

Reading Assignment: Chapter 1: What is Health? (Pages: 7-28)

Question 1:

- a.) Personally, I believe the word 'health' means the overall condition of my body. My health is each individual part of my body working together to keep me alive.
- b.) I have a different perspective on health due to being chronically ill. Although my body is "healthy" as in I don't have anything structurally wrong, it still feels like it. I think 'healthy' looks different on every individual.
- c.) Health is a term used to describe the condition of an individual's body functions whether good or bad.

Question 2:

The World Health Organization defines health as a state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity.

Question 3:

The World Health Organization defines 'health' as only a positive term when in reality it shouldn't be used to measure the ability of an individual's body. My health would be referred to negatively even though there isn't anything physically wrong with my physical, mental, or social well-being. I would be categorized under bad health due to symptoms.

Question 4:

The authors explain the concept of well-being as a measurable concept using physical, mental, and social health. Physical well-being is the body's ability to function, social well-being is one's activity or participation in a community, and an individual's mental well-being is more internal processes or thoughts. The authors explain that increased quality of life is a result of well-being. The idea is that if you are capable or able bodied your quality of life is higher.

Question 5:

I believe health as a human right means we are deserving of a life without ailments whether that be physically, mentally, or socially. Essentially, we have the right to cease any potential opportunities available.

Question 6:

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M Walker



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