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## A review on Health

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### Review Article

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#### ABSTRACT

Health is a condition of complete physical, mental, social well-being in absence of any disease or illness. It is determined to deal with physical, biologic, psychological, and social stress. The environment is considered as an important factor influencing the health status of individuals. Genetics or other diseases from parents may affect the health status of individuals. The main objective of health is social and economic environment, the physical environment, and the person's individual characteristics and behaviors. According to WHO health is the ability to maintain homeostasis in terms of mental, physical, social and personal as well as physical capacities. Systematic activities can cure or prevents the health related problems and promote good health. There are 6 types of health that makes our body fit they are Emotional health, spiritual health, environmental health, mental health, physical health, social health. Healthcare is necessary in order to maintain our body without diseases, illness or any injuries. Healthcare may vary depends on cultural, political, organizational aspects.

#### INTRODUCTION

Health education is imparting information about health to recipient for the protection his own family or his community health<sup>[1-5]</sup>. Now days many deadly diseases are affecting the people, results life spans of individuals suddenly falls in order to prevent that proper care should be taken necessarily. Nutritious food helps to build quality life. Food choice is an important factor to be an healthy person. Low fat content food like vegetables, fruits, nuts, and recommended levels of carbohydrates, proteins, fats and sugars should take in diet. Making food choices keeps away from heart diseases<sup>[6-8]</sup>, cancers<sup>[9-15]</sup> etc., and also it will contribute to maintaining a healthy weight. Various health hazards harmful to health they are also known as "health hazards"<sup>[16]</sup>. Health hazards like-corrosives, primary irritants, sensitizers, acute toxic materials, carcinogens<sup>[17,18]</sup>, teratogens and some organ specific hazards may harm specific organ systems like blood, lung, liver and reproductive systems etc.

There are various types of health indicators<sup>[19]</sup>:

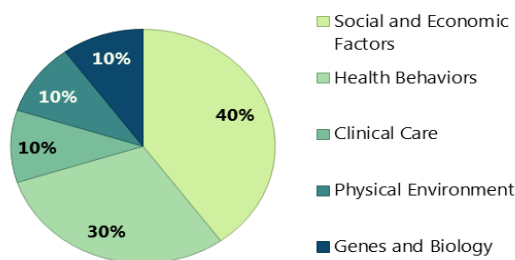
- a. Indicators of social and mental health: rates of suicides, homicides, violence, drug abuse etc.,
- b. Environmental indicators: safe drinking water, improvement of sanitation facility, water pollution, noise pollution etc.,
- c. Socioeconomic indicators: level of unemployment, literacy rate, family size etc.,
- d. Mortality indicators
- e. Disability indicators
- f. Health policy indicators<sup>[20-22]</sup>
- g. Quality of life and
- h. Some specific issues like mental health<sup>[23-26]</sup>, nutrition status, reproductive health.

#### Factors influencing health<sup>[27]</sup>

Behavioral factors like depression, medication, social network influence, life style like diet and physical activity etc., Protective factor like psychological, healthy conditions and environment, healthy lifestyles etc.,

Social and economic factors like family background, genetic diseases and disorders etc.,  
Personal factors like eating and sleeping, tension etc.,  
Hereditary factors like relationship with parents, cooperation, emotions etc.

**Factors Influencing Health and Well-Being**



**Figure 1** The percentage of individuals being healthy.

It is important to identify and understand the main factors that protect and promote good health. These factors are known as the determinants of health<sup>[28]</sup>. Individual lifestyle factors such as diet, smoking and alcohol, physical activity and sexual behaviour are also important. A clean and safe environment, adequate income, meaningful roles in society, good housing, population-based services and utilities, affordable nutritious food, education and social support within communities all contribute towards good health.

Poverty has long been recognized as an important determinant of ill health. People who are poor have worse self-reported health, higher rates of disability, and higher rates of death, disease and injury.

The unemployed have a higher chance of dying and more illness than those of similar age who are employed. High level of psychological and financial stress factors.

Malnutrition is one of the major problem facing all over the world. It is one of the most common factor for poor health and lifestyle choices. Adopting healthy habits is another approach for good health.

### Health promotion

Health promotion involves recognizing social, economic, behavioral, and environmental and life style factors that contribute to the lifestyle related health problems that are currently occurs. Communities also plays a significant role in supporting individuals to adopt health promoting practices to healthy living<sup>[29-38]</sup>.

Preventative medical approaches are an important aspect to health promotion. Screening is a medical approach to promote health that mainly identifies specific conditions before symptoms appear.

### Health systems

Health systems are complex like other social systems in which changes does not follow any epidemiological models<sup>[39-43]</sup>. The management of health systems is governed by both government and private sectors. Public health is the main approach of health systems. By encouraging public health programs to reduce incidence of disease, disability and effects of ageing and also to provide vaccinations. Currently world facing health issues are HIV/AIDS<sup>[44]</sup>, diabetes, cancers etc., through health system services causative origin of diseases can be effectively prevented.

Main objective of health services are:

1. Promotion of positive health
2. Prevention of diseases
3. Early diagnosis
4. Providing healthful environment.

### Health system functions

1. Providing health services<sup>[44-50]</sup> to the people.
2. Collecting money for health related issues termed as resource generation
3. Financing for health services.
4. Regulate and governs the health systems.
5. Implementation of national health programs
6. Collection, evaluation, analysis of information.
7. Maintain medical depots.
8. Control of drug standards

## CONCLUSION

Hygiene is the secret of health. For maintenance of good health both physical and mental hygiene must be maintained. Minimum required intake of nutritious food should be maintained to sustain good health. Physical exercise maintains physical fitness and health and wellness. Sleep is also essential component of health that improves the mental health, growth and development. Public health practitioners improve the health of communities and population. Health education prevents the re-occurrence of diseases by promoting healthy educational programs; services etc., the life expectancy of individuals can be raised by maintaining hygienic surroundings, proper diet, and exercise.

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