

# HEALTH, OCCUPATIONAL PERFORMANCE, AND OCCUPATIONAL THERAPY

Charles H. Christiansen, EdD, OTR, FAOTA; Carolyn M. Baum, PhD, OTR/L, FAOTA;  
and Julie D. Bass, PhD, OTR/L, FAOTA



## LEARNING OBJECTIVES

- Compare and contrast historical definitions of health.
- Appreciate how differences in the definitions of health influence how health care services are organized and practiced.
- Discuss health status as applied to individuals, organizations, and populations.
- Understand the relationship between health, occupational performance, and quality of life.
- Explain how a focus on occupational performance defines occupational therapy as a service worthy of societal support.
- Appreciate the relationship between services, outcomes, and societal value.

## KEY WORDS

- Health
- Health determinants
- Health outcomes
- Occupational performance
- Occupational therapy
- Occupations
- Population health
- Quality of life
- Well-being

## INTRODUCTION

In this chapter, we present some basic terms and concepts necessary for understanding the role, purpose, and value of occupational therapy as a client-centered service deserving of societal support. Beginning with an