



Alaska Health Care Commission

Definitions

Health & Healing

- Optimal health is a dynamic balance of physical, emotional, social, spiritual, and intellectual health. ⁱ



Physical Fitness. Nutrition. Medical self-care. Control of substance abuse.

Emotional Care for emotional crisis. Stress Management

Social Communities. Families. Friends

Intellectual Educational. Achievement. Career development

Spiritual Love. Hope. Charity.

- An individual's health status is largely self-defined, encompassing a broader state of well-being beyond physical health and lack of disease or infirmity.
- Healing is restoration of wholeness and unity of body, mind and spirit. It involves curing when possible, but embraces more than cure. When illness is limited to disease and health care is limited to cure, the deeper dimensions of healing are missed.

Health Care

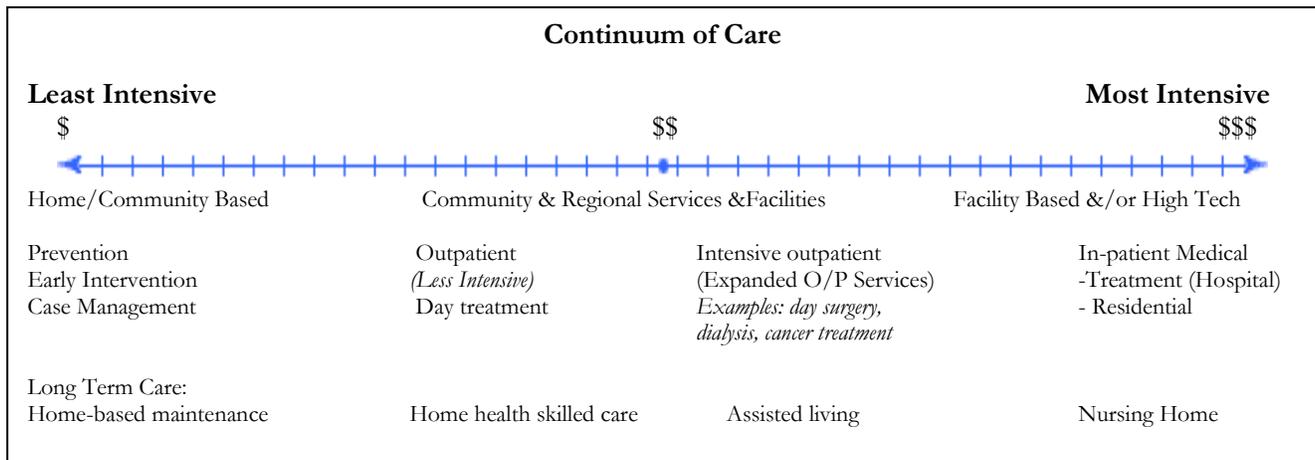
- Health Care means any care, treatment, service, or procedure to prevent disease, injury and other physical and mental impairment; and to maintain, diagnose, or otherwise affect an individual's physical or mental condition.

Health Care System

- A health care system is a collection of organizations, practitioners and allied workers, facilities and technologies, financing mechanisms, policies, and information that provide and support the provision of health care for a population.
- People in Alaska obtain health care through three different systems: the private sector, the military/VA, and the Alaska Tribal Health System. ⁱⁱ

Health Care Continuum

- The health care continuum is the full array of physical and behavioral health services, from prevention to treatment to rehabilitation and maintenance, required to support optimum health of a population.



Public Health

- Public health is what society does collectively to assure the conditions for people to be healthy. The two main characteristics of public health are 1) it is concerned with prevention rather than cure, and 2) it is concerned with population-level rather than individual-level health concerns.
- Public health protects and improves communities by preventing epidemics and the spread of disease; promoting healthy lifestyles for children and families; protecting against hazards in homes, worksites, communities and the environment; and preparing for and responding to emergencies.

End Notes

ⁱ O'Donnell MP. Definition of health promotion 2.0: embracing passion, enhancing motivation, recognizing dynamic balance, and creating opportunities. Am J Health Promot. 2009 Sept-Oct;24(1):iv. Diagram copied from the American Journal of Health Promotion web site 3/22/11: <http://www.healthpromotionjournal.com/>

ⁱⁱ For a more complete description of health care systems in Alaska, please see Appendix A of the Alaska Health Care Commission's 2009 Report: <http://www.hss.state.ak.us/healthcommission/docs/appendix.pdf>