

Health as Complete Well-Being: The WHO Definition and Beyond

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The paper defends the World Health Organisation (WHO) definition of health against widespread criticism. The common objections are due to a possible misinterpretation of the word *complete* in the descriptor of health as ‘complete physical, mental and social well-being’. *Complete* here does not necessarily refer to perfect well-being but can alternatively mean exhaustive well-being, that is, containing all its constitutive features. In line with the alternative reading, I argue that the WHO definition puts forward a holistic account, not a notion of perfect health. I use historical and analytical evidence to defend this interpretation. In the second part of the paper, I further investigate the two different notions of health (holistic health and perfect health). I argue that both ideas are relevant but that the holistic interpretation is more adept for political aims.

Introduction

‘Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity’ (World Health Organisation [WHO], 1948: 100). In this paper, I argue that this famous WHO definition of health is fully adequate. Criticism that has been levied against it is based on a specific interpretation that is not the only alternative. In addition to defending the WHO definition, I will discuss two different meanings of the concept of health, which can lead to confusion if not properly kept apart. This is important, for historical and analytical reasons, because the WHO definition can indeed be interpreted in different ways and because we need to get to grips with the differences between types of definitions of health. My second aim in this paper is hence to explain and to properly keep apart two different conceptualisations of health.¹

As regards the WHO definition, I will claim that critics have read the word *complete* in the phrase ‘complete physical, mental and social well-being’ in a way that goes against the likely intentions of the drafters of the definition. The common objections, for instance, accusing the WHO definition of utopianism and overreach, are based on an implicit assumption, according to which *complete* is a quantitative term. In other words, critics assume that the phrase means that health is a state of well-being to the largest degree. I will call this interpretation *perfect health*. So, the critics claim that the WHO identifies

health with the largest degree of well-being, that is, with perfect well-being or—in less technical terms—with happiness.

However, the term *complete* can also have a qualitative meaning.² When we say that something is a complete specimen of its kind, then we mean that it has all the features that are constitutive of it. For instance, a complete dinner is one that contains a starter, a main dish and a dessert. Accordingly, complete well-being might be understood as a state that is exhaustive of all constitutive features of well-being. These are, according to the WHO, physical, mental and social aspects. I will call this *holistic health*.³ In brief, I will claim that the WHO endorses a holistic account of health, not a perfectionist account.⁴

In the second section, I briefly introduce the most important objections to the WHO definition. They have mainly to do with an alleged confusion of health with happiness, which then purportedly leads to a form of medicalisation of human life. In the third section, I discuss the likely intentions behind the WHO definition. I do this by referring to the two readings mentioned before, perfect health and holistic health. There are systematic and historical reasons as to why the WHO plausibly intended a holistic interpretation of health. In the fourth section, I discuss the two interpretations of health in their own right. I introduce their purposes and some objections to either notion. As is the case with many concepts we use, there is no single right or wrong conceptualisation of health. However, I argue that a

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Complete Well Being

Daniela Niemeyer



Complete Well Being:

Structural and Systemic Perspectives on Health and Well-being Louise Dalingwater, Arnaud Page, Liana B. Winett, 2026-01-01 This volume provides a background to debates on definitional terms of subjective and objective wellbeing. Beyond that, it analyses discourse and policy practice relating to population level and individual health and wellbeing promotion. The chapters in this volume illustrate salient aspects relating to health and wellbeing. How the post-pandemic world seems to be at a tipping point in terms of worsening outcomes for the social determinants of health and wellbeing. How health and wellbeing approaches in the educational sector can be seen as rhetoric devices to promote reform but also as a meaningful way to promote student flourishing. How holistic approaches to health and wellbeing, namely embedding arts and culture in a healthcare setting, can support enhanced wellbeing of frontline healthcare staff. And how specific health and wellbeing issues relating to women and their integration into the workforce remain fraught with difficulty. Finally, the volume analyses efforts to improve health and wellbeing in the face of political turmoil. This highly interdisciplinary volume includes contributions from senior academics and early career researchers in political science, social science, area studies, and economics, and is an important contribution to the SDG and broader literature on policies related to health and wellbeing.

Handbook of the Philosophy of Medicine Thomas Schramme, Mary Jean Walker, 2025-09-30 This is the second edition of Springer's first wide-ranging multi-authored handbook on philosophy of medicine. It covers the underlying conceptual issues of many important social, political, and ethical issues in health care and, as such, provides a single source of information for this far-ranging and still-developing field. This new edition of this authoritative handbook includes topics that have gained momentum in the last couple of years. This second edition introduces and develops nearly one hundred topics, concepts, and issues in the field. It is written by distinguished specialists from multiple disciplines, including philosophy, health sciences, nursing, sociology, political theory, and medicine. Many complicated social and ethical issues in health care are based on conceptual problems, most prominently on the definitions of health and disease or on epistemological issues regarding causality or diagnosis. Philosophy is the discipline that deals with such conceptual, metaphysical, epistemological, methodological, and axiological matters. This handbook covers all the central concepts in medicine, such as ageing, death, disease, mental disorder, and well-being. It is an invaluable resource for health care specialists who want to be informed and stay up to date with the relevant discussions, as well as philosophers and ethicists with an interest in medicine and members of the general public with an interest in health care and related issues. The text also advances these debates and sets the agenda for years to come.

Habilitation, Health, and Agency Lawrence C. Becker, 2012-06-15 Lawrence C. Becker introduces an unconventional set of background ideas for future philosophical work on normative theories of basic justice. The organizing concept is habilitation, the process of equipping a person or thing with functional abilities or capacities. The specific proposals drawn from the concept of habilitation are independent of any particular set of distributive principles. The

result is a framework for theory that includes a metric for the pursuit of basic justice but not a normative theory of it The basic idea is that receiving and providing habilitation is a lifelong necessity for human beings from their nearly helpless newborn state through their struggles to survive and thrive thereafter even into the most severe diminishment of old age This lifelong human necessity underlies all questions about basic justice and the possibilities for habilitation define the circumstances under which those questions arise Focusing on the circumstances of habilitation calls attention to the central role of physical and psychological health Without basic good health in both domains it is not possible to cope with the habilitative demands of one's physical and psychological endowments and one's physical and social environments And for human beings a particular aspect of human health effectively sums up these matters namely human agency the nature and extent of the ability to act effectively The book proposes specifically that normative theories of basic justice adopt the habilitation framework What then appears to follow is that the most plausible comprehensive metric for assessing progress toward basic justice will be the level and distribution of basic good health Moreover achieving robustly healthy agency will be the most plausible tactical target for making progress toward basic justice no matter what one's favored distributive principles might be

Adolescent Health, 1991 **Work Design** Adedeji B. Badiru, Sharon C. Bommer, 2017-07-12 Work is all around us and permeates everything we do and everyday activities Not all work is justified not all work is properly designed or evaluated accurately or integrated A systems model will make work more achievable through better management Work is defined as a process of performing a defined task or activity such as research development operations maintenance repair assembly production and so on Very little is written on how to design evaluate justify and integrate work Using a comprehensive systems approach this book facilitates a better understanding of work for the purpose of making it more effective and rewarding

Adolescent Health: Background and the effectiveness of selected prevention and treatment services, 1991 **Health Promotion in Practice** Sherri Sheinfeld Gorin, Joan Arnold, 2006-03-31 Health Promotion in Practice is a practice driven text that translates theories of health promotion into a step by step clinical approach for engaging with clients The book covers the theoretical frameworks of health promotion clinical approaches to the eleven healthy behaviors eating well physical activity sexual health oral health smoking cessation substance safety injury prevention violence prevention disaster preparedness organizational wellness and enhancing development as well as critical factors shaping the present and the future of the field Written by the leading practitioners and researchers in the field of health promotion Health Promotion in Practice is a key text and reference for students faculty researchers and practitioners Finally a signature book in which practitioners of health promotion will find relevant guidance for their work Sherri Sheinfeld Gorin and Joan Arnold have compiled an outstanding cast of savvy experts whose collective effort has resulted in a stunning breadth of coverage Whether you are a practitioner or a student preparing for practice this book will help you to bridge the gap between theory and practice driven empiricism John P Allegrante professor of health education Teachers College and

Mailman School of Public Health Columbia University The models of health promotion around which Health Promotion in Practice is built have a sound basis in current understanding of human development the impact of community and social systems and stages of growth development and aging This handbook can provide both experienced health professionals and students beginning to develop practice patterns the content and structure to interactions that are truly promoting of health

Kristine M Gebbie Dr P H R N Columbia University School of Nursing *Philosophy of Population Health* Sean Valles,2018-05-11 Population health has recently grown from a series of loosely connected critiques of twentieth century public health and medicine into a theoretical framework with a corresponding field of research population health science Its approach is to promote the public s health through improving everyday human life afford able nutritious food clean air safe places where children can play living wages etc It recognizes that addressing contemporary health challenges such as the prevalence of type 2 diabetes will take much more than good hospitals and public health departments Blending philosophy of science medicine public health ethics and history this book offers a framework that explains analyses and largely endorses the features that define this relatively new field Presenting a philosophical perspective Valles helps to clarify what these features are and why they matter including searching for health s upstream causes in social life embracing a professional commitment to studying and ameliorating the staggering health inequities in and between populations and reforming scientific practices to foster humility and respect among the many scientists and non scientists who must work collaboratively to promote health Featuring illustrative case studies from around the globe at the end of all main chapters this radical monograph is written to be accessible to all scholars and advanced students who have an interest in health from public health students to professional philosophers [American Journal of Public Health](#) ,1927 **Macmillan's Magazine** ,1886 **Holistic Health** Maurice Lincoln,2024-11-24 Holistic Health The Path to Complete Well Being Embark on a transformative journey toward achieving true wellness with Holistic Health The Path to Complete Well Being This insightful guide invites readers to explore the interconnectedness of mind body and spirit in creating a balanced and fulfilling life Grounded in ancient wisdom and supported by modern science this book offers practical tools inspiring stories and evidence based strategies to enhance your physical vitality emotional resilience and spiritual growth From nutrition and mindfulness practices to understanding energy flow and the power of community This book provides a comprehensive roadmap to thriving in all areas of life Whether you re seeking to alleviate stress boost your immune system or cultivate a deeper sense of purpose this book empowers you to take charge of your health with a holistic perspective Discover how small mindful changes can lead to profound transformations enabling you to live with greater joy harmony and well being Perfect for anyone curious about natural wellness or ready to deepen their self care journey Holistic Health The Path to Complete Well Being is a must read companion for living your best most balanced life **Annual Report of the Pennsylvania Department of Agriculture** Pennsylvania. Department of Agriculture,1912 Report of Pennsylvania Forestry Commission

published in 1896 1895 pt 2 **The Secret of Happiness** Edmond Holmes,1919 **Hawthorne and His Circle** Julian
Hawthorne,1903 **Queries** ,1888 *Journal of Health, Physical Education, Recreation* ,1957 **St. Louis Clinique**
,1892 Littell's Living Age ,1920 **The Journal of Health and Physical Education** ,1930 Woodside, Burnside,
Hillside and Marsh James William Tutt,1906

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web lab overview in this investigation you will break open cells prepare a filtered extract containing dna and separate out molecules of dna in a test tube background every cell in a strawberry contains eight copies of each of its chromosomes as a result strawberries contain large amounts of dna

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web would the dna be the same in any cell in the human body hint remember that each person starts out as a single cell the fertilized egg yes except for the germs cells if you wanted to extract dna from a living person what cells would you use and why cheek cells they are non invasive to get

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web my students love this lab in this activity students are going to break apart the cell membrane of a strawberry and separate the dna from the nucleus they will get to see and touch actual dna strawberries are easy to use because they are soft easy to pulverize and they are octoploid which mean

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web since the strawberries were once living and we extracted dna from them what does this mean about the foods you eat a foods are living and they have dna study with quizlet and memorize flashcards containing terms like 1 q describe the dna you extracted

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web when the test tube is about 1 8 full remove the funnel discard sample answer the dna dissolved in the detergent solution so we could not see extension students will find that they can extract substantially more dna from the straw berry sample than from the banana sample however keep in mind that there are several variables that

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web yes because the dna in our body is clumped up like the strawberry s and if we stretch it all out it would have the ability to reach very far making 70 trips to the sun and back if we were to stretch the glob of strawberry dna then it could create a very long strand of dna want to read all 4 pages

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web 1 read the objective background and procedure section of the lab the native british wild strawberry is a diploid it has two sets of