

# Maslow's hierarchy of needs

Maslow's hierarchy of needs was developed by Abraham Maslow in the 1940s to identify the factors that motivate human behavior. It defines the five needs of all human beings in a hierarchy structure, listed in order from most to least influential to human behavior.



## Why is this hierarchy important and how does it relate to health?

Without fulfilling basic needs first, those found at the bottom of the pyramid, Maslow suggests that improving other aspects of life is not possible. Furthermore, health can suffer if these needs are not met. Think of the fulfilment of these basic needs as a prerequisite to good health.