

Health Spectrum and Determinants of Health

Concept

- Health is not static for individual
- Health is dynamic phenomenon

SPECTRUM OF HEALTH

Health and disease lie along a continuum, and there is no single cut-off point. The lowest point on the health–disease spectrum is death and the highest point corresponds to the WHO definition of positive health (Fig. 2). It is thus obvious that health fluctuates within a range of optimum well-being to various levels of dysfunction, including the state of total dysfunction, namely the death. The transition from optimum health to ill-health is often gradual, and where one state ends and the other begins is a matter of judgment.

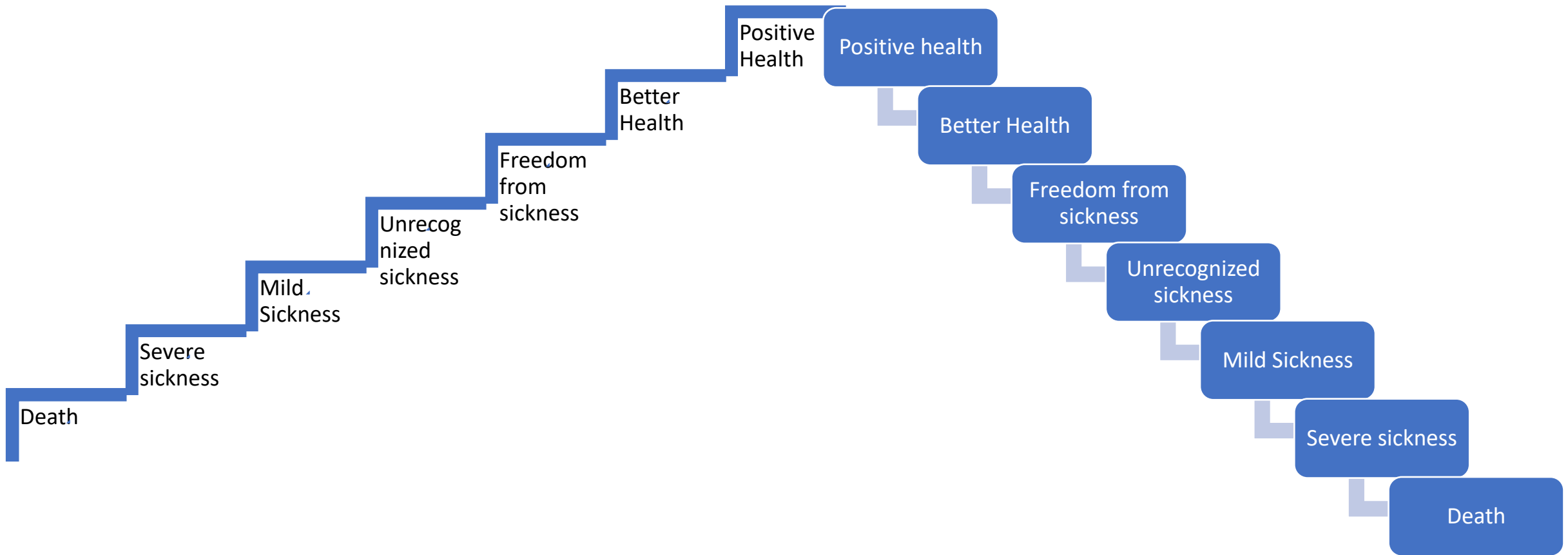
The spectral concept of health emphasizes that the health of an individual is not static; it is a dynamic phenomenon and a process of continuous change, subject to frequent subtle variations. What is considered maximum health today may be minimum tomorrow. That is, a person may function at maximum levels of health today, and diminished levels of health tomorrow. It implies that health is a state not to be attained once and for all, but ever to be renewed. There are degrees or “levels of health” as there are degrees or severity of illness. As long as we are alive there is some degree of health in us.

Spectrum of Health

- **Positive Health**
- **Better Health**
- **Freedom from sickness**

- **Unrecognized sickness**
- **Mild Sickness**
- **Severe sickness**
- **Death**

Spectrum of Health



Determinants of Health

