

# The Unified Health Transition Theory™

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$$\text{HTP} = \text{Q33TF}$$

Health Transition Potential = Quality of 33 Transition Factors

**The Unified Health Transition Theory** unites the bewildering array of ideas and changes concerning the process of health transition into one easily understood concept. Five statements and a chart create the basis of the theory.

\* **Individuals seeking or having the most transition factors have the greatest potential of successful transition.**

There are 33 Health Transition factors. Transition factors provide the experiences; the physical, mental, and emotional basis for change. The Chart lists all the factors.

\* **Individuals not seeking transition factors will be compromised in their transition process and may fail to achieve their desired health objectives.**

\* **Individuals having mainly paid-for health transition factors rarely make good lasting change.**  
“Paid-for-Factors” occur when someone (or a system) is paying for the support.

\* **Most Transition factors deteriorate in direct proportion to the amount of time elapsed since the change was needed.**

\* **The greater the change the greater the need for diverse transition factors.**

**There are three types of Health Transition factors:**

\* **Paid-for Health Transition Factors.**

These cost money: Health consultants, professional services, and assessments.

\* **Unpaid or “natural” Health Transition factors.**

These are people who provide help, but do not require payments, and their support may last a lifetime. Examples are: Mentors, family, community groups, support groups, exercise groups.

\* **Personal attributes.**

These are health traits, which relate to you personally, such as image, confidence, attitude and age.

## Characteristics of Health Transition Factors

**Ability to Relocate** is your ability to relocate to a place suited to your health needs.

*Shade in 100% you are ready, willing and able to relocate for your health.*

**Address** is where you live.

*Shade in 100% if the place you live does not create any health problems and is beneficial to your health transition.*

**Age** determines certain aspects of health. Each age brings different benefits and drawbacks.

*Shade in 100% if your age is conducive to your desired health transition.*

**Assessments** are written evaluation of your attributes.

*Shade in 100% if you have all the necessary assessments to support the transition.*

**Associations** are organizations of people that can help you make the transition.

*Shade in 100% if you belong to associations beneficial to the transition.*

**Attitude** to the transition is the mental and emotional feelings about the transition.

*Shade in 100% if your attitude is perfect for the change.*

**Confidence** is valuing and regarding your ability to make the transition.

*Shade in 100% if you highly regard your skills and abilities to make the changes.*

**Documentation** verifying your state of health and your progress

*Shade in 100% if documentation shows you are in excellent health.*

**Families** are the persons in your family circle who will give you support in your quest for health.

*Shade in 100% if all persons in your family circle support your quest for health.*

**Fitness Plan** is written as a defined course of action to increase your fitness level.

*Shade in 100% if you have done a written and realistic plan of action to improve your fitness.*

**Friends** are people who are bound together by respect and affection.

*Shade in 100% if you have asked your friends for support.*

**Genetics** are the health traits you have inherited.

*Shade in 100% if you have no negative inherited health traits.*

**Government Programs** are Provincial and Federal funded activities helping with health, fitness and training.

Shade in 100% if you are involved with a government funded fitness or health program.

**Health** is your past health history and your current health.

Shade in 100% if your current health is excellent.

**Health Consultants** are individuals who can give you advice and direction.

*Shade in 100% if you have sufficient advice and opinions concerning the transition.*

**Health Experiences** are past attempts at health change.

*Shade in 100% if you have made successful transitions in the past.*

**Image** is your new health image.

*Shade in 100% if you have achieved the image you desire.*

**Institutions** are places you can access support for your health transitions, such as hospitals, universities, fitness centers.

*Shade in 100% if institutional services are available and you are using them.*

**Knowledge** is your understanding of health issues.

*Shade in 100% if you understand all the issues related to your health.*

**Mentors** are trusted counsellors or guides who provide direction and examples of health and transition.

*Shade in 50% if you have mentors who have made a successful health transition. Shade in 50% if you are mentoring anyone.*

**Networking** is the formal exchange of information and service among individuals.

*Shade in 100% if you are actively involved in a formal health network.*

**Non-Profit Societies** are services that are not conducted for the purpose of making a profit.

*Shade in 50% if you are using such an organisation. Shade in 50% if you volunteer.*

**Peers** are people with similar health issues willing and able to help you in your transition.

*Shade in 100% if you have peers who will help you in your transition.*

**Personality** is the spectrum of your characteristics.

*Shade in 100% if your personality matches the end result of the transition.*

**Professional Health Services** are your access to doctors, trainers and therapists.

*Shade in 100% if you have the appropriate professional services to make the transition.*

**Seeking Health Factors** is your attempt to obtain the benefits from health factors. Most importantly, it is asking other people for their support in your transition to good health.

*Shade in 100% if you are seeking all the health factors and support from others, as you need for your transition to good health.*

**Support Groups** are any organized groups of people willing to take sides with, tolerate, and uphold members of the group.

*Shade in 100% if you seek the benefits of supports groups*

**Transition Plan** is a devised course of action with goals.

*Shade in 100% if this is a written document that makes sense.*

**Transition techniques** are the customary ways of making changes to your health.

*Shade in 100% if you understand standard transition techniques and are using them on a regular basis.*

**Transportation** is your means of getting around.

*Shade in 100% if you have no barriers in your ability to get around.*

**Unions** are organizations of employees.

*Shade in 100% if you belong to a union that supports fitness and health plans.*

**Visualization** is your ability to picture the state of health you desire.

*Shade in 100% if you are able to visualize your health as you would like it to be.*

# The 33 Health Supports

Unified Health Transition Theory ®

Types of Health Factors:  
Fitness, Weight Loss, Rehabilitation or Other

