



Erasmus+



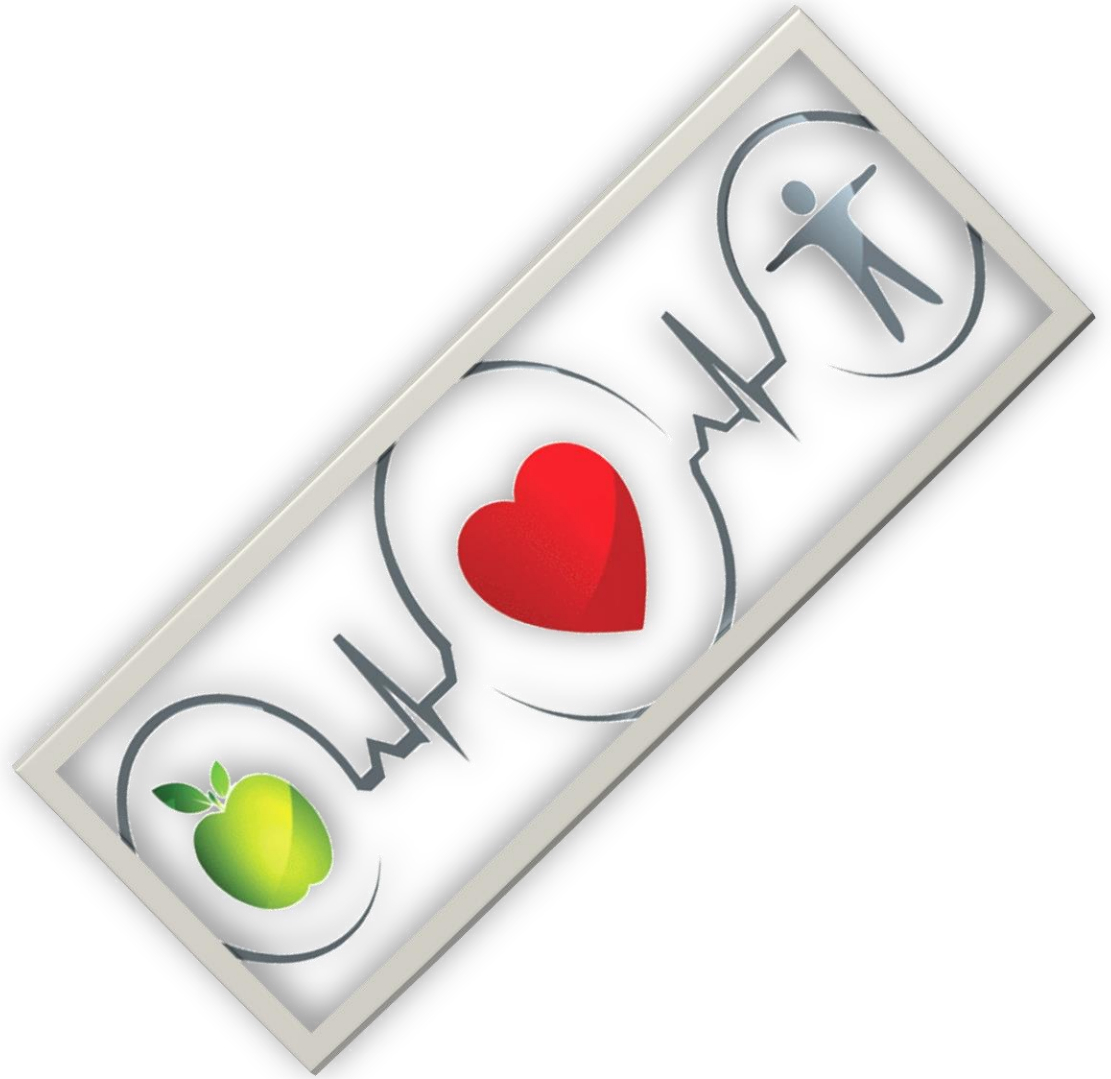
Proyecto “Mens Sana in Corpore Sano”



HEALTH

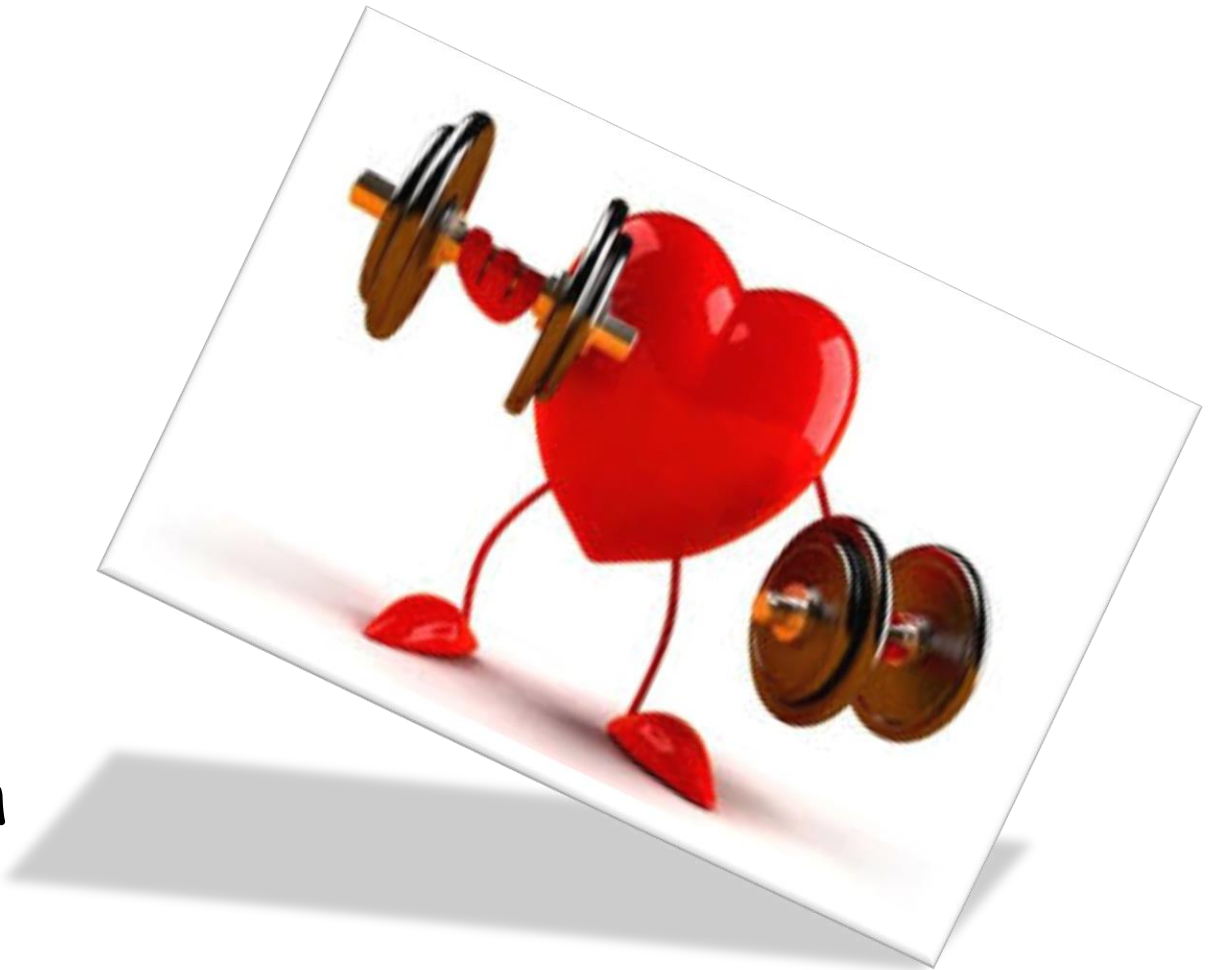
"Health is a state of complete physical, mental and social well-being, and not only the absence of affections or diseases".

World Health Organization



DETERMINANTS OF HEALTH

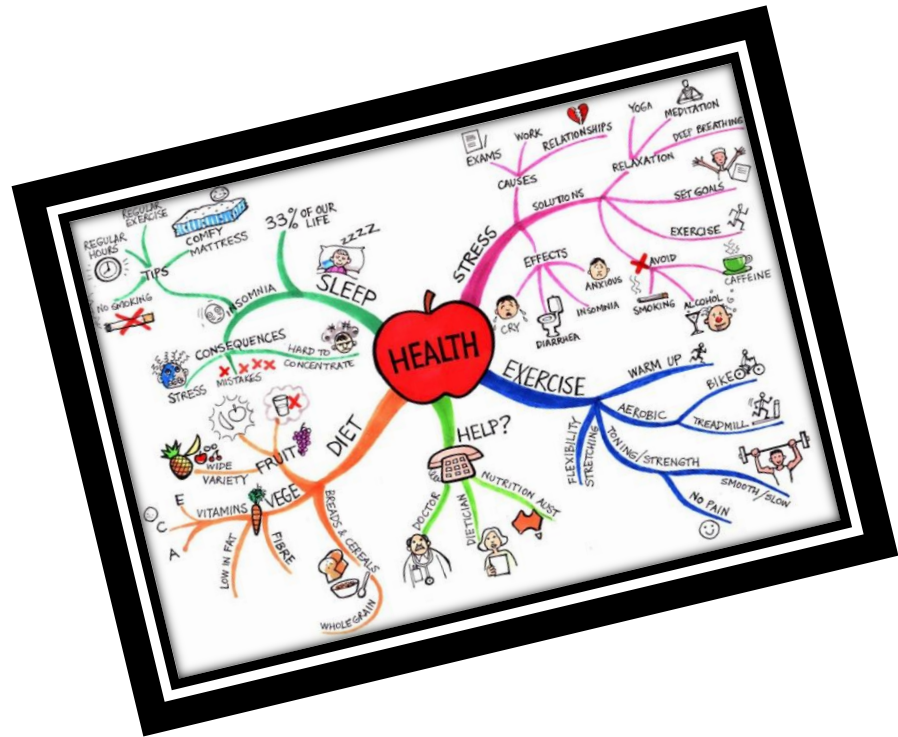
Income and
social status
Social support
networks
Social
environments
Physical
environments
Personal health
practices and
coping skills.



POTENCIAL ISSUES

There are a lot of types of health issues. Disease is one of the most common.

According to GlobalIssues.org, approximately 36 million people die each year from non-communicable disease including cardiovascular disease cancer, diabetes, and chronic lung disease.



MENTAL HEALTH

The mental health is a state of well-being in which the individual can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community



MENTAL ILLNESS

Mental illness is 'the spectrum of cognitive, emotional, and behavioral conditions that interfere with social and emotional well-being and the lives of people.



MAINTAINING HEALTH

Achieving and maintaining health is an ongoing process, shaped by both the evolution of health care knowledge and practices as well as personal strategies and organized interventions for staying healthy.



DIET

A healthy diet includes a variety of plant-based and animal-based foods that provide nutrients to your body. Such nutrients give you energy and keep your body running.



EXERCISE

Physical exercise enhances or maintains physical fitness and overall health and wellness. It strengthens muscles and improves the cardiovascular system.



SLEEP

Sleep is an essential component to maintaining health. In children, sleep is also vital for growth and development. Ongoing sleep deprivation has been linked to an increased risk for some chronic health problems.



ROLE OF SCIENCE

There are two main approaches to health science: the study and research of the body and health-related issues to understand how humans function, and the application of that knowledge to improve health and to prevent and cure diseases.



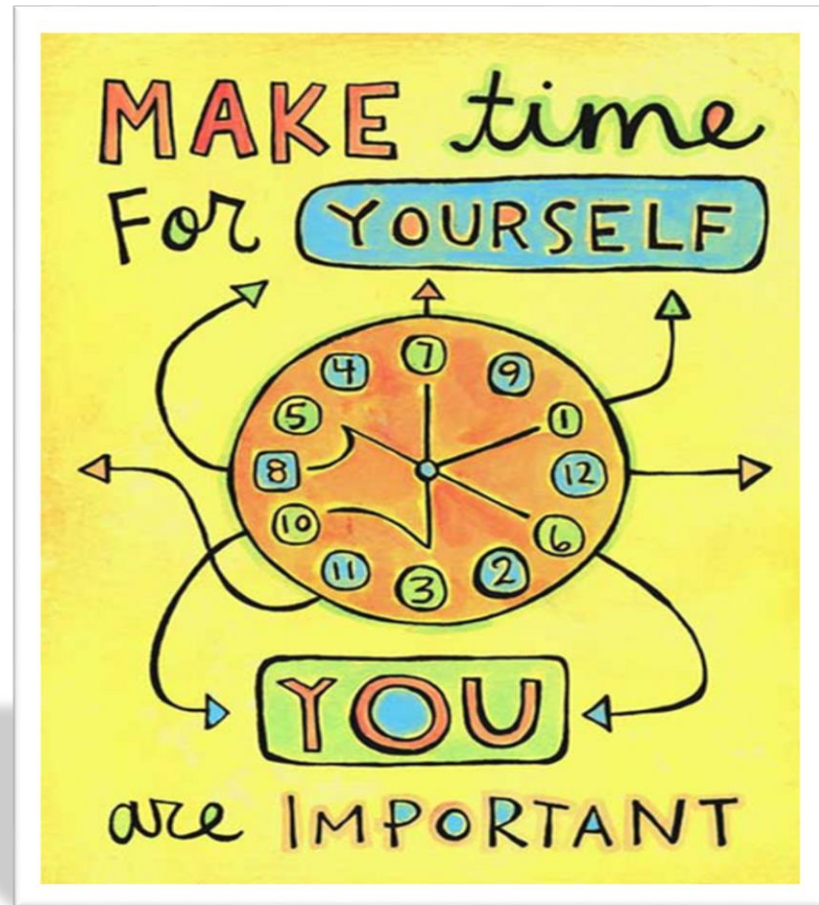
ROLE OF PUBLIC HEALTH

Public health has been described as "the science and art of preventing disease, prolonging life and promoting health through the organizations, public and private, communities and individuals.



SELF-CARE STRATEGIES

Personal health depends partially on the active, passive, and assisted cues people observe and adopt about their own health. These include personal actions for preventing or minimizing the effects of a disease, usually a chronic condition, through integrative care.



OCCUPATIONAL HEALTH

In addition to safety risks, many jobs also present risks of disease, illness and other long-term health problems.

Among the most common occupational diseases are various forms of pneumoconiosis, including silicosis and coal worker's pneumoconiosis.







THANK YOU.....!!!!

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SEVILLA

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