Health and Human Development

Unit 1 AOS 1

Holistic Health

- Physical
- Emotional
- Social
- Mental
- Spiritual
Head Start

- Go over head start booklet-
- Dimensions of Health-
  - Types
  - Definitions
  - Examples
Homework-1.2

- Put the **Dimensions of Health** table (collect a spare one from me) up somewhere at home where you can refer to it............

- You will need to understand it and refer to the dimensions throughout the 4 units of HHD!!
TEST YOUR KNOWLEDGE

• Kahootz!!!!!!!

• Click HERE for access to the quiz
Health and Wellbeing 1.2

• Draw up a table in your books

• Go around the room and stop at each Health Definition

• Write down the number of the definition and at least one positive for it and at least one negative for it

• From all the definitions you have seen, which one is the best? Why?

<table>
<thead>
<tr>
<th>Definition number</th>
<th>Positive(s)</th>
<th>Negative(s)</th>
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<tbody>
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<td>1</td>
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<td>3</td>
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Health is Dynamic......

• Define the term dynamic

• Select a person you know- yourself, parent, sibling, friend

• How has their health been dynamic?

• A) Over an extended period of time (3 years) and provide examples

• B) Over a short period of time (3 weeks) and provide examples
What is a perspective?

A particular attitude towards or way of regarding something; a point of view.

What is your perspective on health and well-being?
MISSION AUSTRALIA SURVEY

• Read through the information on pgs 16-18 regarding Youth perspectives on the meaning of health and wellbeing.

• Answer questions 1-4 on page 18

• **Remember**- Being able to understand and interpret data is important
Class Survey

- Use the blank table and graph in your workbook to conduct a survey about **Youth Perspectives on Health and Wellbeing**.

- Then answer the questions on the next slide

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<thead>
<tr>
<th></th>
<th>Extremely important</th>
<th>Very important</th>
<th>Somewhat important</th>
<th>Slightly important</th>
<th>Not at all important</th>
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<tbody>
<tr>
<td>Friendships (other than family)</td>
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<td>Family relationships</td>
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<td>School or study satisfaction</td>
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<td>Physical and mental health and wellbeing</td>
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<td>Financial security</td>
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<td>Getting job</td>
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</table>
Class Survey

1. a) What were the top three values of the class?
   b) Were they the same as the Mission Australia Survey? Explain

2. a) What was the least important value of the class?
   b) What dimension of health and wellbeing does this relate to?
   c) Explain one reason why this may have been seen as the least important?
Vox Pop - What does Health and wellbeing mean to Youth?

- Create your own Vox Pop (informal comments from the community)
- Refer to the Vox Pop task in your workbook
- Example on the link below
  - https://www.youtube.com/watch?v=KrTma9vJAc0
Mean Girls-
Dimensions and perspectives on health and wellbeing

Watch the movie Mean Girls and complete the work sheet from your workbooks.
Variations in Health Perspectives - 1.5

There are a number of variations that impact on an individual's perspective on health and the priorities that they give to different aspects of health at any given time.

These include:

- Age, culture, religion, gender, and socio-economic status
Variations in Health Perspectives

AGE:

Time-line-

- Read through pages 19 and 20 and create a time-line for the different Lifespan stages and what the term “Health” meant to them.

- Make sure that it is labelled appropriately

- 2014 National Health Survey- What the term Health means........
Variations in Health Perspectives

Self assessed data- pg 21
- What is self assessed data and how is it useful?
- Gender- pg 21
- How do men and women generally assess their overall health status? Explain
- What dimension of health and wellbeing do males and females generally associate with being “healthy?”
Variations in Health Perspectives

Culture- pg 22

Different cultures have different views and perspectives on health and wellbeing. Western cultures such as Australia generally view health from a professional medical context and intervention. Where as others believe in supernatural phenomena, as a whole family unit or using traditional medicines.

- Choose one of the cultures on pgs 22-23 and describe how they view and make decisions about their health and well-being.
Socioeconomic Status- pg23

Socioeconomic status (SES) is a measure of a person’s social and economic position based on income, education and occupation.

- Explain why people from low SES groups do not always make health and well being a priority.
Variations in Health Perspectives

Religion- pg 24-26

There are many different religions practiced throughout the world and in Australia.

- For each Religion choose one of their beliefs and explain how this may impact on the health and wellbeing of an individual practicing that faith.
Aboriginal and Torres Straight Islander perspectives on health and wellbeing

Aboriginal and Torres Straight Islander (ATSI) people view health and wellbeing in a holistic manner.

It is not just the physical wellbeing of an individual but refers to social, emotional and cultural wellbeing of the whole community.

How does this differ from the WHO definition?

Culture

Read through pgs- 27-28 and summerise the following aspects of health that are important to ATSI- Culture, Connection to Land, Social and Emotional Wellbeing.
Aboriginal and Torres Straight Islander perspectives on health and wellbeing - 1.6

Review:

Case Study- Read through the case study on page 29 and answer the four questions at the bottom.

Websearch- refer to the question sheet in the booklet and complete them in your book.
Health and Human Development

Unit 1 AOS 1 - Extension

Refer to Extension task in workbook