

Name

Professor Name

Course Name

Semester

The Theorization and Concept of Health

One can define health as a state of being in complete physical, mental and social state.

Although some may define health as a state of being free from illness or any injury. The discussion of health may seem like a simple subject matter, but it isn't; health is a process, not just something that is given to us. However, the day a child is born the doctor usually announces to his/her parents, "Congratulations, you have a healthy child."

Although, millions of individuals are born with excellent health, every individual must go through a process to maintain their good health. People who are healthy in their forties, fifties, sixties and beyond aren't just lucky or the beneficiaries of hardy genes. In most cases, those who are healthy and thriving in their later years have set the stage for good health by making it a priority in their early years (Donatelle 3).

In essence, the theorization of health exemplifies that in order to maintain its constant state an individual must accomplish effective habits. Therefore, in theory, people need to maintain a vigorous lifestyle to obtain a state of optimal health. You'll discover how the casual choices you make everyday – from what to have for breakfast, to how much sleep you get – influence your life, your future and the well-being of others (Donatelle 3).

Lifestyle behaviors are the key ingredients to excellent health. For example, one lifestyle trend that individuals should behavior that is exceptionally important is the procedure of

regular standard health testing. When individuals continuously are aware of the negative health issues that they may encounter, they become more aware of situations that may occur in the future. When contemplating a behavior change, it is helpful to examine current habits, learn about a target behavior and assess motivation and readiness to change (Donatelle 27). When preparing to change, it is helpful to set realistic and incremental goals (Donatelle 27), because if you set your goals too high, you might gain a great amount of stress. There are numerous factors that may cause stress, and stress is a negative aspect of your health situations.

However, to be aware of health situations, an effective health care system would limit the number of fatalities that accompany when negative health events do occur (Clark 95).

When a person is rewarded health insurance to maintain a good understanding of health, the individual will decrease the amount of stress they contain because it's one less item they have to worry about.

Lack of health insurance is equivalent to lack of access of health care services for many people. In addition to the loss of health of individuals, lack of access to care poses significant costs to society. These costs lie in the loss of productive citizens through early death and disability as well as higher health care costs due to increasingly serious diseases (Clark 84).

In other words, when citizens aren't provided with the health insurance that is necessary, the costs will start to adjust causing stress against citizens. Though stress isn't an illness, stress can play a major role in the health state of an individual.

Basically, in theory health is a lifestyle to maintain the highest wellbeing state possible by demonstrating exceptional lifestyle behaviors. Health can be seen as existing

on the continuum and encompassing the dynamic process of fulfilling one's potential in the physical, social, emotional, spiritual, intellectual and environmental dimensions of life (Donatelle 27). However, to fulfill one's potential that individual must accomplish progression consistently.

Works Cited

Clark, Mary Jo. Community Health Nursing: Advocacy for
Population Health. New
Jersey: Pearson Prentice Hall.

Donatelle, Rebecca J. Access to Health: 12th Edition. San
Francisco: Pearson Education
Inc., 2008.