



# HUMAN NEEDS



## ***MEETING ESSENTIAL PHYSICAL, SOCIAL, AND EMOTIONAL NEEDS TO EMPOWER GROWTH, RESILIENCE, AND PURPOSE***

Meeting human needs empowers individuals for optimal living. Human needs are defined as components of human existence that must be satisfied for individuals to develop the capacity for personal well-being. In turn, this builds interpersonal relationships, social institutions, and culture. Fulfilling human needs requires making informed decisions about fundamentals such as food, air, shelter, and clothing. It further relates to building relationships between and among peers, family members, work colleagues, and community partners. Addressing human needs affords each person opportunities to develop and engage their uniqueness.

Human needs are ever-changing and evolving. Contributing factors include:

- Securing adequate food, acquiring nutrition and wellness knowledge, and personal abilities to positively impact their health, as well as that of their families and communities;
- Living in physically and psychologically safe and secure environments;
- Practicing self-respect, dignity, and harmony within families, communities, and work settings;
- Establishing interactions that practice civil peace, lawfulness, justice, and a spiritual life through personal choice and action;
- Experiencing confidence in the ability to care for family members and raise children across the lifespan; and
- Exhibiting peace of mind, happiness, and confidence in the future.

Family and Consumer Sciences professionals seek to empower individuals to meet their needs. This involves acquiring knowledge and skills to make informed decisions and develop personal habits based on best practices and research-based information. Additional factors that determine when one's needs are met are both subjective and objective, and are impacted by planned (e.g., life goals, values, age, transitions) and unplanned occurrences, such as health issues, traumatic life events, and natural disasters. Unmet human needs can lead to negative consequences for individuals, families, and communities. Identifying, accessing, and securing assistance from community organizations and agencies may address shortages of resources to meet individual and family needs.

Family and Consumer Sciences professionals are leaders in human needs research and the practical application and dissemination of knowledge across disciplines. The synergistic nature of Family and Consumer Sciences embraces human needs from a holistic perspective, including the recognition that influences are ever changing and unique from person to person. Recognizing that human needs evolve, ongoing focused research must be conducted and disseminated by the profession now and into the future.