

CHAPTER TWO

Health and Human Behavior

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Learning objectives

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At the end of this chapter the students are expected to:

- ❖ Identify determinants of Health /Risk factors
- ❖ Discuss components of Behaviors
- ❖ Identify Factors affecting human behaviors
- ❖ Discuss the types of healthy behaviors

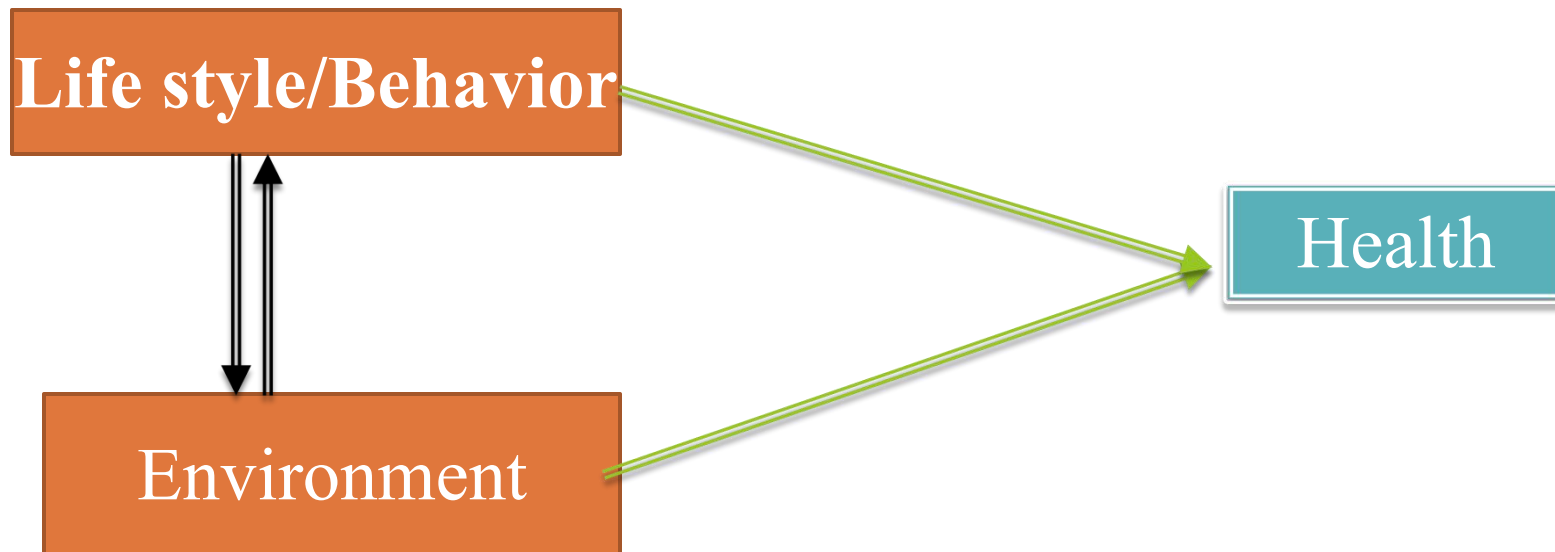
Brain storming

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- ❖ What is Health?
- ❖ What is human Behavior?
- ❖ What are determinants of Health?
- ❖ What are factors affecting human Behavior?
- ❖ What Are The Domains of Human Behaviors?

Risk Factors /Determinant of Health

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F.g.1. Relationships of Behaviors/life style & environment as a cause of health

Risk Factors /Determinant of Health...

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- ❖ Broadly, health is determined by two major categories of determinants or factors. These are *Behaviors and environmental determinants*.
- ❖ Behaviors :are those daily actions which are under the possibility of the control of the person/individual/where as
- ❖ Environmental determinants or factors are those factors which are not easily under the control of the person

Risk Factors /Determinant of Health...

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- ❖ HE and health promotion comes from the fact that health is determined, not by medical services and drugs, but by ordinary human **actions and behaviors**.
- ❖ Therefore, a proper understanding of the influences outside the individual's control will avoid the pitfall of **victim-blaming**.

Risk Factors /Determinant of Health...

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- ❖ *victim-blaming:-* ignores the factors outside the individual's control that influence behavior.
- These outside influences could include *advertising* health-damaging products such as *cigarettes*, government policies such as promoting *tobacco cultivation* or *location of health services*, *poverty* and *unemployment*.

Human behavior and its determinants

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❖ What is behavior?

- *Behavior* – is an *action* that has specific *frequency*, *duration*, and *purpose*, whether *conscious* or *unconscious*.
- *Action* –types of overt behavior, such as drinking, smoking,

To say a person has drinking/smoking behavior

- *Duration* –it is the time spent since the action started or noticed such as for a week/months (it for a week/month)
- *Frequency*– how it is repeated in a certain period of

Human behavior and its determinants...

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- ❖ People stay healthy or become ill, often as a result of their own action or behavior.
- ❖ The following are examples of how people's actions/behaviors can affect their health:
- ❖ Using mosquito nets and IRS helps to keep mosquito away
- ❖ Feeding children with bottle put them at risk of diarrhea
- ❖ Defecating in an open field will lead to parasitic infection
- ❖ • Unsafe sex predisposes people to unwanted pregnancy, HIV/AIDS and other STDs

Components of Behavior

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Basically our behavior has 3 domains

A) Cognitive domain – “stored information”

- **Knowledge** = outward expression of learning and thinking.
= measure of our cognitive capacity. e.g. by test, exam.
= when ever you change a person's knowledge you are changing his/her cognitive domain.

B) Affective domain – cognition + feeling (connation)

- ❖ Attitude
 - ❖ Beliefs
 - ❖ Value
- affects or touches our mind

C) Psychomotor domain

- ❖ Psycho-mind & Motor – action
- Practice/action/behavior – often when our knowledge and attitude are

expressed in terms of action