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Assessment of Wellness Status Among a Multi-Ethnic Based Adult Sample**Adeogun John Olufemi^a, Rabi Muazu Musa^{b*}**

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Abstract: Wellness is an encompassing canopy harnessing multiple of activities aimed at helping individuals recognize components of lifestyle that are detrimental to health. However, the challenge still remains that most individuals seldom identify and practice positive health behaviors that can enhance fitness and wellness. Objectives: As a starting point, the present study assessed the wellness status of a multi-ethnic based adult population in Lagos, Nigeria. Methods: The wellness lifestyle Questionnaire (WLQ), which provides an initial rating of the individual's current efforts to stay healthy and assessed six major areas, namely: emotional health, fitness and body care, environmental health, stress, nutrition and medical self-responsibility was used as the instrument for data collection. Eight hundred and thirty-eight males, as well as one thousand four hundred and sixty-two females' adults, were purposely recruited for this study. Results: It was obvious from the data collected that 61.03% of the population sampled needs improvement on their health status while only 8.04% had excellent health and wellness status with just 30.93% of the population in a good health condition. Conclusion: Providing health and wellness education by fitness experts, therefore, becomes inevitable and a challenge for health and wellness experts.

Keywords: Health status; Wellness; Fitness; Healthy Living; Multi-ethnic; Lifestyle.

Introduction

Healthy people are one of the greatest asset as well as resources of any nation. Poor health drains individual and national resources by increasing amount of money spent on health care and reducing workers' productivity. Wellness is seen as the continuous and deliberate effort to stay healthy and achieve the highest potential for well-being [1]. Many of us are not in control of the factors that cause us to become ill whether they are genetics, environmental or something else entirely. To enjoy a wellness lifestyle, the individual needs to practice behaviours that will lead to a positive outcomes, as a matter of necessity, there are many measures we can take to improve our health in the five major dimensions of wellness, namely; physical, social, emotional, spiritual and mental/intellectual [2]. These aspects are interrelated and whatever happens, to one frequently affect the others. None of these components work in isolation, for instance; lack of sound physical

wellbeing can lead to poor emotional health. Equally, a lack of spiritual health can contribute to poor emotional health as well as poor physical and mental health. Only balances of all these can help achieve total wellness.

As observed by Okuneye et al., (2010) in the current years, the definition of health has been stretched to include wellness; a state of being that enables the individual to reach one's fullest potential [3]. Wellness integrates aspects such as adequate fitness, proper nutrition, stress management, disease prevention, smoking cessation, personal safety, and control on substance abuse, good level of spirituality, regular physical examinations, health education and environmental support. Wellness is however seen as a new concept of good health [4]. According to Irwin et al., (2011) wellness is an all-inclusive umbrella, covering the several components conducive to health, in a broad sense; the term refers to 'healthy living' which is achieved by he practice of a healthy lifestyle as earlier mentioned [5].

Over the past 30 years, health status assessment methods have gained so much popularity as a discipline and an instrument, predictive of different facets of individual's health and total well-being [6]. Undoubtedly, everyone would like to enjoy good health and wellness, but most people do not know how to reach this objective. Lifestyle is an essential factor affecting our personal well-being and total wellness. How then does one practice a healthy way of life? A good place to begin is with the personal assessment of the individual's state of health and evaluation of health risk status. This study, therefore, as a starting point and a diagnostic measure, assessed the wellness status of a multi-ethnic based adult sample in Lagos State, Nigeria.

Materials and Methods

The population for the study comprised all adults residing in Festac town. The Purposive sampling technique was utilized in selecting two thousand three hundred (838 males and 1462 females) adults for the study. The principal instruments for data collection were the wellness lifestyle Questionnaire (WLQ), curled from [6]. The instrument assessed six major areas, namely: emotional health, fitness and body

care, environmental health, stress, nutrition and medical self-responsibility. This questionnaire provides an initial rating of the individual's current efforts to stay healthy and well. The nature of the study was clearly explained to the participants and only those who volunteered and signed the 'informed consent form' participated in the study.

Statistics

Simple frequency and percentage method was used to analyze the data collected due to its simplicity and clarity in projecting survey information.

Results

Table 1: Descriptive statistics of the respondents

Sex	Total	Percentage (%)
Male	838	36.44
Female	1462	63.56
Total	2300	100

Table 1. exhibits the descriptive statistics of the respondents. From the table, it can be seen that 36.44% of the total participants were males while 63.56% were females.

Table 2: Wellness status profile of the respondents

Wellness Category	Wellness Status					
	Need improvement		Good		Excellent	
	No	%	No	%	No	%
Emotional Health	1968	85.57	332	14.43	Nil	Nil
Fitness and body care	1120	48.69	930	40.43	250	10.87
Environmental health	1147	49.87	873	37.96	280	13.17
Stress	1732	75.3	568	24.7	Nil	Nil
Nutrition	1034	44.96	931	40.48	335	14.57
Medical self-responsibility	1421	61.78	634	27.57	245	10.65

Table 2 shows the degree of wellness of the participants for each category of constructs. From the table, it can be witnessed that 85% of the total population sampled need improvement on their emotional health while 14% are in good condition with none possess excellent emotional health. Conversely, 48.69% need improvement on their personal fitness and body care while 40.43% had good fitness and body care with only 10.87% in excellent condition. However, 49.87% in need improvement on their environmental health while 37.96% recorded sound environmental condition with only 12.17% in excellent condition. Similarly, 75.30% need improvement on stress control and only 24.70% had

good control over stress and stressed aggravating conditions. Furthermore, 44.96% need improvement on their nutrition while 40.48% had good nutritional status with only 14.57% having excellent nutritional status. 10.65% and 27.57% had excellent and good control of their medical self-responsibility respectively while 61.57% need improvement on their medical self-responsibility.

Discussion

The study observed that 85.57% of the participants need improvements on their personal health while only 14.43% appeared to be emotionally good with a tendency of swinging either side; however, none of the participants was excellently

emotionally stable. 48.69% need improvement on their personal fitness and body care while 40.43% had good fitness and body care with only 10.87% in excellent condition. Wellbeing is a dynamic process since it is continually evolving. Caspersen et al., (1985) inferred that we all have times of good wellbeing, times of sickness, and possibly times of severe diseases [7]. As our lifestyles change, so does our level of wellbeing. The people who partake in the consistent physical activities do as such to enhance the overall present and future level of their wellbeing. We endeavor toward an ideal condition of good health. As our way of life enhances, our wellbeing additionally improves, and we encounter less ailment and disorder. Personal care, as well as emotional health balance, plays an integral part in maintaining good health. Despite the fact that these components are a basic part of being healthy, they are by all account, not the only contributing variables. Physical wellbeing is the standing out component of our general wellbeing.

Moreover, a total 49.87% in this study need improvement on their environmental health while 37.96% recorded good environmental condition with only 12.17% in excellent condition. None of the participants recorded the excellent state of health regarding stress and susceptibility to stress that is one of the major causal factors to poor health. 75.30% need improvement on stress control and only 24.70% had good control over stress and stressed aggravating conditions. Lessening stress in our regular life is essential for keeping up our general wellbeing, as it can enhance our state of mind, help resistant capacity, promote lifespan and permit us to be more beneficial. When we let our anxiety defeat us, we put our self in danger of building up a scope of ailments. Stress has such an intense effect on our health since it is a natural reaction that is initiated in the brain. Nonetheless, when an individual becomes stressed, the brain experiences both chemical and physical changes that influence its general function. In the event of severe stress, however, certain chemicals in the brain, such as the neurotransmitters dopamine, epinephrine and norepinephrine start to rise, inducing larger amounts of "fight-or-flight" hormones, for example, adrenalin to be discharged by the adrenal glands [8]. The release of these chemicals donates to certain physiological impacts, including rapid heart rate, higher blood pressure, and a weakened immune system [9]. At the point when left unmanaged after some time, long-lasting stress can prompt the growth of different health issues, for example, stomach ulcers, stroke, asthma, and coronary illness.

The study further reveals that 44.96% need improvement on their nutrition while 40.48% had

good nutritional status with only 14.57% having excellent nutritional status. 10.65% and 27.57% had excellent and good control of their medical self-responsibility respectively while 61.57% need improvement on their medical self-responsibility, an indication that majority of the people do not take responsibility for their personal health, in fact, the study further revealed that almost all the participants do not routinely go for medical check-ups and do not ask questions about medications given to them. In all, 61.03% of the participants need improvement on their health status. Fletcher et al., (1996) reported that since the dimensions of health and wellness are interrelated, with one dimension frequently affecting the others, efforts must be made to concentrate on all the dimensions of wellness and ensure that they are all improved and maintained to enjoy a high level of wellness that goes beyond the lack of disease and optimal fitness [9].

Conclusion and Recommendation

It is apparent from the data collected above that in all 61.03% of the population sample needs improvement on their health status while only 8.04% had excellent health and wellness status with just 30.93% of the population in a good health status. Achieving wellness, which is defined as a constant and deliberate effort to stay healthy and achieve the highest potential for well-being should be the target of everybody. Undoubtedly, to enjoy wellness lifestyle, an individual need to practice behaviors that will promote improvements and lead to a positive outcome in the five interrelated dimensions of wellness namely: physical, emotional, spiritual, social and intellectual. The relationship between wellness, fitness and longevity has been long established; also, numerous scientific evidence has shown an inverse relationship between good fitness, wellness and hypokinetic diseases. Although, a better and healthier life is something everybody should strive to achieve; the greatest challenge seems to be how to teach people to take a good control of their various health habits. It is therefore suggested that as a preliminary point, fitness and wellness education and awareness should be provided to the people simply because the personal best practice of good wellness improving behavior and attitude is based on the sound basis of an individual's knowledge of the benefits of these practices. Hence, fitness and wellness experts should concentrate more on information dissemination than before.

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