

The video segment Healthy Life Management emphasizes that wellness means more than absence of disease, disability, or medical problems. Wellness is measured by your ability to live life to the fullest and to maximize your potential.



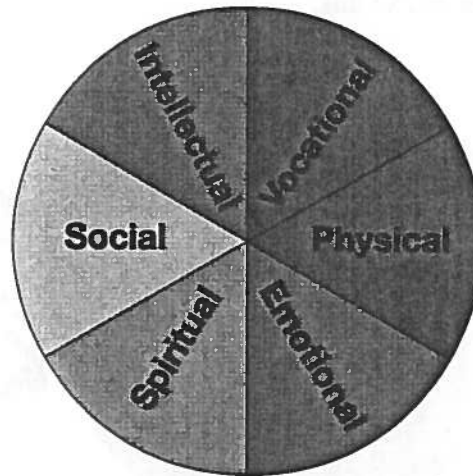
dimensions of health: aspects of health including physical, emotional, spiritual, social, intellectual, and vocational wellness

In this course you will examine six dimensions of health:

- ***physical dimension of health:*** the aspect of health that deals with issues pertaining to the physical body
- ***emotional dimension of health:*** the aspect of health that deals with the ability to express emotions appropriately; cope with conflict, stress, and change in a healthy way; and enjoy life; sometimes referred to as the psychological dimension of health
- ***spiritual dimension of health:*** the aspect of health that deals with values—beliefs about what is important
- ***social dimension of health:*** the aspect of health that deals with the ability to relate well to others
- ***intellectual dimension of health:*** the aspect of health that deals with issues involving lifelong learning
- ***vocational dimension of health:*** the aspect of health that deals with preparing for and engaging in work that provides personal satisfaction and enrichment

wellness wheel: a graphic that shows how the dimensions of health work together in a person's life

The six dimensions of health continuously interact and influence one another, and each dimension is equally important for personal health and well-being. To live life to the fullest you need to balance the physical, emotional, spiritual, social, intellectual, and vocational dimensions of your life. The following wellness wheel illustrates this balance:



If all of the dimensions of the wellness wheel are functioning properly, the wheel rolls along smoothly. If, however, one of the dimensions is neglected, the wheel will be off balance and run off course. Consider the following example:

Mr. Comeau is working at a job that is not challenging. He becomes unhappy and develops a sense of futility. His negativity causes others to avoid him, which increases his frustration and makes him lose sleep. Too little sleep causes him to be careless, and he trips and injures his leg.

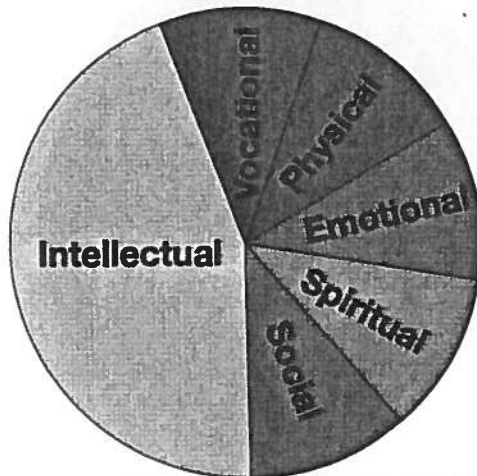


2. How are the vocational, emotional, spiritual, social, intellectual, and physical dimensions of Mr. Comeau's life affected?

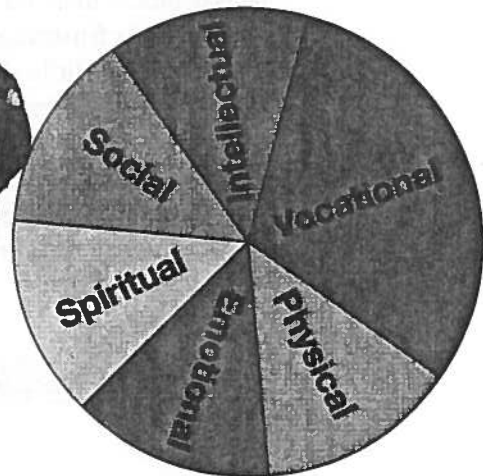
Compare your answer with the Suggested Responses at the end of the lesson.

Achieving a perfect balance in all dimensions is a challenge for most people. People at various stages in their lives have different demands on them. As a result they will place more emphasis on certain aspects of their lives and ignore other aspects. Consider the following examples.

- Adelle, a medical student, spends the majority of her time and effort on the intellectual dimension of her life. Her wellness wheel looks like this:



- Cameron, a young adult who recently entered the workforce, spends more time and effort on the vocational dimension of his life. His wellness wheel looks like this.



Go to page 1 of Assignment Booklet 1A and respond to questions 1 and 2 of Section 1.

2. In your exploration of the dimensions of health in Lesson 1, you examined the wellness wheels of two individuals.

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a. Think about the six dimensions of health and the relative amount of energy you spend on each. In the space provided create your own wellness wheel that illustrates the dimensions of health that are most important to you.

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b. What dimension of your life do you want to improve? How would improving this dimension help you make your life better?

When you have completed question 2, continue where you left off on page 17 of the Student Module Booklet.

Determinants of Health

determinants of health: the range of factors that determine a person's health status

A number of factors, called the determinants of health, affect the dimensions of people's lives and determine their level of health. The following story illustrates this complex interrelationship.

Why Is Jason in the Hospital?

Why is Jason in the hospital?

Because he has a bad infection in his leg.

But why does he have an infection?

Because he has a cut on his leg and it got infected.

But why does he have a cut on his leg?

Because he was playing in the junk yard next to his apartment building and there was some sharp, jagged steel there that he fell on.

But why was he playing in a junk yard?

Because his neighbourhood is kind of run down. A lot of kids play there and there is no one to supervise them.

But why does he live in that neighbourhood?

Because his parents can't afford a nicer place to live.

But why can't his parents afford a nicer place to live?

Because his Dad is unemployed and his Mom is sick.

But why is his Dad unemployed?

Because he doesn't have much education and he can't find a job.

But why ...?

3. Identify some of the complex factors—the determinants of health—that contributed to Jason being in hospital.

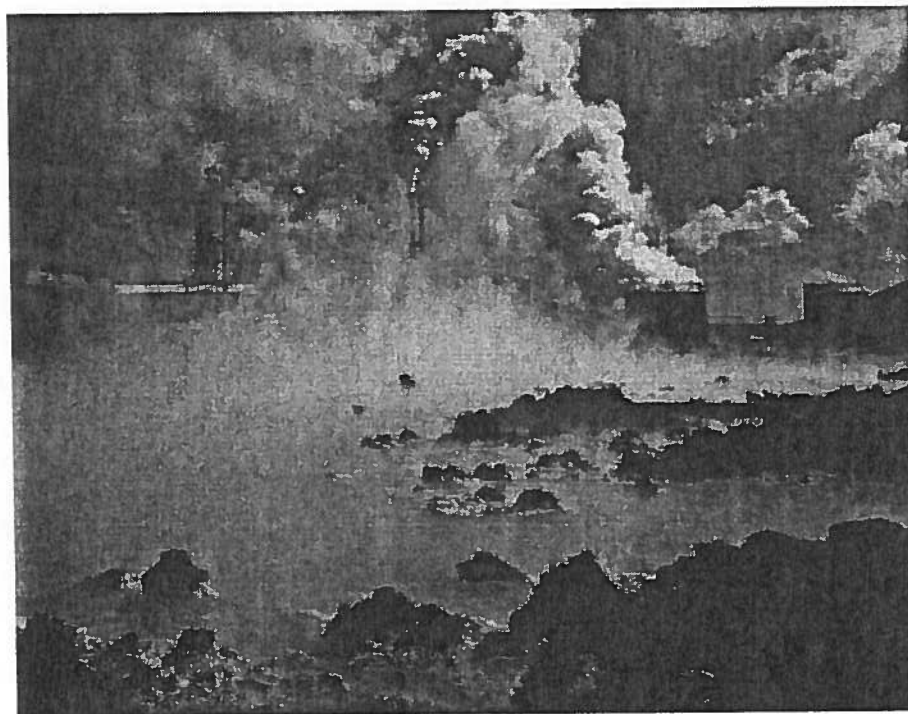
Compare your answer with the Suggested Responses at the end of the lesson.

population-based approach to health: an approach that aims to improve the health of the entire population and to reduce health inequities among population groups

“Why Is Jason in the Hospital?” illustrates that improving health is a shared responsibility and emphasizes the need for a population-based approach to health in addition to a personal approach to health.

¹ *Toward a Healthy Future: Second report on the Health of Canadians*, (Ottawa: Public Health Agency of Canada, 1999), <<http://www.phac-aspc.gc.ca/ph-sp/phdd/determinants/index.html>> (09 May 2007). Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2007

One of the key determinants of health at the population level is the physical environment—both natural and human-built. Contaminants in air, soil, water, and food can contribute to serious illness, including cancer, respiratory disease, and gastrointestinal ailments.



Another key determinant of health at the population level is the social environment. For example, poverty, illiteracy, unemployment, and family violence negatively impact the health of citizens.



4. With a partner or small group, brainstorm a list of other key determinants of health at the population level.

Statistics Canada examined the school drop-out rate for 2002, 2003, 2004, and 2005. They reported that on average the drop-out rate was especially high in rural and small-town Alberta and Quebec. In both those areas, about one in five 20- to 24-year-olds had not completed high school and was no longer going to school. Drop-out rates were also high in rural and small-town Manitoba.

5. With a partner or small group, discuss these statistics. If education and literacy are determinants of health, how does dropping out of school impact the well-being of individuals and their communities?

Compare your answers with the Suggested Responses at the end of the lesson.

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3. In Lesson 1 you considered how determinants of health affect the dimensions of health. Complete the following table to show how a specific determinant of health might affect each dimension of health by giving a real-life example.

Dimension of Health	A Determinant of Health that Affects this Dimension	An Example to Illustrate this Effect
Physical		
Emotional		
Spiritual		
Social		
Intellectual		
Vocational		

When you have completed question 3, continue where you left off on page 20 of the Student Module Booklet.

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4. In Lesson 2 you thought about your self-image. In the following chart describe how you see yourself in each dimension of your life. Be realistic and positive.

Dimension of Health	How you See Yourself
Physical	
Emotional	
Spiritual	
Social	
Intellectual	
Vocational	

When you have completed question 4, continue where you left off on page 29 of the Student Module Booklet.

Many organizations in Canada provide services that aim to improve the well-being of communities, families, and individuals by taking measures such as the following:

- preventing pollution of a community's air and land through enforcement of regulatory controls and management of hazardous wastes
- assuring that a community's drinking and recreational waters are safe
- controlling and preventing infectious diseases such as measles and tuberculosis
- formulating policies designed to protect the safety of the public, such as seat belt and worker safety laws
- creating violence-prevention programs and offering counselling services



6. With a partner or small group, brainstorm a list of private and governmental organizations that contribute to the health of Canadians.

Compare your answers with the Suggested Responses at the end of the lesson.

Although private and governmental organizations exist to promote your personal health and well-being in one way or another, your personal wellness is primarily your responsibility. One of the most important ways that you can improve your health is through the choices you make in your daily life.



When you make lifestyle choices, do you consider the health benefits and risks? For example, do you go biking without a helmet, or do you ride in an automobile without wearing a seat belt?

The impact of lifestyle choices on your health may be immediate or long term. Following are two examples to illustrate this point:

- Developing the positive habit of daily physical activity will help to maintain an appropriate weight in the short term and improve heart and circulatory system health in the long term.
- Developing the negative habit of smoking contributes to stained fingers and teeth in the short term, and increases your risk for lung cancer or chronic lung diseases such as emphysema in the long term.



7. With a partner or small group, brainstorm a list of lifestyle choices that may have an immediate or long-term effect on a person's health.

Compare your answers with the Suggested Responses at the end of the lesson.

Go to page 4 of Assignment Booklet 1A and respond to question 3 of Section 1.

Looking Back; Looking Ahead

In this lesson you analyzed the dimensions of health and their interconnectedness, the dynamic nature of balance in life, and the impact of the determinants of health. Your health is one of your most important assets. You can improve your health through the choices you make in your daily life. In the next lesson you will explore how you view yourself and the various dimensions of your life.

Glossary

determinants of health: the range of factors that determine a person's health status

dimensions of health: aspects of health including physical, intellectual, emotional, spiritual, social, and vocational wellness

population-based approach to health: an approach that aims to improve the health of the entire population and to reduce health inequities among population groups

wellness wheel: a graphic that shows how the dimensions of health work together