

WHAT DOES 'HEALTHY' MEAN TO YOU?

Health, or being in good health, is important to everyone. It influences not just how we feel, but how we function and participate in society.

When we meet or greet someone we often ask "How are you? "How are you feeling", "R, U OK?". Talking about health forms part of our everyday conversations.

The concept of 'health' means something different to everyone. Our interpretations are often based on our knowledge, our experiences and the social norms we adhere to.

How we understand 'health', influences the importance we place on investing in health.

The most widely accepted definition of health is defined by the World Health Organization (WHO). According to WHO health is "a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity."

Activity

1. What does the WHO definition of health mean to you?

How to submit your completed activity sheet

Please save your completed activity sheet and then submit via email to healthplan@shepparton.vic.gov.au to have your ideas included in Council's Public Health and Wellbeing Action Plan.

To discover how Council is working towards creating a healthy, liveable regional city download a copy of Council's Public Health and Wellbeing Plan <https://greater-shepparton.com.au/community/safety-and-wellbeing/municipal-health-plan>

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2. Think about a time when you felt “healthy”. What were you doing? How did you feel? What words/phrases would you use to describe this moment/feeling?

3. What makes some people ‘healthy’ and others ‘unhealthy’?

4. Think about the healthiest person you know. Why has this person become so healthy?

5. What does this sentence mean to you? ‘Health starts in our schools, homes and communities.’

6. How can we create a society where everyone has a chance to live a long, healthy and happy life?