A PATH TO WELLNESS

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WHAT IS WELLNESS

Wellness is an active process of becoming aware of and making choices towards a healthy and happy life. It is more than being free from illness. It is a conscious, self-directed and evolving process of achieving full potential. Well-being directly affects our actions and emotions. Achieving optimal wellness is important to subdue stress, reduce the risk of illness and ensure positive interactions.
• Wellness is holistic, encompassing lifestyle, mental and spiritual well-being including the environment.

• Wellness is the outcome of eight interactive dimensions that continually influence and balance each other. Each dimension forms a piece of lifestyle pie; absence of one creates a vacuum, a missing link that imbalances the remainder of the dimensions.

• A society that truly applies a wellness approach as a pathway to optimal living is by nature inclusive and multicultural.
In ancient philosophy, there was a term namely 'Eudaimonia' commonly translated as happiness and welfare. It is a central concept of Aristotelian ethics and political philosophy. In Aristotle's works, eudaimonia was used as the term for the highest human good and so it is the aim of practical philosophy including ethics and political philosophy, to consider (and also experience) what it really is and how it can be achieved.

ARISTOTLE takes virtue and its exercise to be the most important constituent in eudaimonia but acknowledges also the importance of external goods such as health, wealth and beauty. By contrast, the STOICS make virtue necessary and sufficient for eudaimonia and thus deny the necessity of external goods.

‘Eudaimonia’

ARISTOTLE

STOICS
The term Wellness was initially brought to use in the US by Halbert Dunn, M.D., in the 1950s; Dunn was the chief of the National Office of Vital Statistics. He discussed "high-level wellness," which he defined as "an integrated method of functioning which is oriented toward maximizing the potential of which the individual is capable.

The term "wellness" was then adopted by John Travis who opened a "Wellness Resource Center" in California in the mid-1970s, which was seen by mainstream culture as part of the hedonistic culture of Northern California at that time and typical of the Me generation.

The concept was further popularized by Robert Rodale, Bill Hetler, Tom Dickey, etc.
There are eight dimensions of wellness:

- Emotional
- Environmental
- Financial
- Intellectual
- Occupational
- Physical
- Social
- Spiritual
THIS HOLISTIC MODEL EXPLAINS

- How a person contributes to their environment and community.
- How to build better living spaces and social networks.
- The enrichment of life through work and its interconnectedness to living and playing.
- The development of belief systems, values and creating a world-view.
- The benefit of regular physical activity, healthy eating habits, strength and vitality as well as personal responsibility, self-care and proper time to seek medical attention.
- Self-esteem, self-control and determination as a sense of direction.
- Creative and stimulating mental activities and sharing gifts and others.
EMOTIONAL WELLNESS

• It inspires self-care, relaxation, stress reduction and the development of inner strength.

• It is important to be attentive to both positive and negative feelings and be able to understand how to handle these emotions.

• Emotional well-being encourages autonomy and proper decision-making skills.

• Being emotionally well, grants someone the power to express feelings without any constraints. In turn, he will be able to enjoy emotional expression and be capable of forming supportive and interdependent relationship with others.
Some strategies to boost emotional wellness

- Always stay positive.
- Keep smiling.
- Seek or accept help and support from others when needed.
- Employ gratitude to your life in order to strengthen relationships with family and friends.
- Try to be mindful and increase your awareness. This can be done through various forms of meditation.
- Accept mistakes and learn from them for next time.
MENTAL HEALTH SITUATION IN BANGLADESH

- Adult 16.1%
- Anxiety disorder
- Depression
- Schizophrenia
- Substance abuse

- Children and adolescents 18.4%
- Mental retardation
- Autism
ENVIRONMENTAL WELLNESS

• Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings. This realm encourages us to live in harmony with the earth by taking action to protect it.

• The core principle is respect for all nature and all species living in it.

• There are many environmentally conscious practices one can adopt in order to improve his relationship with the environment.

• Conserve energy.

• Recycle the waste products.

• Act in a way to keep the environment free from pollution.

• Become aware of earth's natural resources.

• Spend time outdoor to take fresh air and simultaneously boost your vitamin D.
ENVIRONMENTAL SCENARIO IN BANGLADESH

- 234,000 deaths including 8,000 in urban areas due to environmental pollution and related health risks in 2015 (WB report).

- Economic impact of pollution was US $6.52 bn in urban Bangladesh in 2015.

- Economic loss equivalent to 3.4% of GDP.

- Dhaka is the fifth least livable city of the world in 2019.
Concentration of 2.5 microgram particulate matter was estimated five times the Bangladesh standard and eight times the WHO standard.

The economic cost of the deaths and disability in terms of labour output has been estimated at $1.4bn in all urban areas of Bangladesh.

Bangladesh had its first ever legal framework 'National Environment Policy' on governing environmental conservation in 2002.
OCCUPATIONAL WELLNESS

The occupational dimension recognizes personal satisfaction and enrichment in one's life through work. The choice of profession, job satisfaction, career ambitions and personal performance are all important components of someone's terrain of the path.

The following tenets can help to achieve occupational wellness:

• It is better to choose a career which is consistent with personal values, interests and beliefs than to select one that is unrewarding.
• It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.
OCCUPATIONAL SCENARIO IN BANGLADESH
Bangladesh has ratified category or sector specific conventions on Occupational Safety and Health (OSH). But it did not ratify yet key international labour standards on OSH policy, namely the "Promotional Framework for Occupational Safety and Health Convention, 2006" and the "Occupational Safety and Health Convention, 1981".

Bangladesh Labour Act was passed in 2006 and was amended in 2013. The law introduces several provisions aimed at improving workplace safety. Among others, the amended legislation requires the creation of safety committees in factories with 50 workers or more, the establishment of workplace Health Centres in workplace with over 5000 employees. Compensation for work-related deaths is to be provided if the employment period is two years and above.
According to ILO, 4% of world’s annual GDP is lost as a consequence of occupational diseases and accidents.

For the doctors community in Bangladesh, there is a lack of job satisfaction. Although the most genius, the doctors are denied of the highest positions despite their valuable contributions to the welfare of the society.

There is a lack of proper career building arrangement.

A sense of insecurity always keep the doctors entangled in their workplace.

Government of Bangladesh is trying to enact a law to protect them from the physical and mental torture by the aggrieved and unruly relatives and sympathizers of the patient.
FINANCIAL WELLNESS

Financial wellness evolves as a balance of income and expenditure that involves the process of learning how to successfully manage financial expenses. Poor financial wellbeing can lead to the greatest sense of insecurity and unhappiness. It can also contribute towards severe mental health conditions such as anxiety, depression and high stress levels. All these can drastically affect the ability to work happily and productively.

Although the burden of financial stress can be avoided through sensible budgeting, saving and living within the means, there is also a lot that an employer could be doing to improve employee’s financial wellness, reduce their money-related stress and boost up productivity.
ECONOMIC CONDITION OF BANGLADESH

• Bangladesh is the 41st largest in the world in nominal terms and 30th largest by PPP.
• It is classified among the Next Eleven Emerging Market Middle Income Economies.
• According to IMF, Bangladesh economy is the second fastest growing major economy with a rate of 7.4% (Govt. of Bangladesh claims it to be > 8%).
• According to the Spectator Index - 2019, in the last 10 years, Bangladesh has achieved the highest total GDP growth (188%) < China – 177%; India – 117%; Malaysia – 78%; Brazil – 17%>.
• As of 2019, Bangladesh's GDP per capita income is estimated as IMF data at US $4,992 (PPP) and US $1,888 (nominal).
ECONOMIC CONDITION OF BANGLADESH CONTD.

- GDP per capita rank – 144th (nominal); 136th (PPP)
- Inflation rate is 5.564%
- Population below extreme poverty line is 7.1%
INTELLECTUAL WELLNESS

• Intellectual Wellness recognizes creative abilities and finds ways to expand knowledge and skills.
• It can be developed through academics, cultural involvement, community involvement and personal hobbies.
• Having an optimal level of intellectual wellness inspires exploration.
• It also stimulates curiosity. Curiosity motivates people to try new things and develop an understanding of how the relationship between yourself, others and environment can be seen.
• One's intellectual being is about continued learning, problem solving, processing and creativity.
TEXTBOOKS are supplied free of cost to the students up to secondary level of education.

Lunch is also provided free to the students in the school.

Drop out rate has fallen significantly in the schools.

Public expenditure on education is 2% of GDP. Although the government has doubled the education sector budget to $4.3bn (2016) from $2bn in 2008.

Enrolment in primary school – 95%
• Literacy rate: 7+ years of age – 72.3%
• 15+ years of age – 72.9%
• The number of educated young males and females rose dramatically over the past 10 years.
• Bangladesh is now ahead of India, Nepal, Bhutan and Pakistan in the global literacy index.
• Mother's educational status was found to be associated with the U5MR. Uneducated mother – 82/1000; educated mother – 39/1000.
PHYSICAL WELLNESS

PHYSICAL WELLNESS recognizes the need for physical activity, healthy foods, good sleep and avoidance of harmful habits. Physical wellness promotes proper care of our bodies for optimal health. Overall physical wellness encourages the balance of physical activity, nutrition and mental well-being to keep our body in optimal condition.
STATUS OF PHYSICAL WELLNESS IN BANGLADESH

• Target of ongoing (7th) 5-year plan is to ensure poor people a minimum 2100 kilo calories of food.

• Pilot project is ongoing for Universal Health Coverage.

• Diabetes – 6.4%; raised total cholesterol – 31%; raised BP – 25.4%

• NCDs are estimated to account for 67% of all deaths.

• Unhealthy diet:
  • Fruits and vegetable consumption – 82% do not eat recommended amount. But it has increased from 2010 (2.3% to 18.25)
  • Extra salt intake – 47% take extra salt with food.
STATUS OF PHYSICAL WELLNESS IN BANGLADESH CONT'D.

- Physical inactivity: Inefficient physical activity has dropped down to 15.1% from 27% (2010).

- Harmful use of alcohol: Lifetime abstainer has decreased from 94% (2010) to 92% (2018). Percentage of current drinker has increased to 1.3% (2018) from 0.9% (2010).

- Nutritional status (2017-18): Stunting - 31%; Underweight - 22%; Wasting - 8%.

*Figure 4.9.5* Food samples tested by Public Health Laboratory over the last 7 years (2012-2018)
STATUS OF PHYSICAL WELLNESS IN BANGLADESH CONTD.

- Life expectancy at birth: 71.8 years
- <5 MR: 31 (2017)
- NMR: 17
- IMR: 24
- MMR: 172
- Births attended by skilled personnel: 42.1%
- TB incidence rate: 221/100000
- Dengue situation: Total no. of cases for this year: 72000; No. of deaths: 57 (confirmed)
- Reduction in prevalence of current tobacco use in persons aged over 15 years: 35.3%
HIV prevalence - <1%

New HIV infection in 2017 – 865

Access to drinking water – 98%

Access to Sanitary facilities – 76.8%
SOCIAL WELLNESS

• Social wellness develops a sense of connection, belonging and a well-developed support system.
• It is about relating, interacting and communicating well with others.
• It is also about being comfortable in your own skin to be able to contribute and engage in a healthy living environment. Including people in all aspects of our lives is tantamount to social wellness.
SPIRITUAL WELLNESS

• Spiritual wellness may expand a sense of purpose and meaning in life.
• It is about embracing the meta-physical and reaching beyond the physical realm of existence and experiences.
• Although it does not affect all people, it affects majority.
CONCLUSION

According to the World Happiness Report 2019, Bangladesh ranks 125 among 156 countries, although in the previous year its position was 115. The report was published by Sustainable Development Solutions Network For The UN.

Six key variables that support well-being are taken into consideration: Income, freedom, trust, healthy life expectancy, social support and generosity.