HEALTH AND ENVIRONMENT

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LECTURE’S OBJECTIVE:

By the end of this lecture, student can:

© Define what is health and environmental health
© Define what is the determinants of health
© Identify the Health Model
© Identify the association between ecology and human health
DEFINITION

- Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO, 1946)

- Environmental health is one aspect of public health that is concerned with those forms of life, substances, forces, and conditions in the surroundings of man that may exert an influence on man’s health and well-being.
DETERMINANTS OF HEALTH

- Hereditary or biological factors
- Medical care
- Lifestyle
- Environment
CONTINUE...

- Hereditary or biological factors
  - Human biology controlled by genetics
  - A person may healthy but have inherited condition
    - Hemophilia, diabetes, mental retardation, lack of resistance to diseases
    - Research shows evidence traits inherited from mother and father can influence person becomes addicted to alcohol or drug

- Medical care
  - Receive medical care during lifetime can determine our health
  - Examples:
    - child develops streptococcal infection – does not get medical care – might develop a rheumatic heart condition
  - Two main aspects of health care:
    - Technology – Sophisticated equipment
    - Medical self help – self examination of the skin, breast, mouth, eyes, nails.
Lifestyle

- Contributing to health status
- A person has an excellent body but eats poorly, inactive, smokers, drinks heavily may develop health problems quickly.
- Lifestyle may be the easiest to control but require much effort

Environment

- Affects people’s health more strongly than any of other determinants.
- Environment encompasses
  - Physical
  - Biological
  - Social
- Many diseases related to diseases-
  - Food poisoning
  - Typhoid fever
HEALTH MODEL

- Ecological Model
- Social Ecological Model
- WHO Model
- Holistic Model
Ecological Model

- Suitable to explain communicable diseases
- Based on the concept of ecological balance between:
  - Host
  - Agent
  - Environment
- Ecological balance can be disturb:
  - Environment change
  - Ratio human with high susceptibility increase in the population.
  - Number of agents increase
- Drug, sanitation, immunization can be used to achieve ecological balance
SOCIAL ECOLOGICAL MODEL

- Developed by Morris
- Upgrading from Ecological Model
- Replace agents (communicable diseases) with individual factors (non-communicable disease)
- Suitable to explain non-communicable disease.
- Proposed: No specific etiological agents related to specific disease
- Behavioral factors are the most important factors compared to environmental factors that contribute to diseases.
- Transitional countries
CONTINUE...

SOCIAL ECOLOGICAL MODEL

Genetic

HOST FACTORS

EXPERIENCE

ENVIRONMENT FACTORS

INDIVIDUAL BEHAVIORAL FACTORS

Physical

Social
Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO, 1946).

- Continuation from social ecological model
- Holistic aspect (physical, mental and social)
- Interrelated between body, mind and spiritual
- Combination between modern medication and traditional from east and west.
HOLISTIC MODEL

- Developed by Blum, Lalonder and Denver
  # Blum : Environmental Health Model
  # Lalonder : Model Health Concept
Environmental Health Model

**SUMBER SEMULAJADI**
- PERSEKITARAN
  - Fetal, Fizikal (Semulajadi dan buatan manusia), sosiobudaya, Pendidikan, Pekerjaan

**KESEIMBANGAN EKOLOGI**

**POPULASI**
- Saiz Taburan
- Kadar Pertumbuhan Kolan
- Gen

**GENETIK**

**KESIHATAN PSIKO-SOSIO-SOMATIK**
(KESIJAHTERAAN)

**SISTEM BUDAYA**

**KESEHATAN MENTAL**
- Kepuasan Emosi
- Kecekapan Intelektual
- Kuasa Penyesuaian

**TINGKAH LAKU**

**PERKHIDMATAN JAGAAN**
- KESIHATAN
- Pencegahan, Rawatan, Pemulihan

**TANGGUNG JAWA**
Health Model Concept

- Health
  - Environment
  - Lifestyle
  - Human Biology
  - Health Care
HOLISTIC MODEL

@ Health consist of four (4) dimensions
  # Environment
  # Lifestyle
  # Genetic
  # Health Care

@ Proposed: Diverse of risk factors of disease can contribute to various type of diseases.

@ Occurs in developed countries.
Term ecology derived from the Greek word: 
# oikos – house or home.

Ecology is the study of an organism’s house.

Many definitions of ecology, however have a common theme.

‘that ecology is the study of organisms and their environment’

Environment includes both animate and inanimate factors
ECOSYSTEM CONCEPT

● Basic functional unit include biotic element and interaction with their environment (abiotic element)

● Ecosystem consist of two (2) types:
  # Natural ecosystem- earth, terrestrials, aquatic
  # Human made ecosystem- agriculture, aquaculture, monoculture

● Ecosystem elements
  # Biotic : autotroph, heterotroph
  # Abiotic : organics substance, inorganic substance, climate
Thanks....