Health and Wellbeing

What is Health?
The World Health Organisation (WHO) defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

What is Well-Being?
Well-Being is the state of being comfortable, healthy, or happy.

Health and Well-Being is the result of a combination of physical, social, intellectual and emotional factors leading to achieving comfortability, health and happiness. Being healthy on all the levels means to be healthy holistically.

Factors Contributing to Health

Various factors and determinants affect the health and well-being of an individual, but the main factors are:

- the **social** and economic environment: whether the individual is living in a supportive society and has financial stability to venture into the future,
- the **physical** environment: whether the surroundings are safe but most importantly whether the provision of food is healthy and regular exercise can be performed,
- the person’s individual characteristics and behaviors: whether the person is **intellectually and emotionally** knowledgeable.

One might also find spiritual, environmental, occupational and financial as factors that contribute to health and well-being:

- **Spiritual** would be to make sense of one’s life and have a sense of inner peace and belief.
- **Environmental** is to make good and sensible use of the environment so as to improve one’s quality of life.
- **Occupational** is for one to be satisfied and happy with work.
- **Financial** is to have an stable income which meets the needs of the individual.
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<tr>
<th>P.I.E.S</th>
<th>Physical</th>
<th>Emotional</th>
<th>Intellectual</th>
<th>Social</th>
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</thead>
<tbody>
<tr>
<td><strong>Definition</strong></td>
<td>Having one’s body in optimal health and proper function.</td>
<td>Being in control of one’s thoughts, feelings and behaviours.</td>
<td>Being psychologically healthy and in an optimal mental state.</td>
<td>How one interacts with others and builds relationships.</td>
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<tr>
<td><strong>Meeting the Needs</strong></td>
<td>Consuming a healthy balanced diet</td>
<td>Dealing with one’s emotions.</td>
<td>Developing and learning new skills.</td>
<td>Making new friends</td>
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<td></td>
<td>Performing regular exercise.</td>
<td>Resolve conflicts in a healthy and mature way.</td>
<td>Finding areas of improvement and aiming to achieve a goal.</td>
<td>Staying in touch with your loved ones.</td>
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What is Sustainable Living?

Sustainable Living means living a lifestyle that uses as few resources as possible and causes the least amount of environmental damage for future generations to deal with.

Factors Affecting Sustainable Living and Health

**Transport:**
- Transport is beneficial in the importing and exporting of resources, opening the availability of products on the market.
- Majority of transportation requires fossil fuels to function. The burning of fossil fuels results in Carbon Dioxide being released in the atmosphere causing the deterioration of air quality and an increase in climate change.
- Lack of air quality also increases the risk of developing respiratory problems.
- Transportation contributes to noise pollution.
- Roads and parking spaces take place of fertile land, which can be used for plantation.
- Cargos leaking oils in the sea destroy the marine life.

**Energy Consumption:**
- Renewable energy sources such as wind, solar, thermal and waves are helping to generate energy without polluting the environment.
- However non-renewable energy sources (oil, coal, petroleum, natural gas) all have an impact on the environment since they produce carbon dioxide while being combusted (burnt).
- Majority of the energy consumed is used to generate electricity. Hence efficient use of energy will help to reduce the burning of fossil fuels, and so polluting less.
Home Economics Form 3

Carbon dioxide is a gas formed during respiration, the decomposition and combustion of compounds and in the reaction of acids. Carbon Dioxide impacts the human health by displacing oxygen in the atmosphere making breathing difficult. Carbon Footprint is the amount of carbon dioxide released into the atmosphere because of the activities of an individual, organization, or community.

The Greenhouse effect is when the Carbon dioxide and other greenhouse gases act like a blanket, absorbing the sun’s radiation and preventing it from escaping into outer space, causing the gradual heating of Earth’s atmosphere and surface, known as global warming.

Diet:

- When choosing Fairtrade labelled foods, one is helping to consume foods which are supporting better trading conditions, and so help sustain economy.
- Choosing fresh and local foods helps to obtain foods nutritionally better, but also helping in reducing the environmental impact of transportation.
- While organic farming help to safe guard the natural environment, the use of pesticides and fertilizers are destroying the eco-system while also contaminating the waters.
Consumption Patterns

Consumption is the act of using up resources. Unfortunately, there is a large difference between the high earners and the poor’s level of consumption. The highest-income countries (20% of the global population) account for 86% of the consumption of resources, while the poorest 20% account to only 1.3% of the consumption.

<table>
<thead>
<tr>
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<th>Percentage of the global consumption of the richest 20%</th>
<th>Percentage of the global consumption of the richest 20%</th>
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</thead>
<tbody>
<tr>
<td>Meat and Fish</td>
<td>45%</td>
<td>5%</td>
</tr>
<tr>
<td>Energy</td>
<td>58%</td>
<td>4%</td>
</tr>
<tr>
<td>Telephone lines</td>
<td>74%</td>
<td>1.5%</td>
</tr>
<tr>
<td>Paper</td>
<td>84%</td>
<td>1.1%</td>
</tr>
<tr>
<td>Vehicles</td>
<td>87%</td>
<td>1%</td>
</tr>
</tbody>
</table>

The effect of such consumption will continue to increase the destruction of the environment and increase the margin of poverty around the world. Such imbalance in consumption contributes to develop a greater the world hunger problem. This consumption which can also be described as over consumption by the richest quarter will further develop in complex social damages and problems. Therefore, the individual’s quality of life, especially those in the poorer fifth of the population will suffer.
Effects on Society

- Advertisements and media make people believe they never have enough of anything and so they encourage them to buy more and more.
- Wants have taken over the needs.
- Little value is given to things that do not cost money such as respect, compassion and love.

Effects on the Environment

- Increased consumption leads to a greater demand and therefore more natural resources must be used to supply that demand.
- Greater demand leads to further exploitation of land to make space for infrastructure such as factories.
- Greater demands lead farmers to use more pesticides and fertilizers to produce more yield in less space and time without considering the negative effects of these chemicals on the environment and people’s health.

On the Individual

- Since wants take priority over the needs, a lot of money is spent.
- Poverty becomes a more serious problem if people spend more than they can afford.
- Stress due to financial problems may lead to depression,
- conflicts and even crime.