OVERVIEW OF HEADSTART AND HOLIDAY HOMEWORK – WHICH WAS CHAPTER 1 PAGES 1-42

ON PAGE 4 OF YOUR BOOKLET THERE IS A LIST OF THE 4 KEY KNOWLEDGE AREAS THAT WILL FORM THE WORK FOR YOUR FIRST SAC, WHICH IS UNIT 3 OUTCOME 1SAC 1PART A– THIS WORK COVERS OUR CLASS WORKSHEETS 3.1.1-3.1.4 WHICH YOU WILL COMMENCE TODAY - OF WHICH YOU HAVE ALREADY DONE PRE-READING FOR THE FIRST 3 DOT POINTS. THIS IS CHAPTERS 1 AND 2 OF YOUR TEXTBOOK.

TOPIC 1 – CONCEPTS OF HEALTH AND WELLBEING – CHAPTER 1 PAGES 1-42 OF YOUR TEXTBOOK

- **Health and Wellbeing** relates to a person’s **Physical, Social, Emotional, Mental and Spiritual Existence** and is characterised by an equilibrium in which the individual feels happy, healthy, capable and engaged.

- **Health and Wellbeing is Dynamic** as it is constantly changing – one minute you are OK and then the next you might roll your ankle for example.

- **Health and Wellbeing is Subjective** as it can be viewed in many different ways – not just not being ill.
• **Illness** relates to the way a person feels as a result of a disease.

• **Our overall health and wellbeing can be influenced by many factors**, your textbook on page 7 shows the 12 factors - such as: Level of health experienced, enjoyable and fulfilling career, having enough money, regular exercise, nutritional diet, sufficient sleep, spiritual or religious beliefs, fun hobbies and leisure pursuits, realistic and achievable goal, a sense of belonging, the ability to adapt to change, and living in a fair and democratic society (The Better Health Channel)

• **The Case Study on page 8 is an excellent article of indigenous peoples perspectives of health and wellbeing** – question 1 – land is the core of all spirituality for indigenous peoples, question 2 indigenous peoples live with the land (they are taught to preserve and never destroy)and non-indigenous peoples seem to live off it. question 3 kinship is about meeting the obligations of one’s clan and forms part of Aboriginal Law sometimes known as “dreaming” and this means people know how to behave, they understand their roles and responsibilities and this can promote the health and wellbeing of Indigenous Australians.
• **The 5 dimensions of health and wellbeing are:**

  • **Physical, Mental, Social, Spiritual and Emotional – PMSSE** – silly sentence could be – every person must sleep soundly E P M S S – up to you to find your own way of remembering the five – I think just P M S S E is the easiest as you had to learn P M S last year.

  • **Physical health and wellbeing** relates to the functioning of the body and its systems and it includes the physical capacity to perform daily activities and tasks. – aspects of optimal physical health and wellbeing are: healthy body weight, freedom from illness, disease or injury, adequate energy levels, ability to complete physical tasks, appropriate level of fitness, strong immune system, well-functioning body, systems and organs.

  • **Mental health and wellbeing** is the current state of the mind or brain and it relates to the ability to think and process information. Aspects of optimal mental health and wellbeing are: low levels of stress and anxiety, positive self-esteem, high levels of confidence and having positive thought patterns (being optimistic)
• **Social health and wellbeing** relates to the ability to form meaningful and satisfying relationships with others and the ability to manage and adapt appropriately to different social situations. Aspects of optimal social health and wellbeing are: supportive network of friends, supportive and well-functioning family, ability to manage or adapt appropriately to different social situations, effective communication with others and productive relationships with other people.

• **Spiritual health and wellbeing** relates to ideas, beliefs, values and ethics that arise in the minds and conscience of human beings. It includes the concepts of hope, peace, a guiding sense of meaning or value, and a reflections on a person’s place in the world. Aspects of optimal spiritual health and wellbeing are: a sense of belonging, positive meaning and purpose in life, peace and harmony and acting according to values and beliefs.

• **Emotional health and wellbeing** relates to the ability to express emotions and feelings in a positive way. Aspects of optimal emotional health and wellbeing are: recognise and understand the range of emotions, effectively respond to and manage emotions and having a high level of resilience.
• The five dimensions of health are interrelated in that they affect each other, they impact on each other.

• Figure 1.17 on page 18 shows all 5 dimensions overlapping

• See page 19 of textbook for answers for head start booklet page 14 question

• Optimal health and wellbeing refers to – the highest level of health and wellbeing an individual can realistically attain. Everyone is born with a different genetic potential and is influenced by different environments.

• Optimal health and wellbeing as a resource – for the individual: means you are able work productively, get an education, earn an income, exercise, be social, have a purpose in life, sleep well and reduce healthcare costs to the individual too.
• **Optimal health and wellbeing acts as a resource nationally** – people live longer and healthier lives, health system savings, fewer people rely on social security, increased productivity, higher average incomes, reduction in stress and anxiety in the community, and increased social participation.

• **Communicable disease are** – diseases passed from one person to another from either direct or indirect contact – direct contact eg. touch, sex, coughing and indirect through water, food, blood or other vectors such as mosquitos.

• **These diseases** – HIV, cholera, Hep a, the flu are a concern globally because of globalisation and the increase in affordable transportation between countries – these diseases can spread quickly.

• **Optimal health and wellbeing as a resource globally** – if the world was healthier then there would be less disease transmission between countries, peace and stability would be promoted, economic development would be enhanced, social development would be promoted, and sustainability of the world would be improved.
• The nine prerequisites of health from the Ottawa charter—peace, shelter, education, food, income, a stable ecosystem, sustainable resources and social justice and equity. PSE, FIS, SSE

**Peace** – the absence of conflict — peace means a reduced risk of premature death, serious injury, disability associated with conflict, less stress and anxiety, people can go about their lives, earn an income, go to school, food is plentiful, infrastructure is protected.

**Shelter** — is a structure that provides protection from the outside environment, adequate shelter is a basic human right and provides a number of benefits to health and wellbeing. — shelter protects from the elements, provides privacy, safety and security — reducing the risk of disease and reducing stress and anxiety.

**Education** — empowers people, earn an income, understand health messages

**Food** — Food security is “The state in which all persons obtain nutritionally adequate, culturally appropriate, safe food regularly through local non-emergency sources” Provides energy and nutrients — people are healthier and not stressed about being hungry, have a good immune system and can work and earn an income.
• **Income** – can afford healthcare, nutritious foods, provide taxes to Governments who can use this money to provide resources for all peoples eg public housing, health and education, roads, recreation facilities and law and order.

• **A stable ecosystem** – provides resources such as clean water. The ecosystem is a community that consists of all of the living and non-living components of a particular area. Living being plants and animals and non-living being rocks, soil, climate, watercourses.

• **Sustainable resources** - Sustainability – UN “Meeting the needs of the present without compromising the ability of future generations to meet their own needs.” Need to sustain our fuels, our food, forests.

• **Social Justice** – equal rights for all, regardless of personal straits such as sex, class, income, ethnicity, religion, age or sexual orientation. Countries that have a just society can provide their people with food, water, social security, healthcare etc.

• **Equity** – relates to fairness. It is about providing every person with the resources they need to lead a good life and experience a high level of health and wellbeing. Ensuring a level playing field – see picture on page 34 of your textbook – showing the difference between equity and equality. A society that is equitable ensures access to education, employment, human rights, resources such as healthcare.