



JIM C – HEALTH TERMS

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HOW DID “*WELLNESS*” ORIGINATE?

Definition (Merriam Webster): The quality or state of being in good health especially as an actively sought goal.

(Alternative): An active process of becoming aware of and making choices toward a more successful existence.

Origin: 1653; yet the concept of wellness (or high-level wellness) was introduced in the late 1950s by Halbert L. Dunn, M.D. (1896-1975) in a series of twenty-nine lectures he gave at the Unitarian Church in Arlington County, Virginia. Dr. Dunn was the leading figure in establishing a national vital statistics system in the United States and is known as the "father of the wellness movement."

Insight: Each person has a responsibility to provide for such health essentials as good nutrition, proper weight control, exercise, and controlling of risk factors such as smoking, alcohol and drug abuse.

Goal: To have a better understanding of the key concepts like destiny, health practices, spirituality, family, environment, work, money and security, health services, social support and leisure.

C W: Wellness = Taking personal responsibility for your well-being

M of Z: The secret is not medical care, but consistent self-care