



“Health Care System” (volume -1)”

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Abstract

Nutritional applications are believed to encourage improved eating practises, enhance dietary knowledge, and increase nutritional awareness. However, their use has also brought up a number of moral and social concerns about how they affect individual freedoms, how they create power imbalances, how they prevent end users from learning more about health, how they coerce people, and even how they can have negative effects on people's health. This essay will examine some of the most frequent concerns levelled towards dietary apps using the capabilities approach methodology to determine what steps should be implemented to preserve people's rights and ensure their health. Dietary applications democratise nutritional knowledge, but they must be created and used in a way that is morally acceptable and considerate of users' individual, societal, and environmental preferences. This essay will show that, while some forms of nudging within dietary applications are appropriate, app developers shouldn't push people in ways that are agency-infringing, coercive, or forceful for their own economic benefit. Overall, this article will present a user-centric technique to show how food technologies should take the end-user into account while they are being developed and used.

Keywords: The Capability Approach; Technology Ethics; Health Ethics; Dietary Apps; Freedom; Nutrition

Introduction:

Good health is central to handling stress and living a longer, more active life. In this article, we explain the meaning of good health, the types of health a person needs to consider, and how to preserve good health.

Definition:

“A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities.”

Health is a state of complete physical, mental, social, emotional and spiritual well-being, not merely the absence of disease or infirmity.



Types

Mental and physical health are probably the two most frequently discussed types of health.

Spiritual, emotional, and financial health also contribute to overall health. Medical experts have linked these to lower stress levels and improved mental and physical well-being.

People with better financial health, for example, may worry less about finances and have the means to buy fresh food more regularly. Those with good spiritual health may feel a se

Physical health

A person who has good physical health is likely to have bodily functions and processes working at their peak.

This is not only due not only to an absence of disease. Regular exercise, balanced nutrition, and adequate rest all contribute to good health. People receive medical treatment to maintain the balance, when necessary.

Physical well-being involves pursuing a healthful lifestyle to decrease the risk of disease. Maintaining physical fitness, for example, can protect and develop the endurance of a person's breathing and heart function, muscular strength, flexibility, and body composition.

Looking after physical health and well-being also involves reducing the risk of an injury or health issue, such as:

- minimizing hazards in the workplace
- using contraception when having sex
- practicing effective hygiene
- avoiding the use of tobacco, alcohol, or illegal drugs
- taking the recommended vaccines for a specific condition or country when traveling

Good physical health can work in tandem with mental health to improve a person's overall quality of life.

Mental health

According to the U.S. Department of Health & Human Services, Trusted Source mental health refers to a person's emotional, social, and psychological well-being. Mental health is as important as physical health as part of a full, active lifestyle.

It is harder to define mental health than physical health because many psychological diagnoses depend on an individual's perception of their experience.

With improvements in testing, however, doctors are now able to identify some physical signs of some types of mental illness in CT scans and genetic tests.

Good mental health is not only categorized by the absence of depression, anxiety, or another disorder. It also depends on a person's ability to:

- enjoy life
- bounce back after difficult experiences and adapt to adversity
- balance different elements of life, such as family and finances
- feel safe and secure
- achieve their full potential

Factors for good health

Good health depends on a wide range of factors.

Genetic factors

A person is born with a variety of genes. In some people, an unusual genetic pattern or change can lead to a less-than-optimum level of health. People may inherit genes from their parents that increase their risk for certain health conditions.

Environmental factors

Environmental factors play a role in health. Sometimes, the environment alone is enough to impact health. Other times, an environmental trigger can cause illness in a person who has an increased genetic risk of a particular disease.

Access to healthcare plays a role, but the WHO suggest that the following factors may have a more significant impact on health than this:

- where a person lives
- the state of the surrounding environment
- genetics
- their income
- their level of education
- employment status

It is possible to categorize these as follows:

- **The social and economic environment:** This may include the financial status of a family or community, as well as the social culture and quality of relationships.
- **The physical environment:** This includes which germs exist in an area, as well as pollution levels.

- **A person's characteristics and behaviors:** A person's genetic makeup and lifestyle choices can affect their overall health.

Preserving health

The best way to maintain health is to preserve it through a healthful lifestyle rather than waiting until sickness or infirmity to address health problems. People use the name wellness to describe this continuous state of enhanced well-being.

The WHO Trusted Source define wellness as follows:

“Wellness is the optimal state of health of individuals and groups. There are two focal concerns: the realization of the fullest potential of an individual physically, psychologically, socially, spiritually, and economically, and the fulfillment of one's roles and expectations in the family, community, place of worship, and other settings.”

Wellness promotes active awareness of and participating in measures that preserve health, both as an individual and in the community. Maintaining wellness and optimal health is a lifelong, daily commitment.

Steps that can help people attain wellness include:

- eating a balanced, nutritious diet from as many natural sources as possible
- engaging in at least 150 minutes Trusted Source of moderate to high-intensity exercise every week, according to the American Heart Association
- screening for diseases that may present a risk
- learning to manage stress effectively
- engaging in activities that provide purpose
- connecting with and caring for other people
- maintaining a positive outlook on life
- defining a value system and putting it into action

Health inequity

Health inequity refers to avoidable differences in health between different groups of people. These widespread differences are the result of unfair systems that negatively affect people's living conditions, access to healthcare, and overall health status.

Health inequity affects people from disadvantaged or historically oppressed groups most severely. However, it has a negative impact on everyone.

This article will look at health inequity in more detail, explaining how it differs from health inequality and its impact.

It will also provide specific examples of how health inequity affects people and describe what health equity could look like.

Impact

Health inequity negatively impacts everyone. It leads to worsened outcomes not just for the people it directly affects, but also for those with more power and resources.

For example, health inequity:

- makes it more difficult to contain and treat infectious diseases
- increases levels of crime and violence across communities
- fuels alcohol and substance misuse
- increases stress and anxiety by damaging social cohesion
- decreases productivity and employment, and, therefore, tax revenue
- pushes 100 million people into poverty each year and prevents at least half of the world's population from getting the healthcare they need
- costs billions of U.S. dollars per year and raises the cost of healthcare for everyone

Social determinants of health are an individual's personal circumstances that impact their health and well-being. They include political, socioeconomic, and cultural factors, alongside how easily someone can access healthcare, education, a safe place to live, and nutritious food.

The World Health Organization (WHO) defines social determinants of health as “the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life.”

Social determinants of health are an extensive range of factors that exist throughout all aspects of society. However, they are separate from medical care or a person's individual lifestyle choices.

A study cited by the National Academy of Medicine found that medical care itself only accounted for 10–20% of the contributors to people's health outcomes.

By contrast, the many social determinants of health play a much bigger role in influencing a person's health, making up 80–90% of the contributing factors.

This article explores social determinants of health, including their forms and the roles they play in shaping healthcare outcomes.

Health Dimension

Physical Dimension

- Caring for your body to stay healthy now and in the future

Intellectual Dimension

- Growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning, and responding positively to intellectual challenges
- Expanding knowledge and skills while discovering the potential for sharing your gifts with others

Emotional Dimension

- Understanding and respecting your feelings, values, and attitudes
- Appreciating the feelings of others
- Managing your emotions in a constructive way
- Feeling positive and enthusiastic about your life

Social Dimension

- Maintaining healthy relationships, enjoying being with others, developing friendships and intimate relations, caring about others, and letting others care about you
- Contributing to your community

Spiritual Dimension

- Finding purpose, value, and meaning in your life with or without organized religion
- Participating in activities that are consistent with your beliefs and values

Vocational Dimension

- Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle
- Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding

Financial Dimension

- Managing your resources to live within your means, making informed financial decisions and investments, setting realistic goals, and preparing for short-term and long-term needs or emergencies
- Being aware that everyone's financial values, needs, and circumstances are unique

Environmental Dimension

- Understanding how your social, natural, and built environments affect your health and well-being
- Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment
- Demonstrating commitment to a healthy planet

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