

individual factors	those factors unique to each person that can determine their level of health
inequality	the unequal distribution of illness or conditions throughout the population
life expectancy	the average number of years of life remaining to a person at a particular age, based on current death rates
lifestyle approach	an approach to health promotion that aims to reduce or prevent the incidence of risk behaviours that contribute to poor health
Medicare	Australia's government-funded health scheme that subsidises the cost of medical services for all Australians

mental health disorders

a group of mental illnesses in which a person experiences disturbances of mood or thought that lead to difficulties functioning normally; these include depression, anxiety disorders and schizophrenia

mental or emotional health

a state of well-being where we can realise our abilities, cope with the normal stresses of life, work productively and make a contribution to the community

modifiable health determinants

determinants that can be changed or controlled so they have a different level of influence on our health

morbidity

the incidence or level of illness or sickness in a given population

mortality

the number of deaths in a given population from a particular cause over a period of time

non-government  
organisations (NGOs)

organisations that  
focus on a specific  
disease or health issue

non-modifiable health  
determinants

determinants that  
cannot be changed or  
altered

obese

having a body mass  
index of 30 or over

osteoporosis

a musculoskeletal condition in  
which there is deterioration in  
the bone structure, leading to  
an increased risk of bone  
fracture

Ottawa Charter for  
Health Promotion

a document that represents  
a global approach to health  
promotion by the World  
Health Organisation

overweight

having a body mass index of 25 or over

ozone depletion

the decline in the ozone layer present in the atmosphere that shields the Earth from harmful levels of ultraviolet radiation

perception

the way something is seen or viewed by an individual or group

physical health

the wellness of the body and the absence of chronic pain or discomfort

preventative medical approaches

approaches that use medical treatments or interventions to promote health

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protective behaviours

health behaviours that are likely to enhance a person's level of health

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public health

an approach to health promotion that involves establishing programs, policies and services that create environments that support health

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