

relative nature of health	how we judge our health compared to other people or other points of time in our lives
remote	areas with a population of less than 5000
reorientation	adjusting the direction or focus of a service to create a fresh approach
resilience	the capacity of individuals to deal with adversity and challenges in ways that make it possible for them to lead healthy and fulfilling lives
risk behaviours	health behaviours that have been found to contribute to the development of health problems or poorer levels of health

Royal Flying Doctor Service	aeromedical emergency and general health care service for people living in rural and remote areas of Australia
rural	a term that describes areas defined as having populations between 5000 and 99000
sedentary	a lack of regular physical activity and a lot of time sitting or resting
self-efficacy	our belief in our ability to be able to carry out a particular task
social construct	a concept that recognises that people have different views based on their social circumstances

social exclusion

when someone is denied resources, rights and services and is unable to participate in normal relationships and activities that are available to the majority of people in society

social health

our ability to interact with other people in an interdependent and cooperative way

social justice

a value that favours the reduction or elimination of inequity, the promotion of inclusiveness of diversity and the establishment of environments that are supportive of all people

social marketing

the use of marketing techniques to improve health and well-being by changing attitudes and behaviour in relation to a particular product or issue

social norms

the behaviours, beliefs and values that are expected or seen as acceptable within different social groups

sociocultural factors

the society in which people live and the cultural practices and expectations that exist within these communities

socioeconomic disadvantage

significant limitations to opportunity that can be experienced as a result of social and economic circumstances, such as lower education, unemployment, limited access to services, inadequate housing etc.

socioeconomic status

an economic and sociological total measure of a person's level of income, education, housing and employment

spiritual health

a sense of purpose and meaning in our life; feeling connected with others and society

stereotype

a simplified and fixed image, opinion or concept to which people may feel expected to conform

underweight

having a body mass index less than 18.5

World Health Organisation (WHO)

a specialised agency of the United Nations that acts as the coordinating authority on international public health issues
