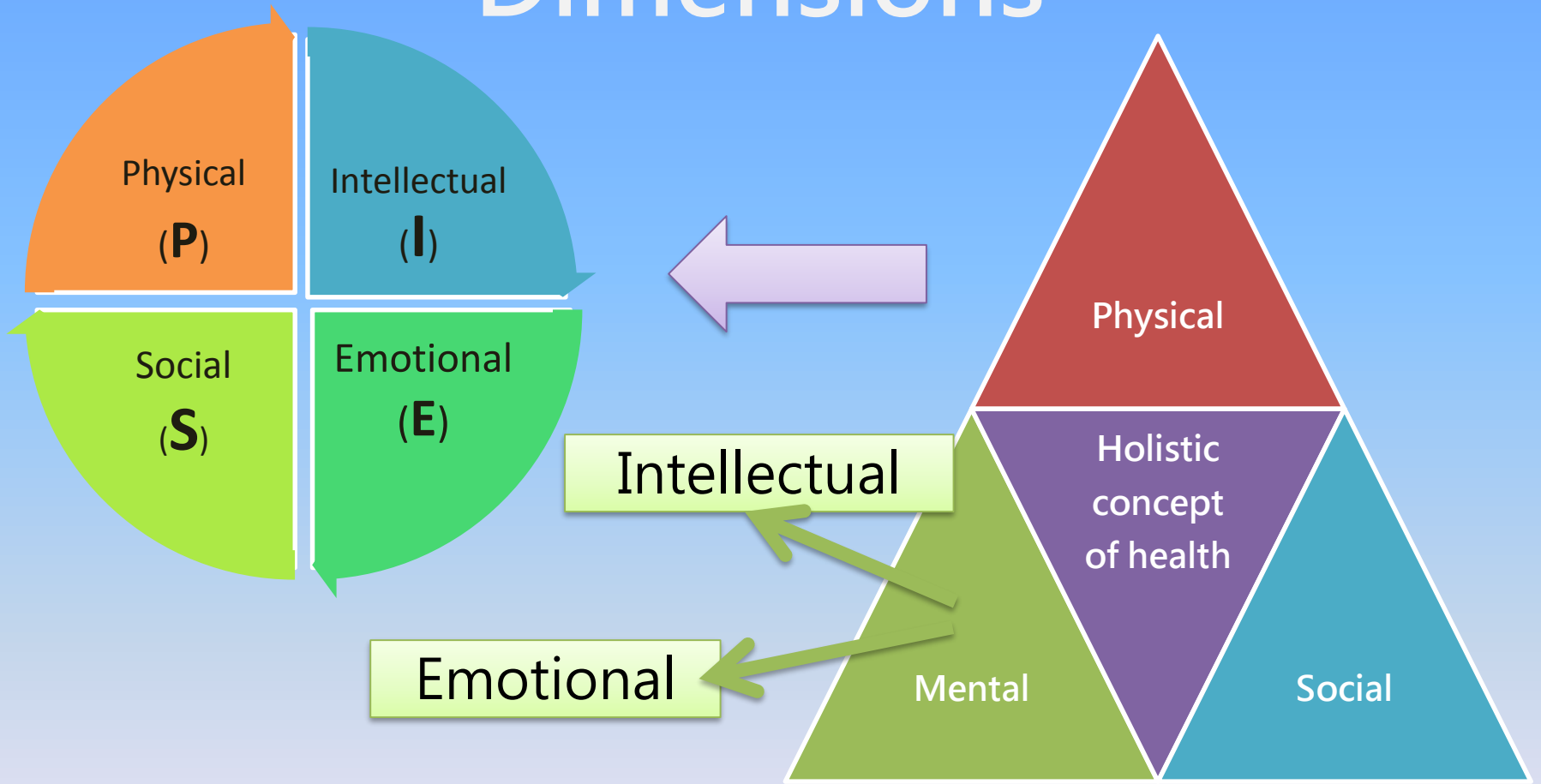
# Concept of Health(1984)

the extent to which an individual or a group is able to realize aspirations and satisfy needs and to change or cope with the environment

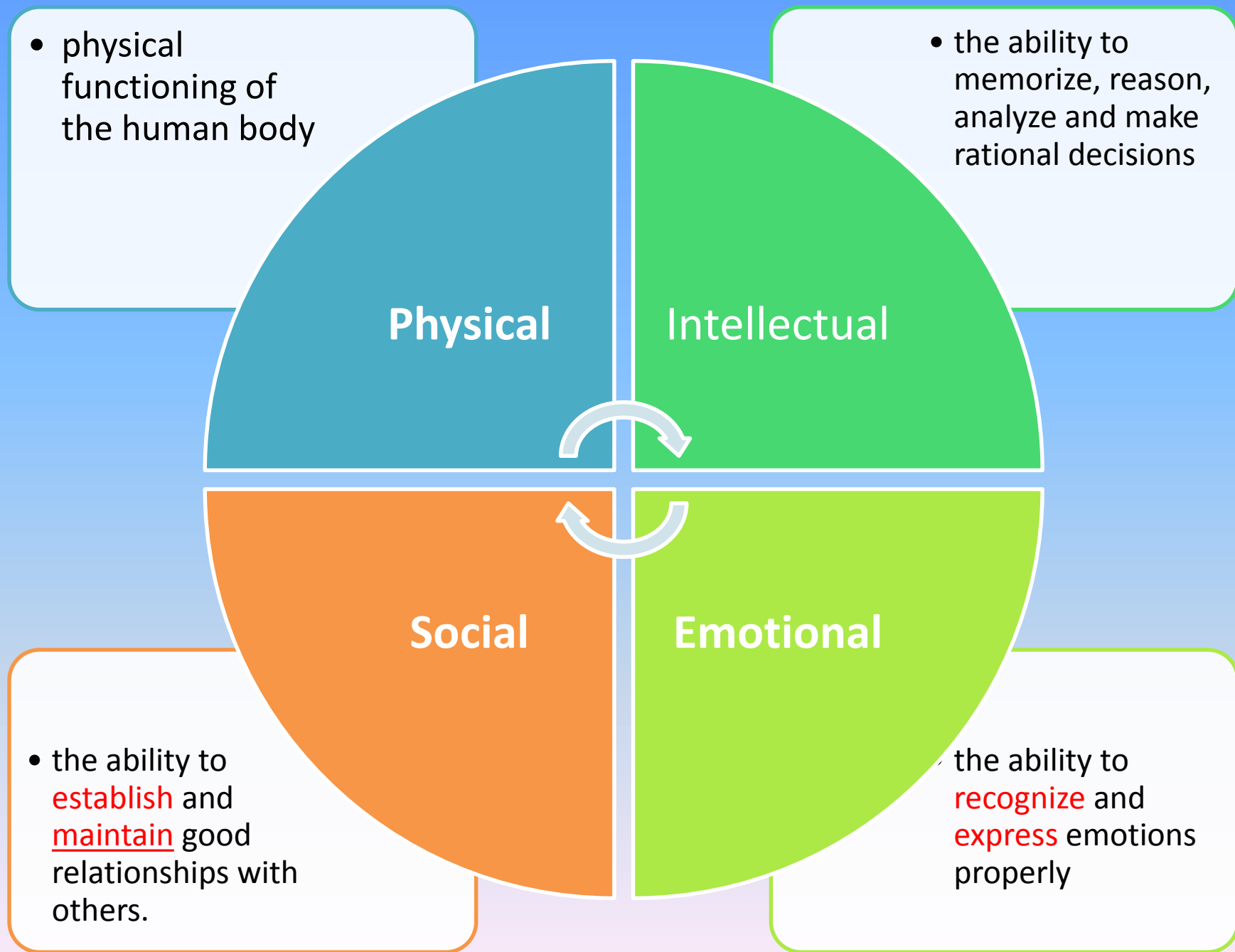
a resource for everyday life, not the objective of living

a positive concept, emphasizing social and personal resources as well as physical capabilities

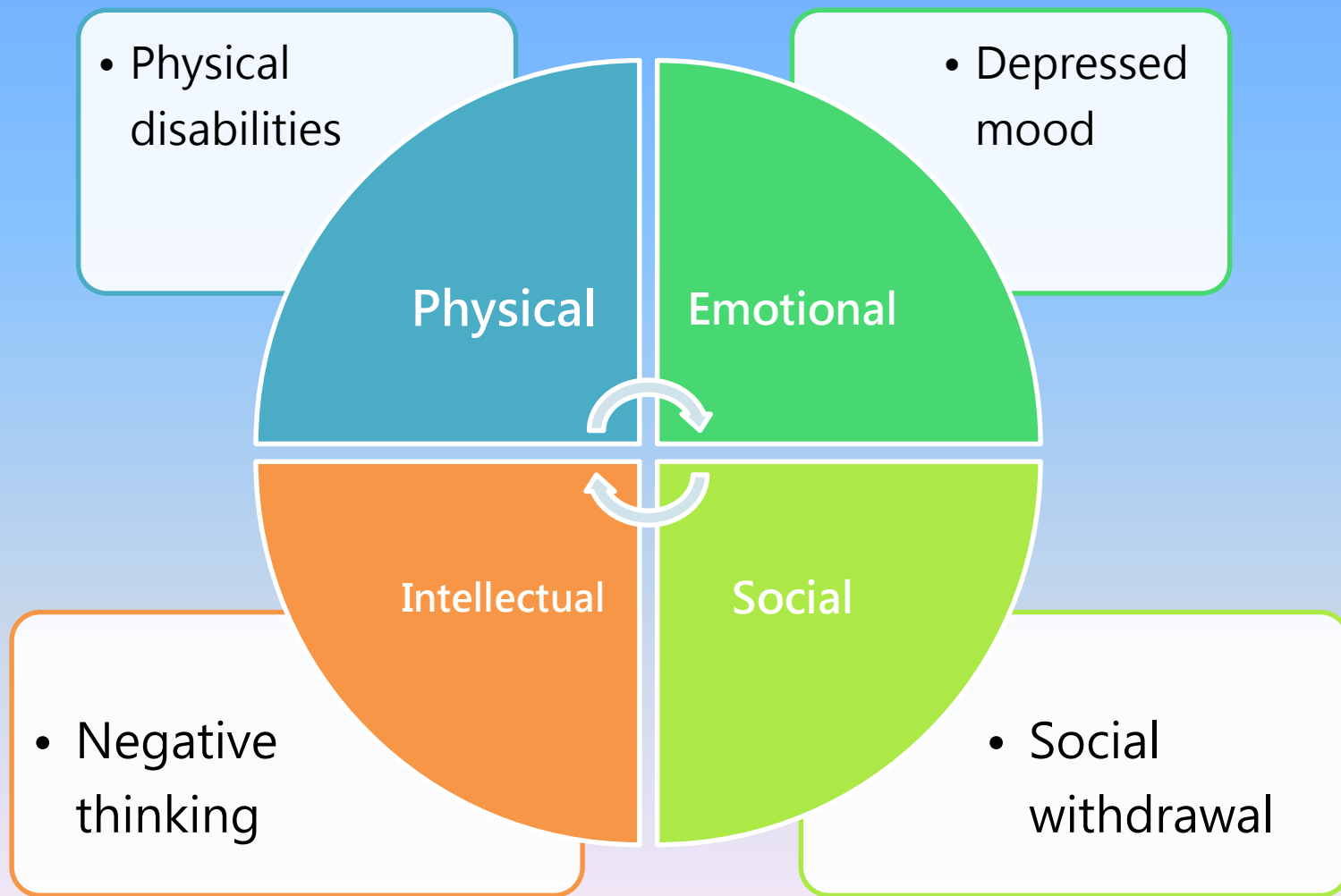
# 2.1 Different Aspects / Dimensions



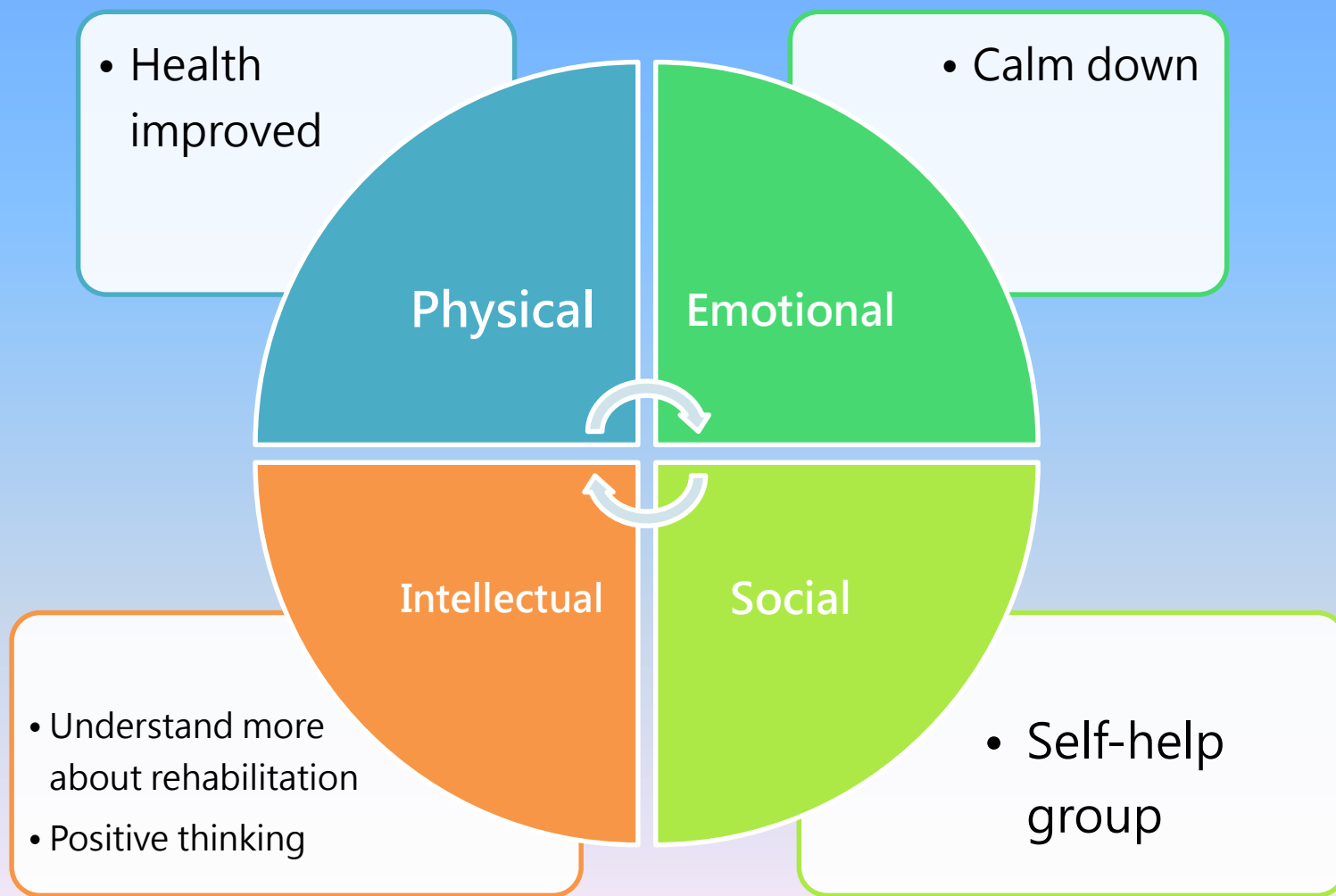




# 2.1 The interrelations of all the dimensions of health



# 2.1 The interrelations of all the dimensions of health

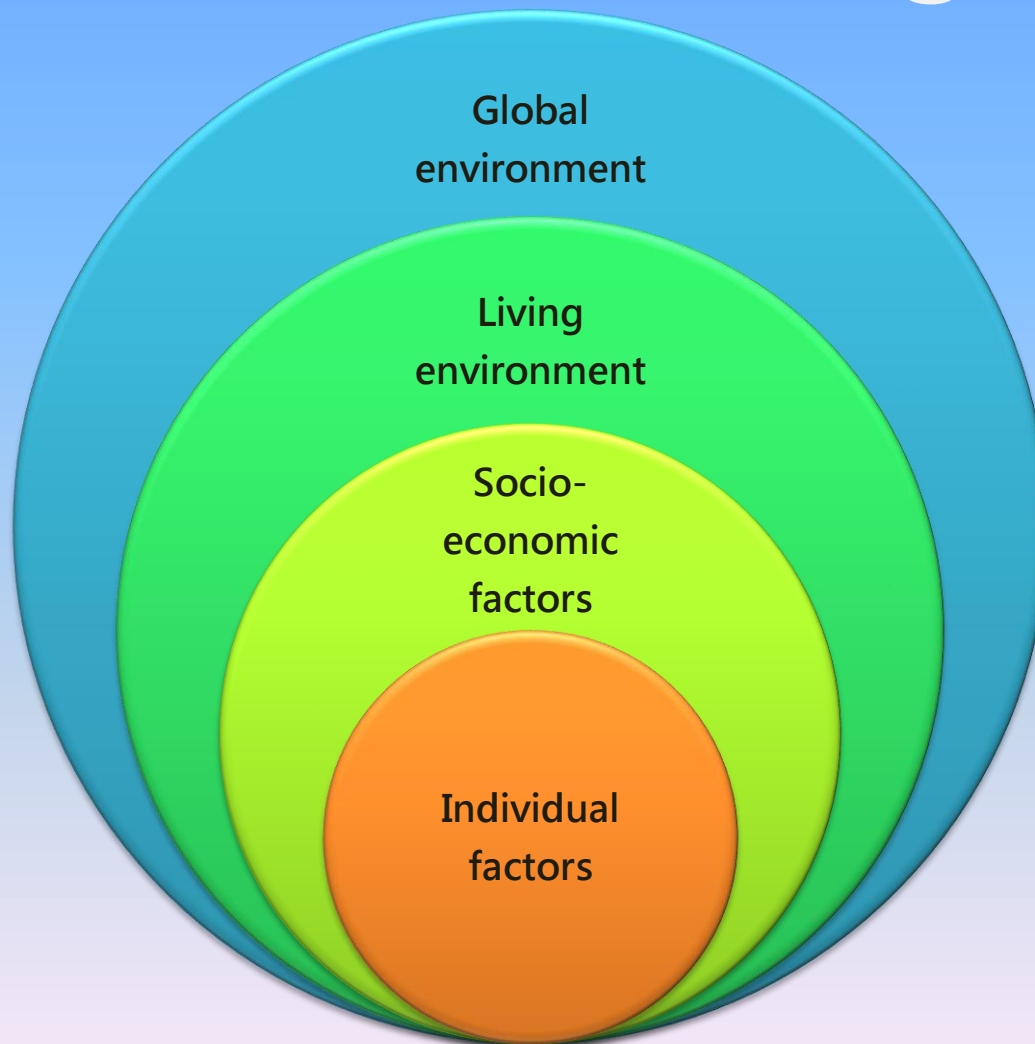


# 2.2 Factors affecting Health and Well-being

## Curriculum and Assessment Guide

- **Topic 1 - Personal Development, Social Care and Health Across the Lifespan**
  - *1D Factors affecting our health / illness experiences and personal and social well-being*
    - To recognise the factors that influence personal and social health
    - To analyse the interrelationships between the factors that affect health and well-being
    - To realise that knowledge of the determinants of health serve to deepen our understanding of not just the problems but the interventions needed to address them

# 2.2 Factors affecting health and well-being



# Factors affecting health and well-being

Demographic factors

Social and economic factors

Nutritional factors

Socio-biological and psychobiological factors

Ecological factors

Globalization

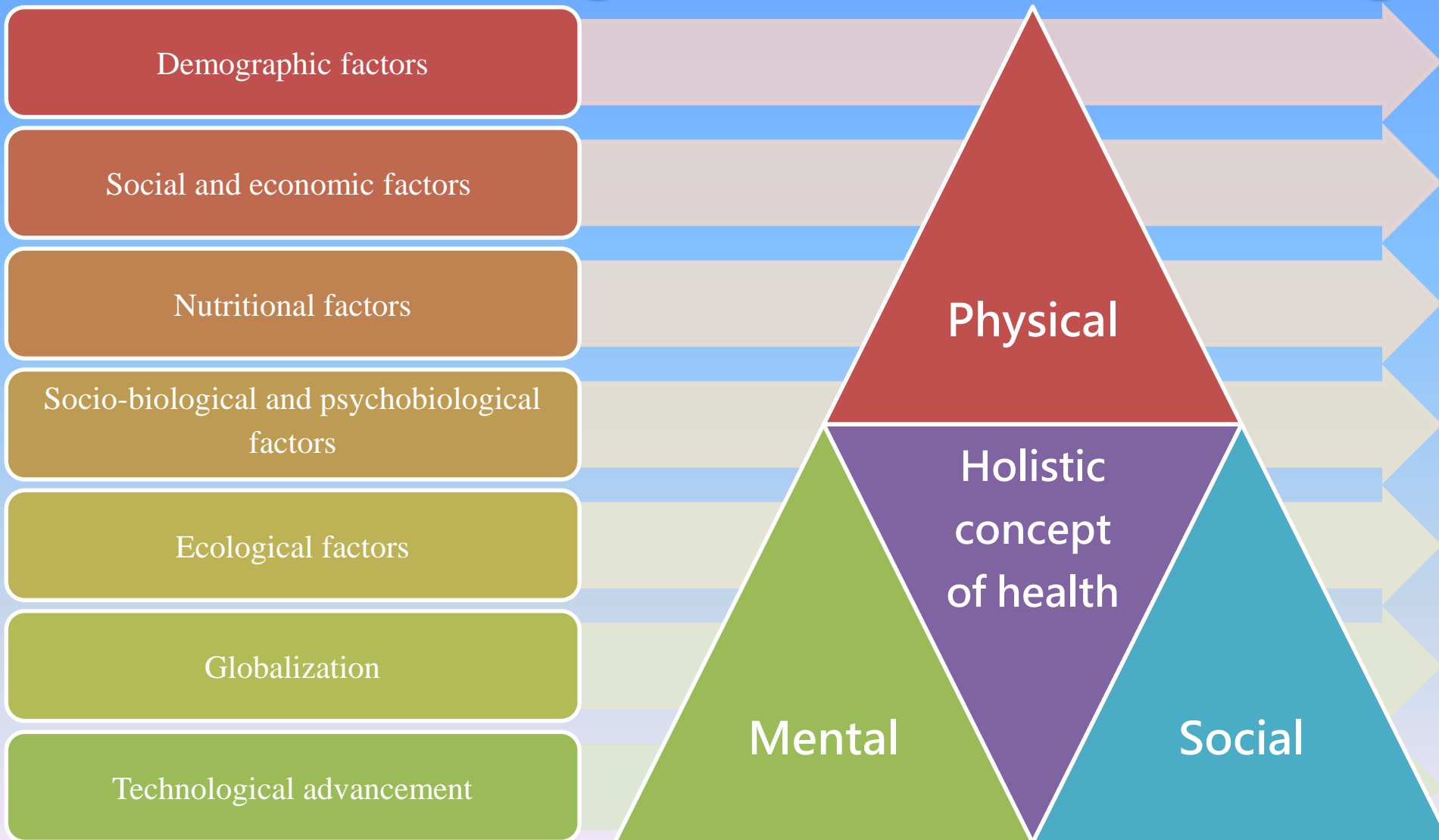
Technological advancement

Physical

Holistic  
concept  
of health

Mental

Social



# Demographic factors

Age

Immune systems

Physiological changes and physical decline

Gender

Biological factors

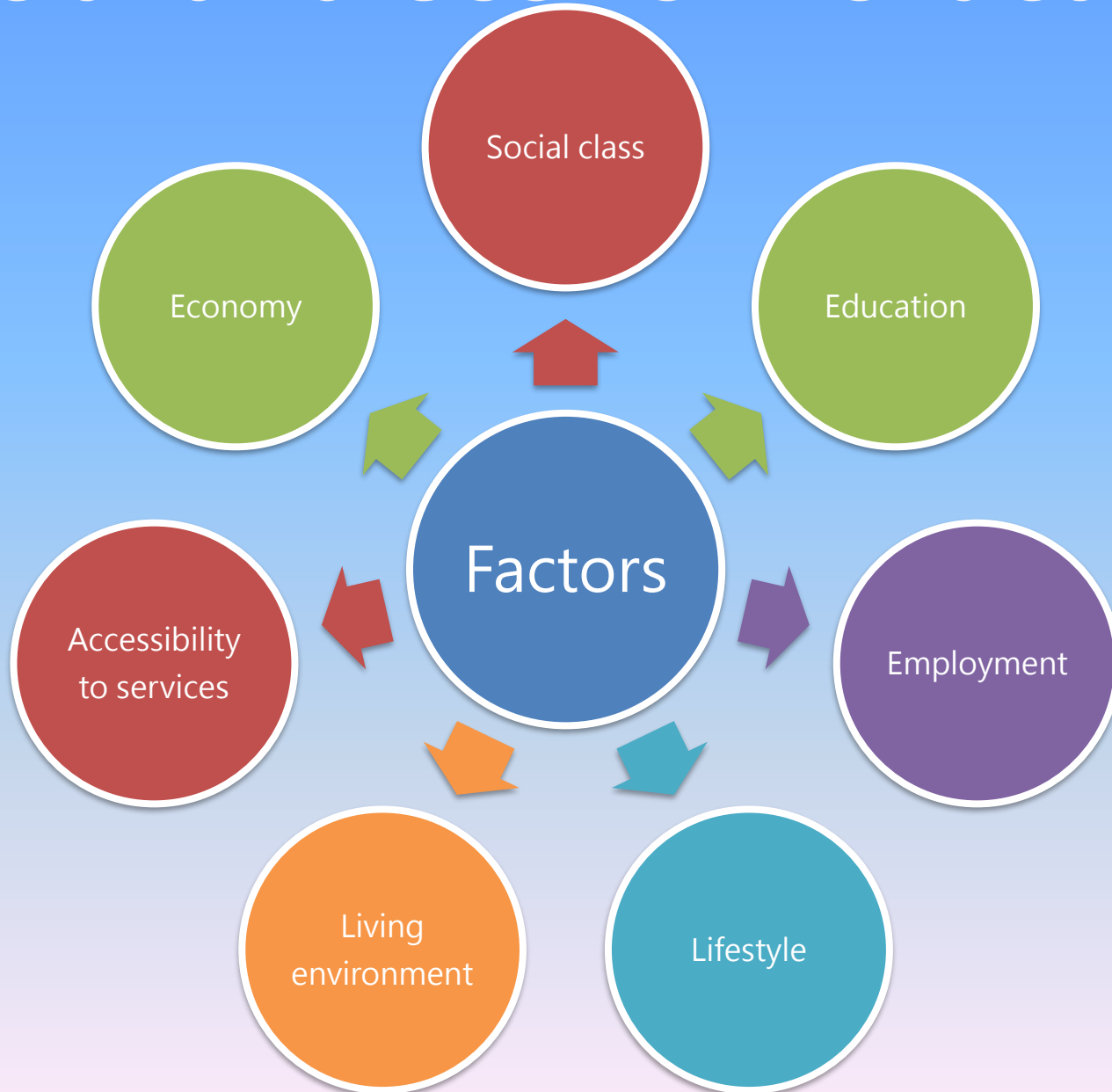
Lifestyles

Race and ethnicity

Diet

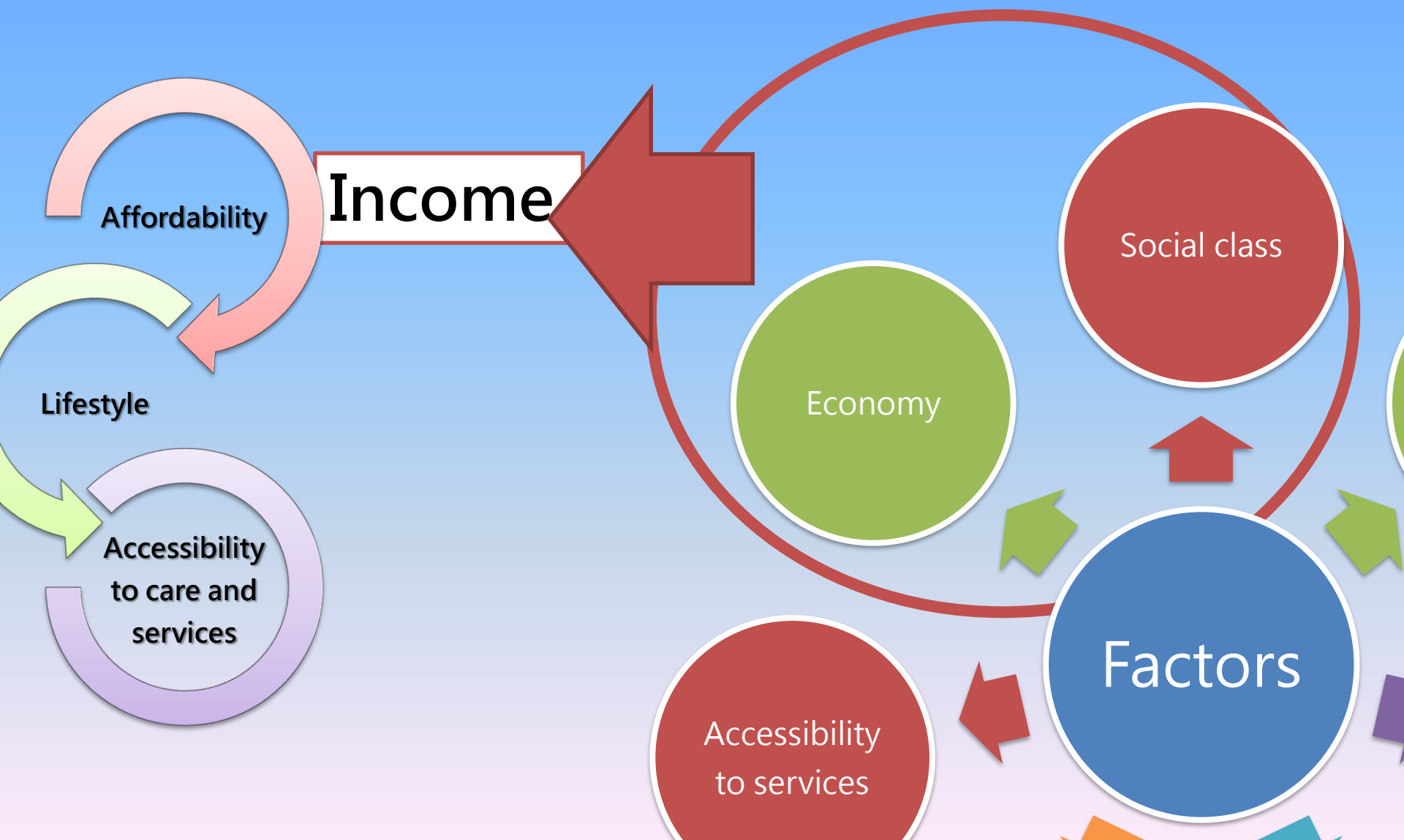
Understandings of health and health care

# Social and economic factors

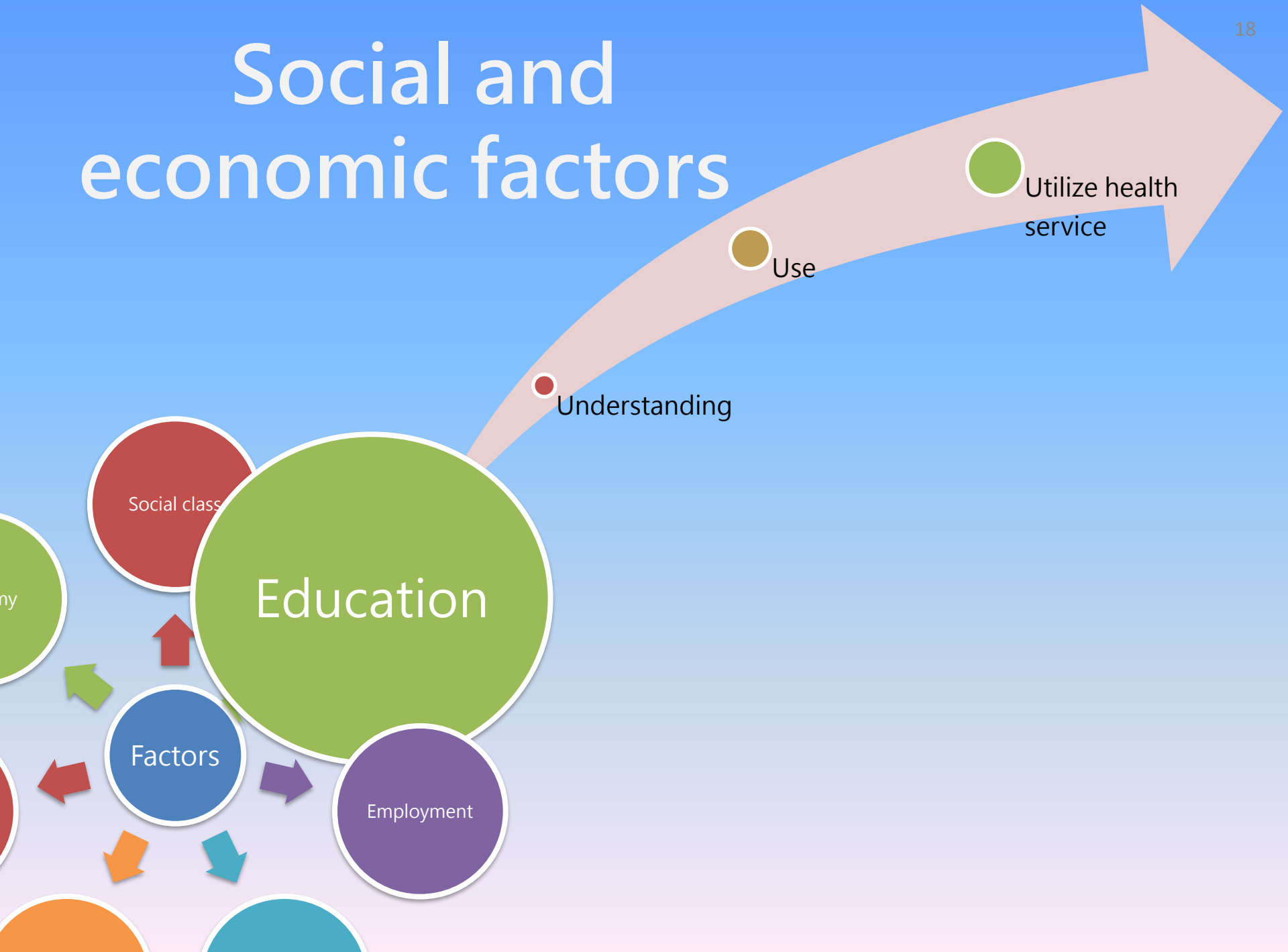




# Social and economic factors



# Social and economic factors



Education

Social class

Factors

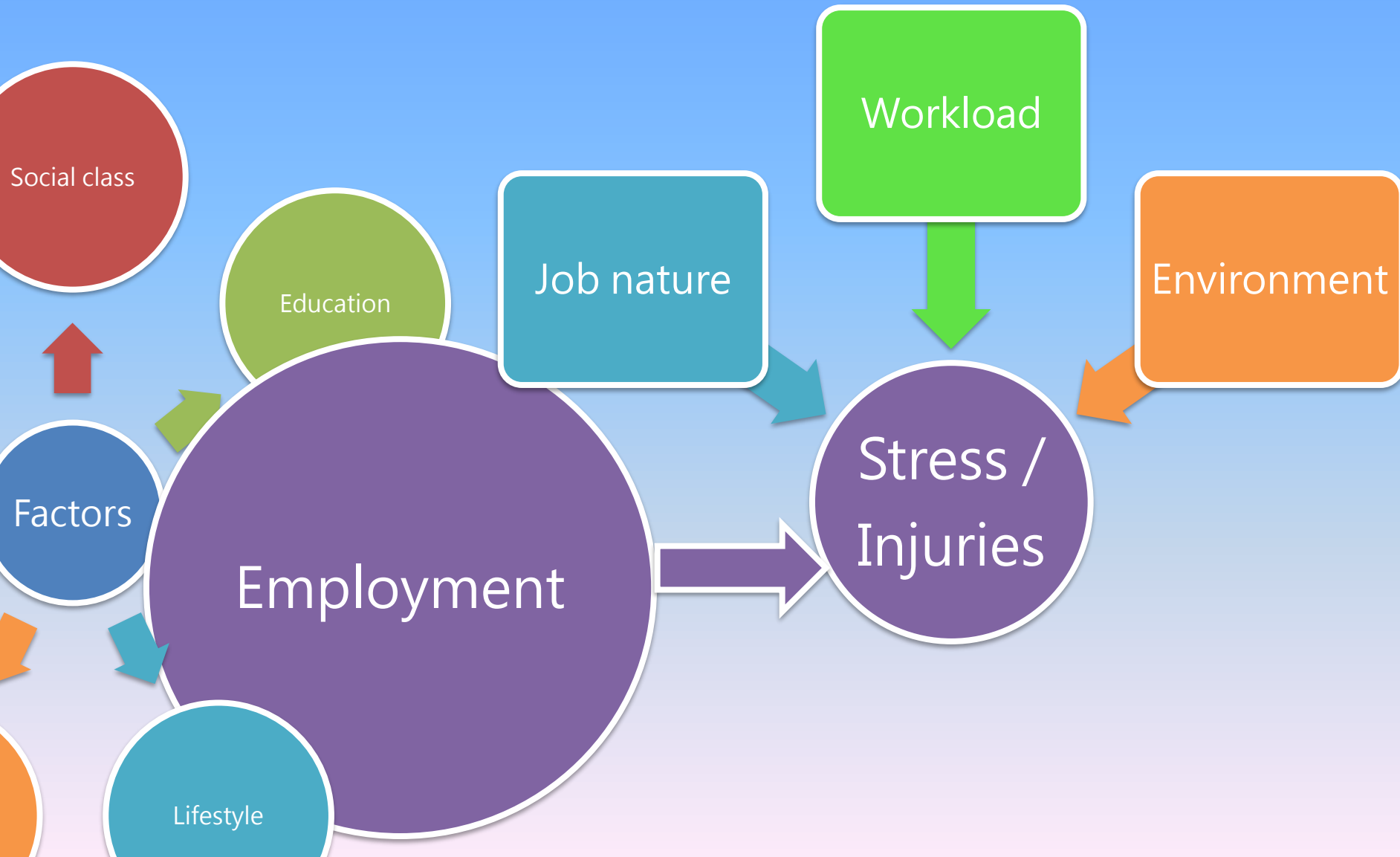
Employment

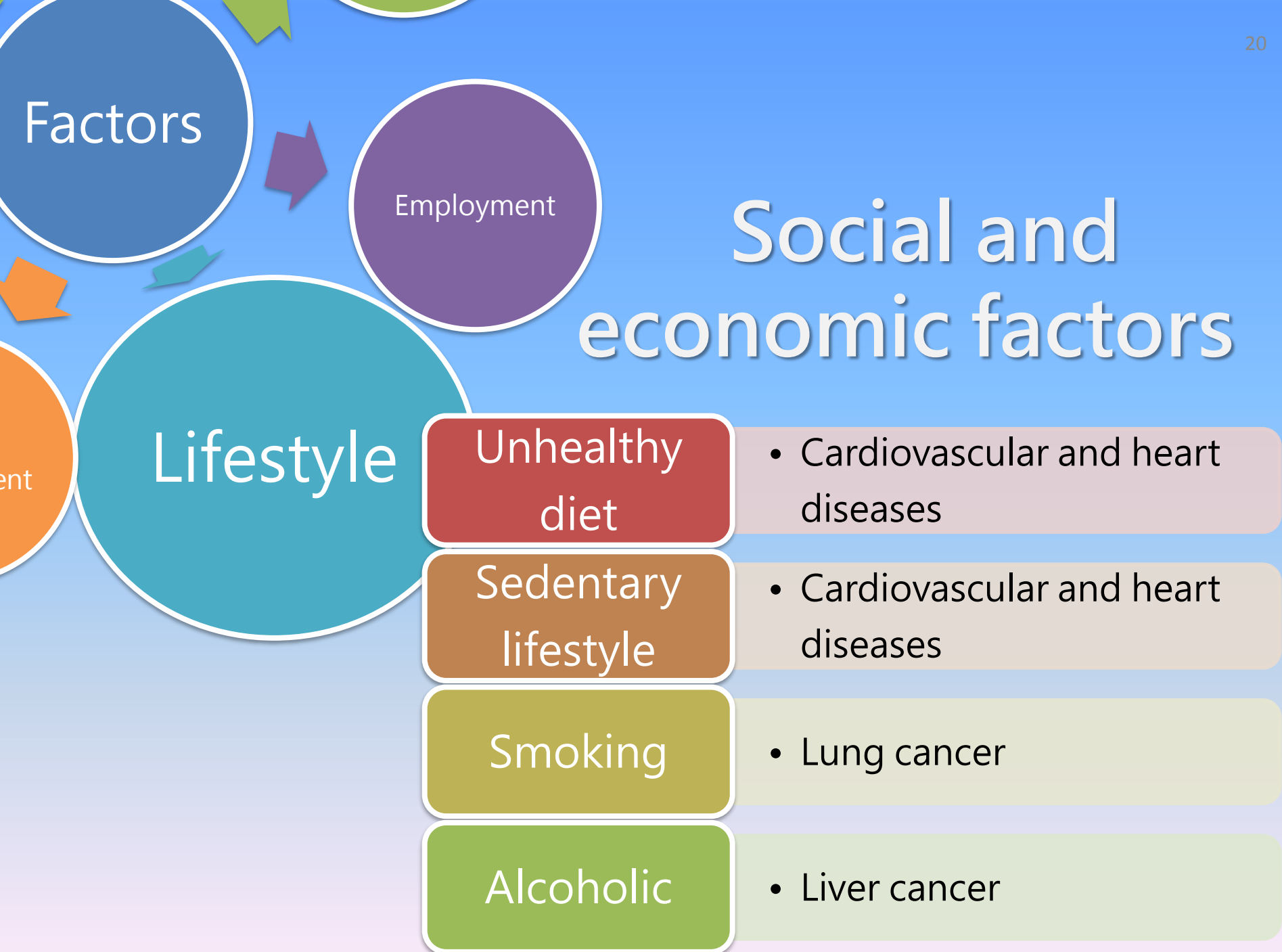
Understanding

Use

Utilize health service

# Social and economic factors





# Social and economic factors

Lifestyle

Unhealthy diet

- Cardiovascular and heart diseases

Sedentary lifestyle

- Cardiovascular and heart diseases

Smoking

- Lung cancer

Alcoholic

- Liver cancer

# Social and economic factors

to services



Pollution

- Noise
- Air

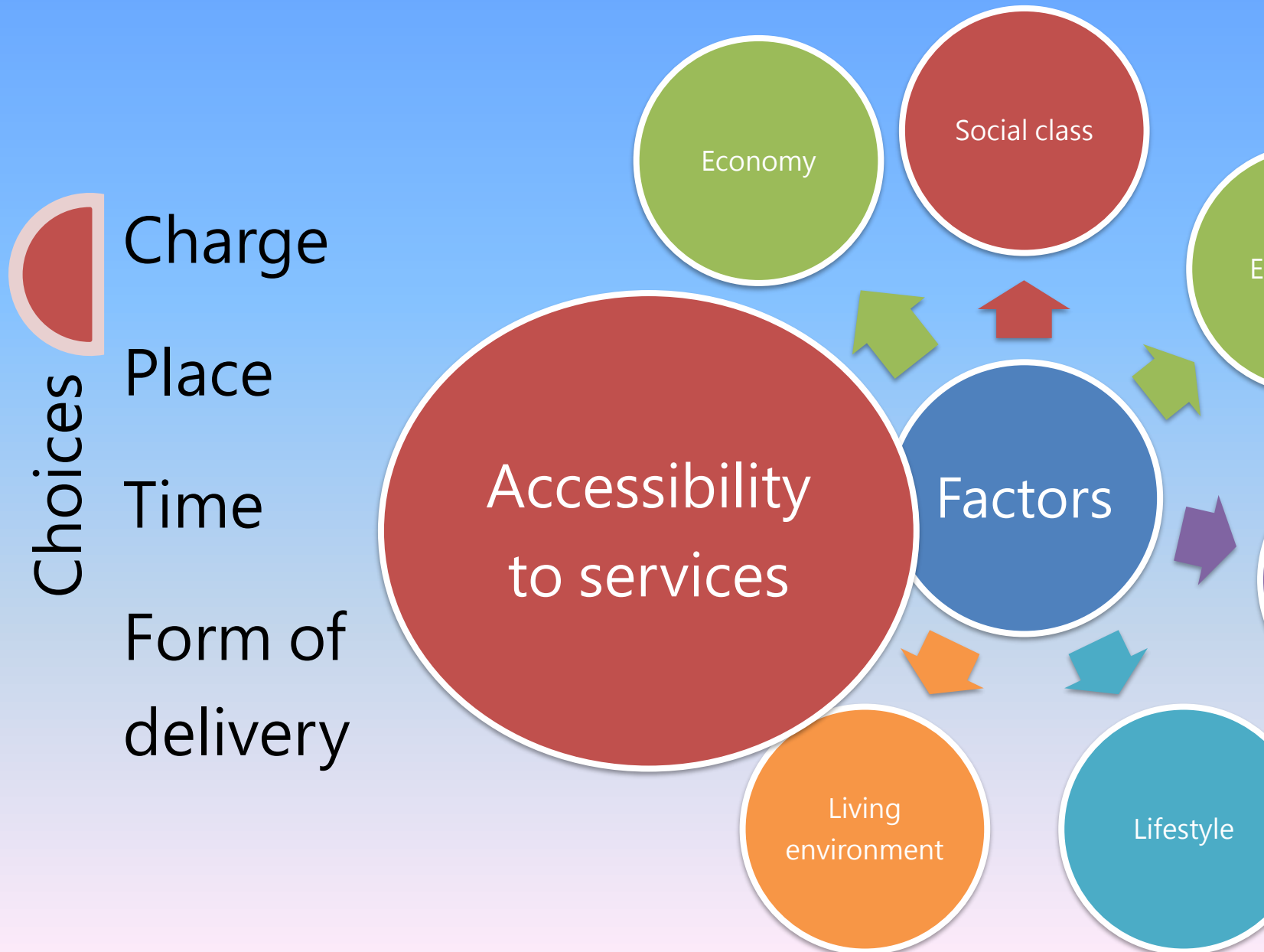
Neighborhood

- Support
- Network

Living environment

- Hygiene
- Space

# Social and economic factors



# Nutritional factors

## Unbalanced diets

Low vegetable /  
fibre diets

High fat, high  
salt and high  
sugar

Colon cancer

Heart  
diseases

## Malnutrition

Deficiency of  
vitamin C

Excessive  
intake of  
carbohydrates

e.g. Scurvy

e.g. obesity

# Socio-biological and psychobiological factors

Health

Growth

**Psycho-**

- Lack of concentration

**biological**

Hyperactivity

**Socio-**

- unbalanced diets (high fat, high salt and high sugar)

**biological**

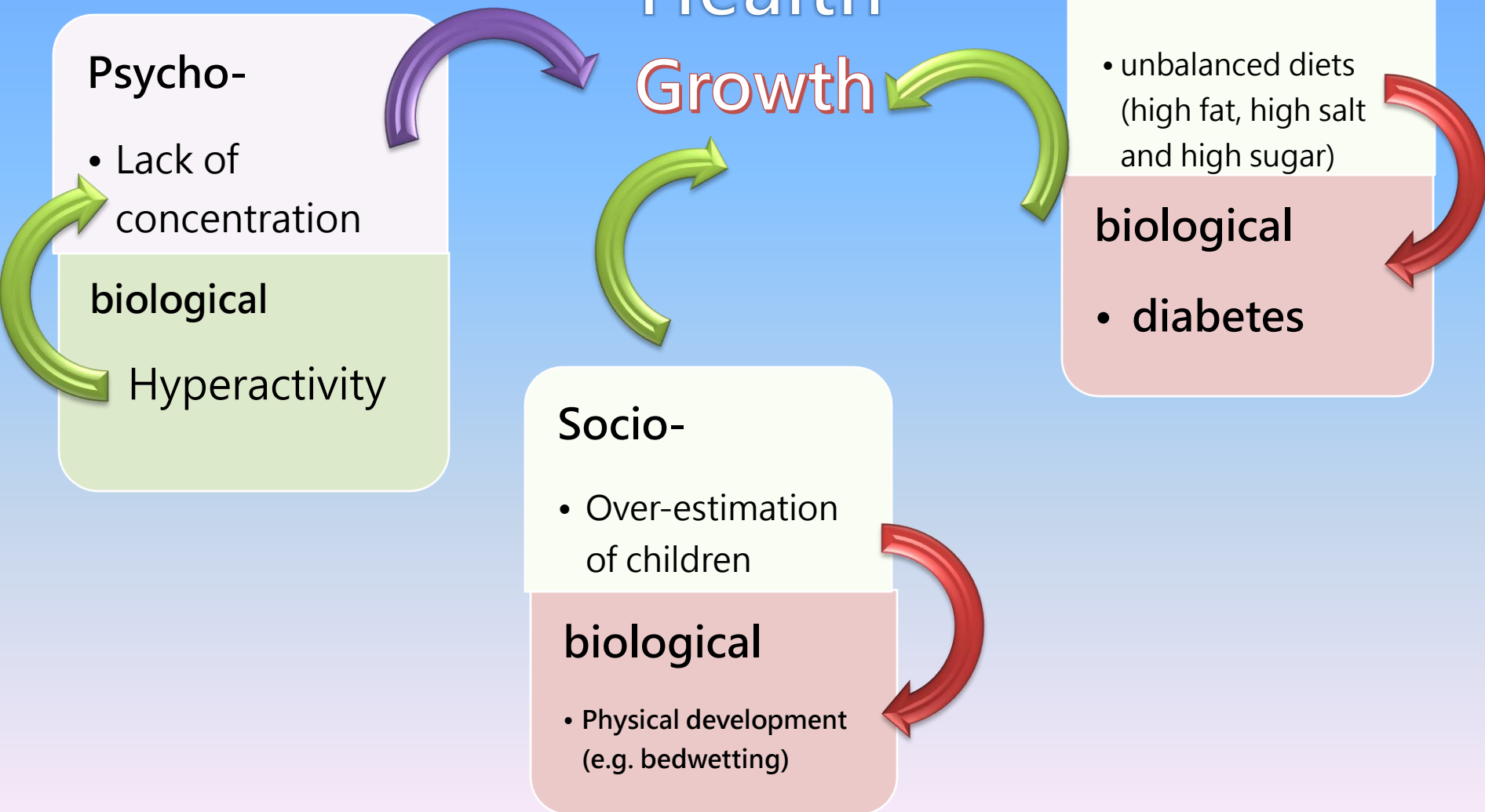
- diabetes

**Socio-**

- Over-estimation of children

**biological**

- Physical development (e.g. bedwetting)





# Ecological factors

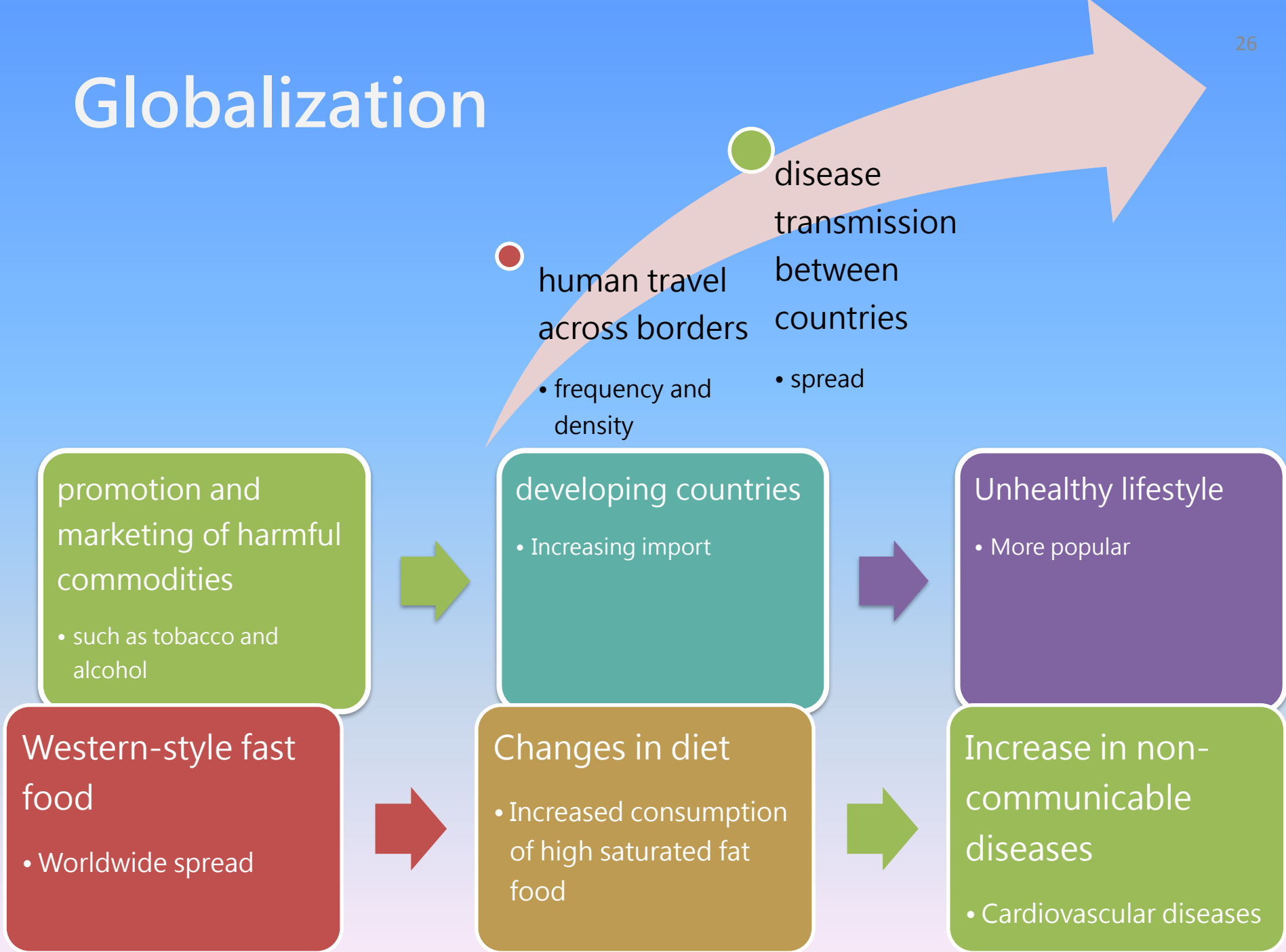
## Disasters

Natural  
disasters

Climate  
changes

Human activities

# Globalization



# Technological advancement

## Impact on health

- GM Technology
- Such as genetic modification of foodstuff

## Impacts on disease prevention

- Primary
  - e.g. vaccination
- Secondary
  - e.g. screening for HIV
  - e.g. Computerized Tomography (CT) scanning
- Tertiary
  - e.g. 3D printed prosthetics

## Impacts on medical care

- Primary
  - e.g. perinatal care/ premarriage advice and genetic screening
- Secondary
  - e.g. automated external defibrillator(AED)
- Tertiary
  - e.g. organ transplant-reproducing human organs - cloning technology

## 2.3 Different perspectives of Health and Well-being

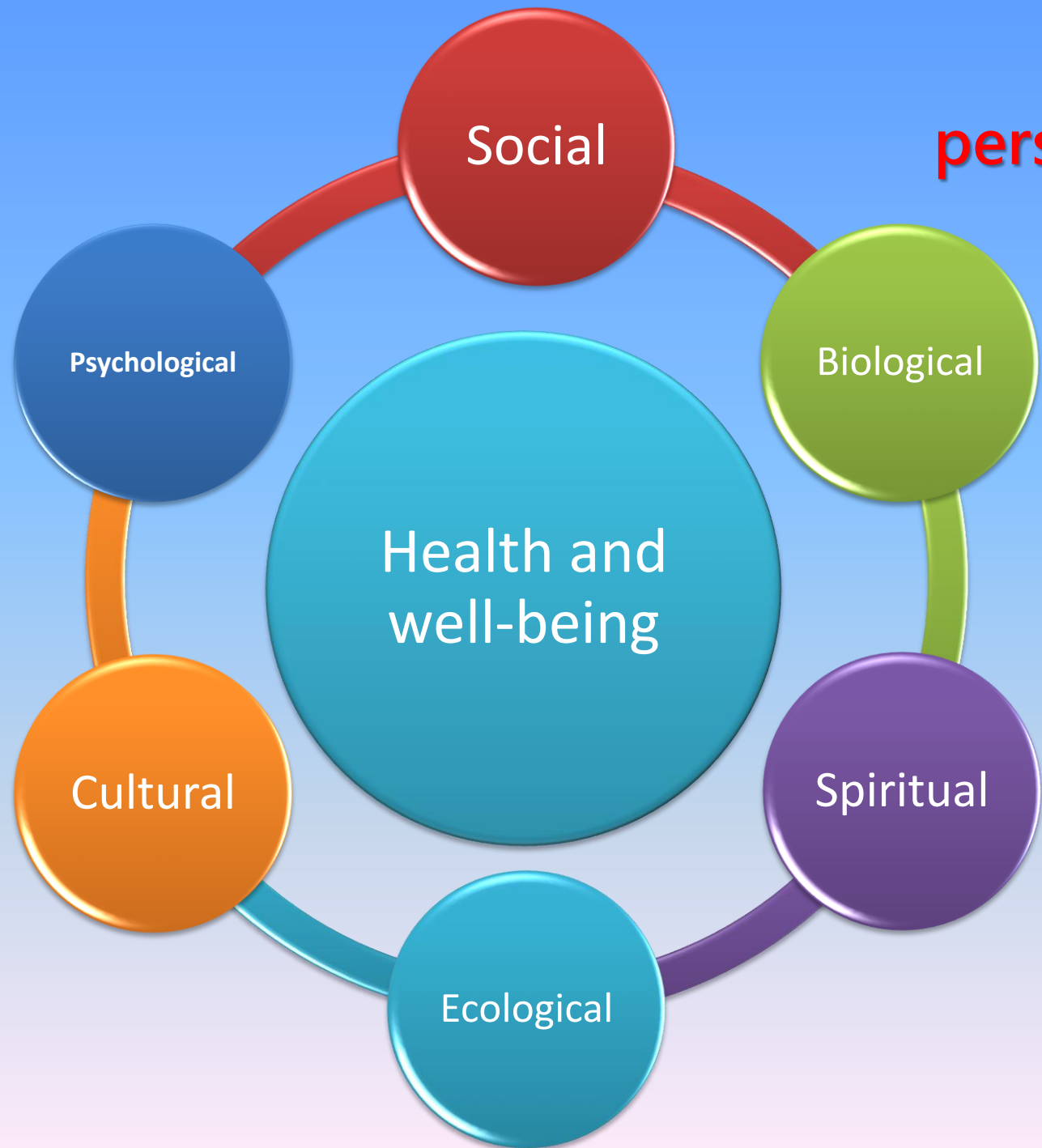
### Curriculum and Assessment Guide

- **Topic 1 - Personal Development, Social Care and Health Across the Lifespan**
  - *1A Biological, social, psychological, spiritual, ecological and cultural perspectives and dimensions*
    - Biological, social, psychological, spiritual, ecological and cultural perspectives
      - To understand that health can be examined by a range of biological, social, psychological, spiritual, ecological and cultural perspectives

## 2.3 Different perspectives of health and well-being<sup>29</sup>



# Different perspectives



Social

Biological

Spiritual

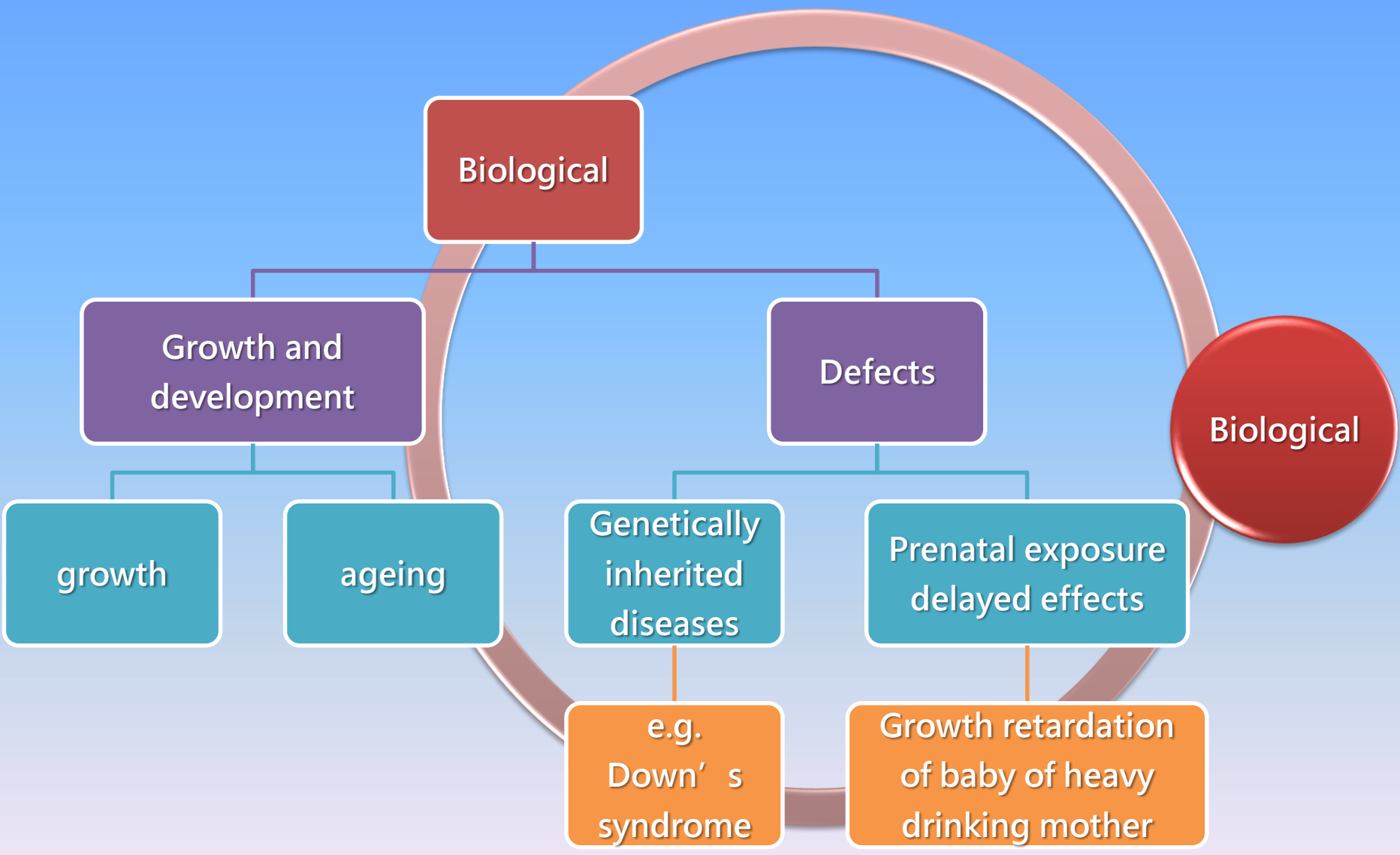
Ecological

Cultural

Psychological

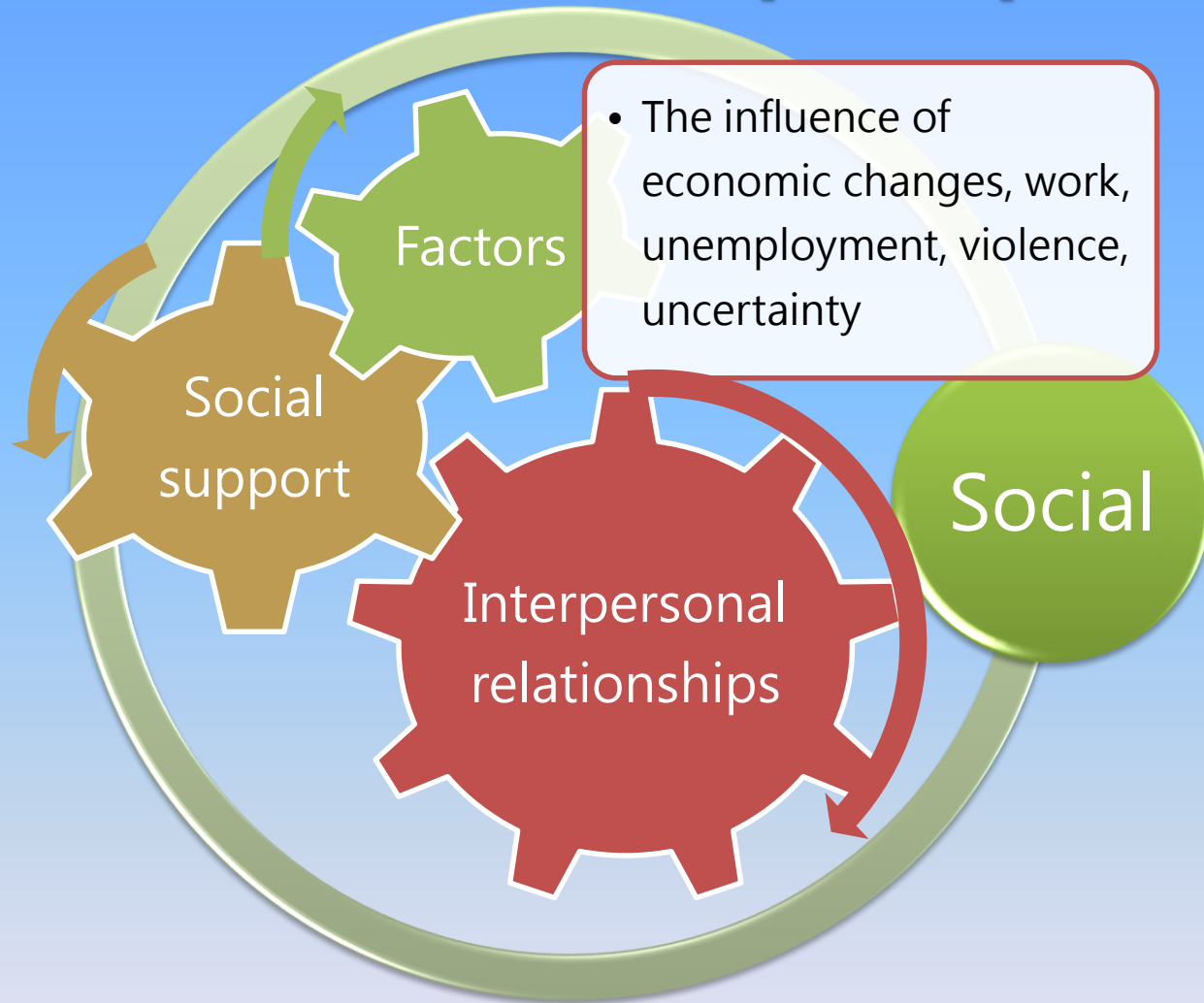
Health and well-being

# Biological perspective



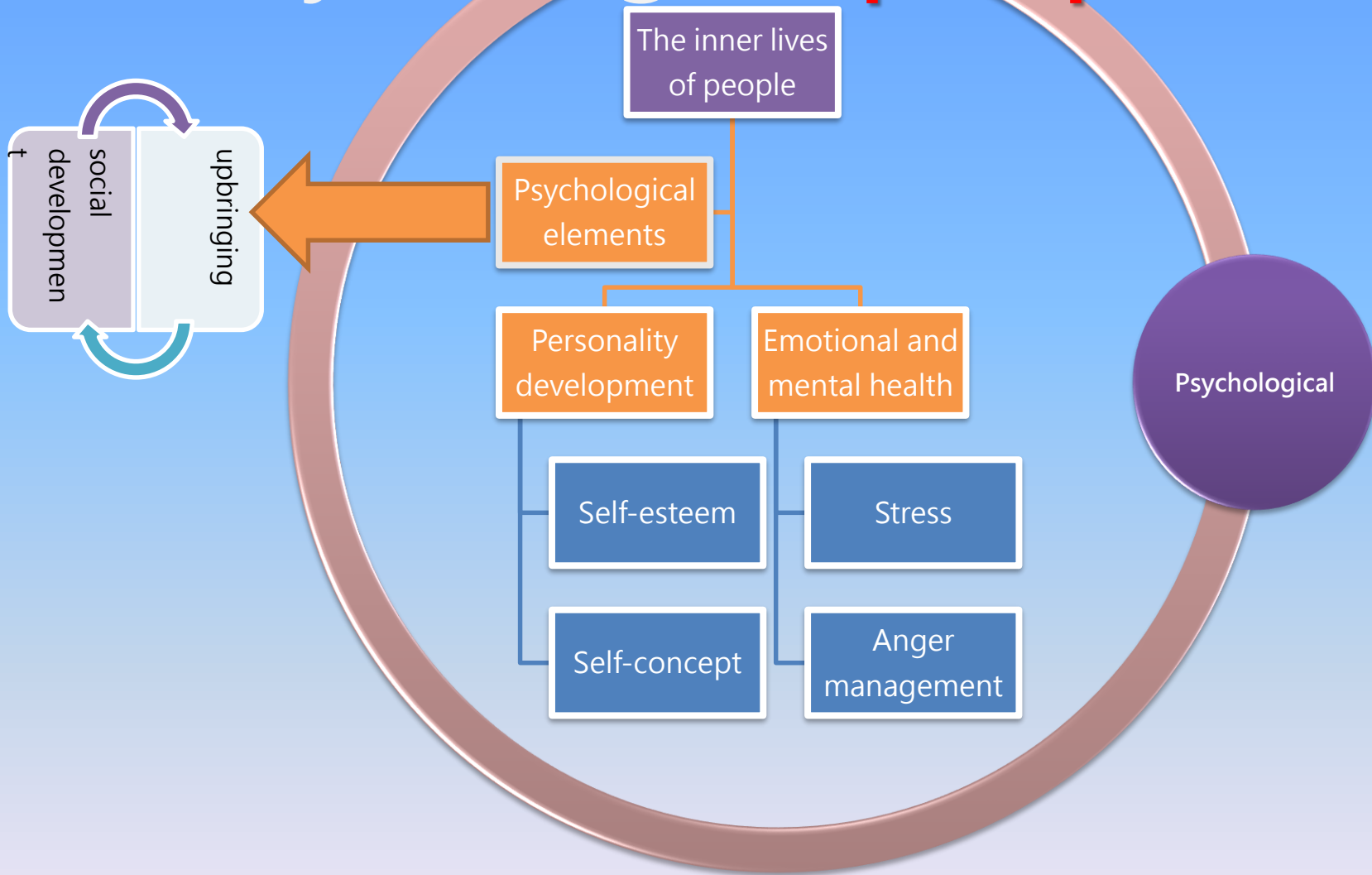
# Social perspective

32

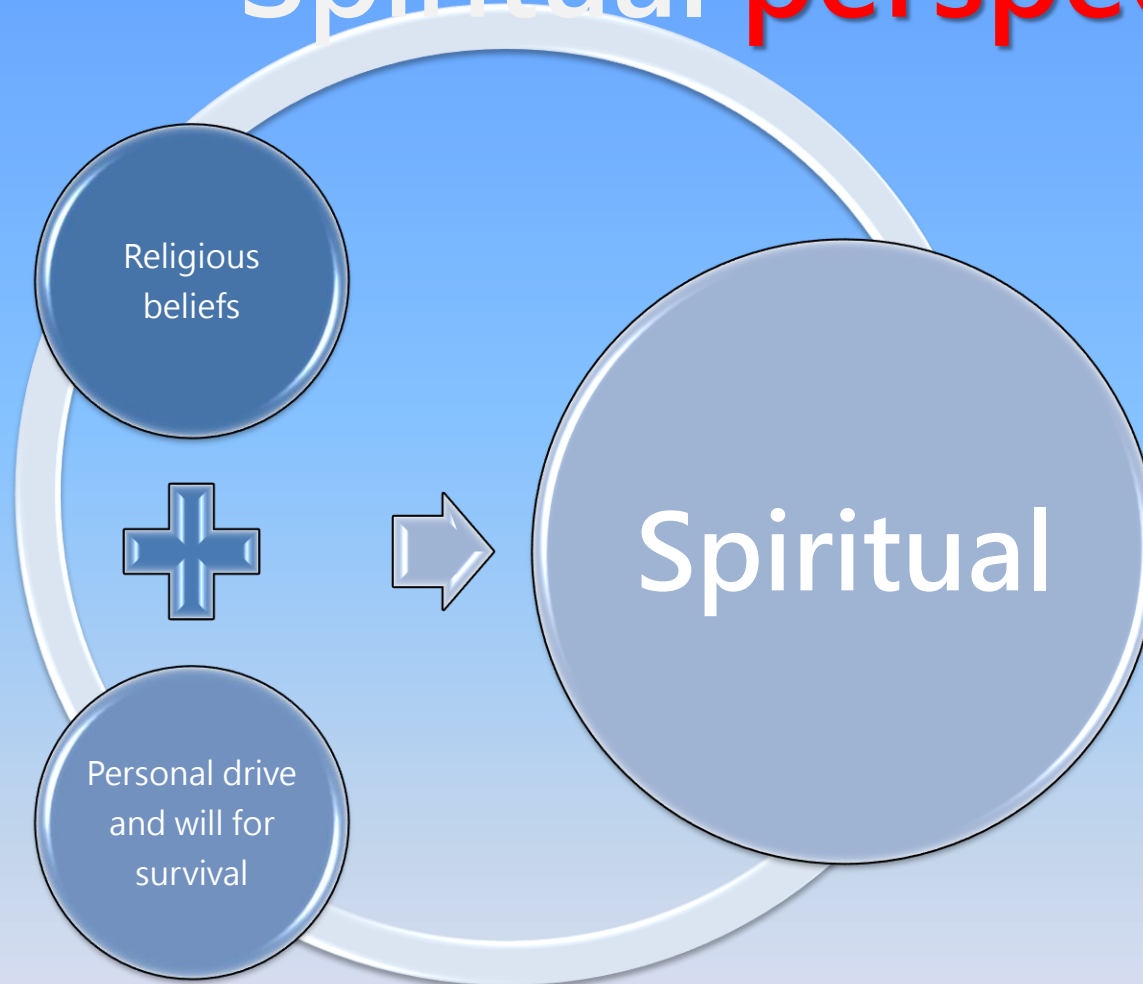




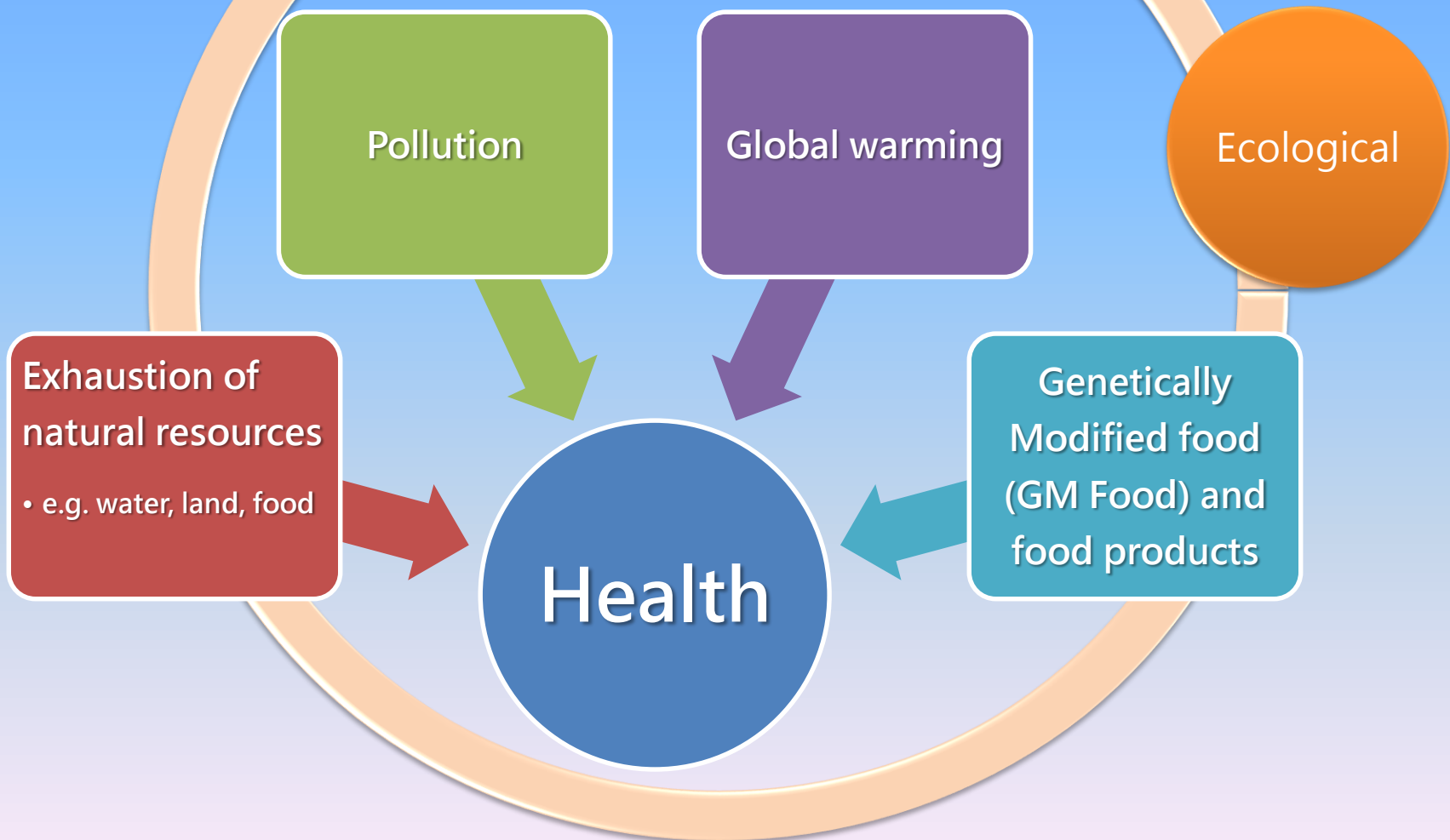
# Psychological perspective



# Spiritual perspective



# Ecological perspective



# Cultural perspective

## Social

- cultural influences on human relationships

## Mental

- Cultural influence on self-image and ways of stress management

## Physical

- different attitudes on health and care (health-seeking behaviour among Chinese)
- food culture and eating habits

Cultural

# 2.4 Promotion of health and well-being

## Curriculum and Assessment Guide

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  - *1A Biological, social, psychological, spiritual, ecological and cultural perspectives and dimensions*
    - Definitions of health
      - To understand the holistic concept of health

# Evolving Definition of Health

Traditional

- Health - absence of disease or infirmity

1949

- **Holistic** view : a state of complete physical, mental and social well-being

1984

- the extent to which an individual or a group is able to **realize aspirations** and **satisfy needs**
- and to **change or cope with the environment**
- a **resource** for everyday life, not the objective of living
- a **positive** concept, emphasizing **social and personal resources** as well as **physical capabilities**

Social Care

# Caring Citizenship and Social Care

## *Breakdown of community bonds*

- **Technological advancement**
  - Close contact / face-to face communication is replaced by Internet communication
- **Individualism**
  - Place the interests of the individuals above those of the social groups
- **Working hours**
  - Long duration of working hours is one of the barriers to the maintenance of relationships
- **Policies**
  - i.e. housing planning and urban renewal policies

## *Community bond*

- In a healthy community, people establish different bonds with others through on-going interactions, that enabling the exchange of ideas and the help for one another

## *A Caring Citizen*

- Learn reciprocity and mutual care and support
- Develop empathy to the disadvantaged and commitment to the community
- Able to recognize what we can do for the community and society
- Develop communication and problem solving skills
- Deepen the understanding of different health and social issues and be responsible for dealing with problems