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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


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
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 programmers 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

3rd International Conference on Surgery and Anesthesia
November 17-19, 2014, Chicago, USA

2nd International Conference on Predictive, Preventive, Personalized Medicine & Molecular Diagnostics
November 03-05, 2014, Las Vegas, USA

4th International Conference and Exhibition on Occupational Health & Safety
Canada, April 13-14, 2015
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