The social demography of Health

# Demography: -

Health demography defined as the application of the content and methods of demography to the study of health status and health behavior. Thus, health demography concerns itself with the manner in which such factors as age, marital status, and income influence both the health status and health behaviors of populations and, in turn, how health related phenomena affect demographic attributes.

Is the “scientific study of human population in which includes study of changes in population size, composition and its distribution”

“Demo” means “the people” and “graphy” means “measurement”. (Demos = population, Graphy = picture)

* Demography is one branch of the interdisciplinary study of human populations
* Demography deals with the social characteristics of populations and their development through time

# Demographic data may include the following:

* Analysis of a population on the basis of age, natality, race or ethnicity, marital status, occupation, level of education, income and poverty, housing, urban or rural residence, population density. Etc.
* Changes in population as a result of births, marriages and deaths

# Importance of Demographic data

* 1. Health status of a community depends upon the dynamic relationship between number of people, their composition& distribution
  2. Planning of health services can be guided by demographic variables, for example:
     + How many health units do we need?
     + How to distribute them in the community in order to be accessible to the target population?
     + What type of manpower is needed?

# The elements of demography

1. Size: increase or decrease
2. Composition: gender and age group
3. Distribution: territory

# Source of demography

* 1. population censuses
  2. national sample
  3. surveys registration
  4. vital events

# Information Gleaned from Demographic Studies

* Size of population
* Age distribution
* Sex/Gender distribution
* Income levels
* Education levels
* Occupation
* Race/Ethnicity
* Residence

# Who Uses Demographic Information?

* Health departments (all levels)
* Housing offices
* Businesses (especially employers considering location)
* School systems (all types)
* Transportation planners
* Housing planners/developers
* Hospitals (re. location of health facilities)

**Illness Behavior:**

Definition: A copping mechanism, involves ways individuals describe , monitor, interpret their symptoms, take remedial action and the use of health care system. (Suchman 1965 )

**describes 5 stages of illness behavior**

**Stage I: Symptoms experiences** ►

The illness experience is initiated when an individual first senses that something is wrong: apperception of pain, Discomfort, general unease, or some disruption in bodily functioning, There are 3 include:

1. The physical pain or discomfort.

2. The cognitive recognition that physical symptoms of an illness are present.

3. The emotional response ( e. g. fear or anxiety).

**Stage III : Medical care contact ►**

Sick people seek the advice of a health professional ethers on their own initiation or at the urging of significant others, The health professional may determine that the client dose not have an illness or it is present, and may even be life threatening, The client may deny or accept the diagnosis, If the diagnosis is accepted the client usually follows the prescribed treatment otherwise ,the client may seek the advice of other health care professionals.

**Stage II: Assumption of the sick role** ►

The individual now accept the sick role and seeks confirmation from family and friends that the illness is present Often people continue with self-treatment and delay contact with health care professionals as possible.

Emotional responses such as withdrawal, anxiety fear, and depression are depending on the severity of illness, degree of disability, and anticipated duration of illness, When motivated to seek professional help.

**Stage V: Recovery and rehabilitation** ►

A person with acute illness, the time as ill person is generally short and recovery is usually rapid. thus most find it relatively easy to their former lifestyle. People who have long term illnesses and must adjust their lifestyle may find recovery more difficult. For clients with a permanent disability may require Therapy to learn how to make more adjustments in functioning.

**Stage IV : Dependent patient role** ►

With the onset of this stage, the patient is expected to make every effort to get well. Some people enjoy the benefits of this role( increased attention, escape from work responsibilities ). Eventually, the acute patient will either get well or move at the stage 5.