

1. relative nature of health	how we judge our health compared to other people or other points of time in our lives	17. 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.
2. remote	areas with a population of less than 5000	18. socioeconomic status	an economic and sociological total measure of a person's level of income, education, housing and employment
3. reorientation	adjusting the direction or focus of a service to create a fresh approach	19. spiritual health	a sense of purpose and meaning in our life; feeling connected with others and society
4. 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	20. stereotype	a simplified and fixed image, opinion or concept to which people may feel expected to conform
5. risk behaviours	health behaviours that have been found to contribute to the development of health problems or poorer levels of health	21. underweight	having a body mass index less than 18.5
6. Royal Flying Doctor Service	aeromedical emergency and general health care service for people living in rural and remote areas of Australia	22. World Health Organisation (WHO)	a specialised agency of the United Nations that acts as the coordinating authority on international public health issues
7. rural	a term that describes areas defined as having populations between 5000 and 99000		
8. sedentary	a lack of regular physical activity and a lot of time sitting or resting		
9. self-efficacy	our belief in our ability to be able to carry out a particular task		
10. social construct	a concept that recognises that people have different views based on their social circumstances		
11. 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		
12. social health	our ability to interact with other people in an interdependent and cooperative way		
13. 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		
14. 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		
15. social norms	the behaviours, beliefs and values that are expected or seen as acceptable within different social groups		
16. sociocultural factors	the society in which people live and the cultural practices and expectations that exist within these communities		