Community Health Advocate Model Program (CHAMP)
Unit 5: Healthcare Overview

Group Discussion

- How do you define health?
- How healthy do you think your community is?
- How, if necessary, would you improve the health of your community?

Following is a description of health, as defined by the World Health Organization: Health is a state of complete physical, mental, and social well being. It is not merely the absence of disease; no allowance is made for degrees of illness and wellness.

What Determines One’s Definition of Health?

1. Cultural concepts; economic level; value of self and others, ethnic background, customs, and past experiences, age and gender

2. Women and men are socialized to define health and illness differently. Women in U.S. report more illnesses and disabilities; visit the doctor more often, and are hospitalized more often.

3. Children define health as feeling good and being able to participate in desired activities.

4. Adults – health is a state enabling them to perform at least minimal daily activities and including physical, mental, spiritual, and social components; their perceptions as well as their life situations influence their definition of health.

What is Health Care?

Health care is a service that people seek when they cannot manage their own health and related needs because of lack of knowledge, physical or emotional status, or lack of support.

*Adapted from Marilyn Rodney, MS, RN, Center for Healthy Communities, Dayton, OH
Methods through Which Health Care is Delivered

1. Community – directed toward maintenance of health in groups of people (ex. water purification, sewage, garbage collection, food and housing inspection, and animal control).
   - communicable and other diseases or injuries would be rampant without legislation and activity to maintain a livable, safe and clean environment

2. Personal Health Services – deals directly with the person and family in health promotion and maintenance or disease prevention (e.g. assistance from the nurse, doctor, dentist, physical therapist, nutritionist etc., also health education presented by official and voluntary health agencies).

3. Note: some services are personal and communal in nature (i.e. immunizations help the individual but the community at large also benefits).

Levels of Personal Care

1. Acute or short-term care – given to a person whose illness occurs quickly and is of brief duration. For example: doctor’s office, emergency room, clinic

2. Chronic or long term – treatment given over time for an illness that may not be curable but may improve somewhat and become regulated. For example: doctor’s office, patient’s home, clinic, rehab center, or nursing home

Levels of prevention

1. Primary – takes place before symptoms appear. Promotes optimal health by strengthening existing patient with resources by providing the necessary emotional support and information to make a decision about a given health condition.

2. Secondary – begins when a disease process has been identified and includes early diagnosis and prompt treatment to halt the process. The goal is to help the person regain normal functioning as soon as possible.

Determinants of Health – 5 Factors**

1. Social environment
   a. family structure
   b. education
   c. social networks
   d. social class

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2. Physical environment
3. Genetic endowment
4. Behavior
5. Health care

**Health as a Shared Responsibility**

1. Clinicians
2. Hospitals
3. Public health agencies
4. Community-based organizations
5. Schools
6. Social service agencies
7. Churches
8. Neighborhoods
9. Individuals
10. Families

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