



# OMICS Group

OMICS Group International through its Open Access Initiative is committed to make genuine and reliable contributions to the scientific community. OMICS Group hosts over **400** leading-edge peer reviewed Open Access Journals and organizes over **300** International Conferences annually all over the world. OMICS Publishing Group journals have over **3 million** readers and the fame and success of the same can be attributed to the strong editorial board which contains over **30000** eminent personalities that ensure a rapid, quality and quick review process. OMICS Group signed an agreement with more than **1000** International Societies to make healthcare information Open Access.

Contact us at: [contact.omics@omicsonline.org](mailto:contact.omics@omicsonline.org)

# OMICS Journals are welcoming Submissions

OMICS Group welcomes submissions that are original and technically so as to serve both the developing world and developed countries in the best possible way.

OMICS Journals are poised in excellence by publishing high quality research. OMICS Group follows an Editorial Manager® System peer review process and boasts of a strong and active editorial board.

Editors and reviewers are experts in their field and provide anonymous, unbiased and detailed reviews of all submissions.

The journal gives the options of multiple language translations for all the articles and all archived articles are available in HTML, XML, PDF and audio formats.

Also, all the published articles are archived in repositories and indexing services like DOAJ, CAS, Google Scholar, Scientific Commons, Index Copernicus, EBSCO, HINARI and GALE.

**For more details please visit our website:**

**<http://omicsonline.org/community-medicine-health-education.php>**



**Syeda Zakia Hossain  
Faculty of Health Sciences  
University of Sydney  
Australia**

***Executive Editor  
of  
Journal of Community Medicine & Health  
Education***

# Biography

Zakia Hossain is a Health Sociologist and a Demographer. She is a recipient of AusAID and Rockefeller Foundation Fellowships. Her major research and teaching is in the areas of Health Sociology, Health and globalization, International Health and Chronic diseases, research methods and statistics.

The PhD thesis' she has supervised examines, Stigma and HIV/AIDS; Media, HIV/AIDS education and young people; Acculturation and health and wellbeing of second generation Iranian in Australia. She has presented her research work in Global Health Conference, Washington DC, World Congress of Gerontology, World Congress of Sociology, APSA and TASA international conferences.

# Research Interests

- Health Sociology
- Women's health
- Breast cancer,
- Reproductive health,
- Cross-cultural issues in health & ageing, HIV/AIDS,
- Stigma Domestic violence,
- Health Migration,
- Health inequalities
- Teenage pregnancy

# Publications

- ❖ Gwirayi, P., Mpofu, E., Hossain, S., Dune, T., Maruatona, S. (2013). Sexual and Reproductive Health. In Kenneth D Keith (Eds.), *The Encyclopedia of Cross-Cultural Psychology*, (pp. 1161-1164). West Sussex, UK: Wiley-Blackwell Publishing.
- ❖ Hossain, S. (2003). Globalisation, Rapid urbanisation and anomie in Dhaka. In T. J. Scrase, T. J. M. Holden & S. Baum (Eds.), *Globalization, Culture and Inequality in Asia*, (pp. 234-248). Melbourne: Trans Pacific Press.
- ❖ Hossain, S. (2001). Demography, Mortality. In Not known (Eds.), *Encyclopedia of Death and Dying*. United States: Routledge imprint of Taylor & Francis.
- ❖ Alizadeh-Khoei, M., Sharifi, F., Hossain, S., Fakhrzadeh, H., Salimi, Z. (2014). Elder Abuse: Risk Factors of Abuse in Elderly Community-Dwelling Iranians. *Gerontology and Geriatrics Education*, 40(7), 543-554
- ❖ Mustapha, W., Hossain, S., O'Loughlin, K. (2014). Management and Impact of Diabetes on Quality of Life among the Lebanese Community of Sydney: A Quantitative Study. *Journal of Diabetes & Metabolism*, 5(1), 1-10
- ❖ Yang, C., Hossain, S., Sitharthan, G. (2013). Collaborative Practice in Early Childhood Intervention From the Perspectives of Service Providers. *Infants & Young Children: An Interdisciplinary Journal of Special Care*, 26(1), 57-73
- ❖ Alizadeh-Khoei, M., Hossain, S., Sharifi, F. (2013). Factors Impacting on the Burden of Informal Caregiving among Elderly Community Care-recipients. *The International Journal of Aging and Society*, 2(1), 39-54.



# Publications

- ❖ Shadid, H., Hossain, S. (2013). Understanding Smoking Behaviour among Secondary School Students in Amman, Jordan: A Qualitative Study. *Community Medicine & Health Education*, 3(2), 1-7.
- ❖ Mustapha, W., Hossain, S., O'Loughlin, K. (2012). Detection, Management and Impact of Diabetes among the Lebanese Community of Sydney: A Qualitative Study. *Community Medicine & Health Education*, 2(7), 1-10
- ❖ Hosseinzadeh, H., Hossain, S., Niknami, S. (2012). Levels and functions of HIV/AIDS stigma within the Iranian community living in the Sydney metropolitan area. *Health Education Journal*, 71(1), 115-128
- ❖ Alizadeh-Khoei, M., Hossain, S., Abdollahpour, I. (2012). Mental and physical health status among elderly people: The role of socioeconomic predictors. *Middle East Journal of Age and Ageing*, 9(5), 12-22.
- ❖ Hosseinzadeh, H., Hossain, S., Bazargan-Hejazi, S. (2012). Perceived stigma and social risk of HIV testing and disclosure among Iranian-Australians living in the Sydney metropolitan area. *Sexual Health*, 9(2), 171-177
- ❖ Hosseinzadeh, H., Hossain, S. (2011). Functional Analysis of HIV/AIDS Stigma: Consensus or Divergence? *Health Education and Behavior*, 38(6), 584-595.
- ❖ Alizadeh-Khoei, M., Mathews, R., Hossain, S. (2011). The role of acculturation in health status and utilization of health services among the Iranian elderly in metropolitan Sydney. *Journal of Cross-Cultural Gerontology*, 26(4), 397-405

# Introduction

## *Health Sociology*

Health is a state of complete well-being: physical, mental, and emotional. This definition emphasizes the importance of being more than disease free, and recognizes that a healthy body depends upon a healthy environment and a stable mind. Medicine is the social institution that diagnoses, treats, and prevents disease. To accomplish these tasks, medicine depends upon most other sciences—including life and earth sciences, chemistry, physics, and engineering. Preventive medicine is a more recent approach to medicine, which emphasizes health habits that prevent disease, including eating a healthier diet, getting adequate exercise, and insuring a safe environment.



When we think about health we tend to think about it in purely physical or biological terms. However, health is also a major social issue due to the fact that many of the causes of illness are directly affected by social factors. Health is defined by the World Health Organization (WHO) as being 'a state of complete physical, mental and social wellbeing'. This definition confirmed health as a social issue and this is borne out by evidence which demonstrates that standards of health have varied over time and also from one society, culture and country to another. For example, what is considered as good health in a low-income country such as Sri Lanka is very different to what is considered good health in the high-income UK.

# Health Sociology



# Health standards

Standards of health in the Western nations have vastly improved since the nineteenth century. This is mainly due to better standards of living since industrialization and also to advances in medicine which have helped control infectious diseases which were the major killers at the beginning of the 20th century. Today ill health in western societies can be characterized mainly by chronic degenerative diseases such as heart disease and various cancers. There have also been some major changes in individual health-affecting behaviors which include cigarette smoking, alcohol consumption and significant changes in the nation's diet.



# Improving health

The WHO was established in 1948 within the United Nations with its role being to provide leadership in global health matters, create health research agenda, establish health standards, articulate evidence-based policy options, provide technical assistance to countries and to monitor and evaluate trends in health. In 1984 the WHO introduced the concept of health promotion and defined it as the process of enabling people to have more control of the factors which determine their health and thereby improve it. In addition to programmes promoting changes to people's lifestyles the WHO have advocated the use of legislation, education, empowerment at local level as well as fiscal measures and organizational change as methods of health promotion. Its primary objective is to reduce inequities in health. Since that time health promotion has become a main feature of health policy at all levels.

# Worthy Goal

The World Health Organization has promoted the concept of health for all and in 2008 backed an initiative to attain a level of health for people around the world that would enable them to live socially and economically productive lives. However progress towards this worthy objective has been poor and a simple measure of this is the fact that today, people in many locations throughout the world do not have sufficient food and sadly do not have even the basic entitlement of access to clean water

# Related Journals

- ❑ Health Care : Current Reviews
- ❑ Occupational Medicine & Health Affairs
- ❑ Journal of General Practice
- ❑ Internal Medicine: Open Access





# **Related Conferences**

# OMICS Group Open Access Membership

OMICS publishing Group Open Access Membership enables academic and research institutions, funders and corporations to actively encourage open access in scholarly communication and the dissemination of research published by their authors.

For more details and benefits, click on the link below:

<http://omicsonline.org/membership.php>

