



FAQs

Q.1. How can you define health?

Ans: The state of 'health' implies that all natural processes that support life are functioning at an optimal level in their intended alignment.

Q. 2. What are the different components of spectrum of health?

Ans: The spectrum of health includes four different components - physical, emotional, mental and spiritual.

Q.3. What is the main concept of determinants of health?

Ans: The concept determinants of health denotes an encompassing and synthetic approach to explain the complex mechanisms by which an array of factors influences one's health.

Q.4.What is positive health?

Ans: A person whom enjoy health at the three phases i.e. physically, mentally and socially well being is said to be in a state of positive health.

Q.5. What is the important feature of education?

Ans: An important feature of education level is that it is more easily improved by society than income, occupation and other indices of socioeconomic status. In addition, unlike other socioeconomic determinants, educational achievement cannot be 'lost' once attained.

Q.6. What are the contribution of physical environment to good health?

Ans: Safe water and clean air, healthy work places, safe houses, communities and roads all contributes to good health.

Q.7. What is the ill effect of excessive working condition?

Ans: Excessive hours of work increase chances of physiological and psychological problems such as sleep deprivation, high blood pressure, and heart disease.

Q.8. Name some of the factors which are responsible for unhealthy lifestyle.

Ans: Individual lifestyle factors such as diet, smoking and alcohol, physical activity and sexual behavior are responsible for unhealthy lifestyle.

Q.9. Define "Latency effects"?

"Latency effects" refer to how early childhood experiences predispose children to either good or poor health regardless of later life circumstances.

Q.10. What is "Pathway effects"?

Ans: "Pathway effects" refer to a situation when children's exposures to risk factors at one point do not have immediate health effects but later lead to situations that do have health consequences.