

UNDERSTANDING HEALTH AND WELLNESS

Chapter 1

LESSON 1 – YOUR TOTAL HEALTH

Key Concept – Cause and Effect. Before reading, identify two health behaviors that you practice regularly and list their benefits. After reading the lesson, write a sentence or two identifying additional behaviors you can practice that will benefit your health and wellness.

LESSON 1 - CONTINUED

New and Academic Vocabulary

1. A deep-seated sense of meaning and purpose in life.
 - Spiritual health
2. The combination of physical, mental/emotional, and social well-being.
 - Health

LESSON 1 - CONTINUED

3. A state of well-being or total health.

- Wellness.

4. As a whole.

- Overall

LESSON 1 - CONTINUED

List the three areas of your health that make up the health triangle.

- Physical, mental/emotional, and social health.

Name five actions that contribute to getting and keeping a health body:

LESSON 1 - CONTINUED

Physical Health

1. 8/10 hours of sleep each night.
2. Eat nutritious meals/8 cups of water each day.
3. 30-60 minutes of physical activity each day.
4. Avoid using tobacco, alcohol, and other drugs.
5. Bathe/floss and brush teeth daily.

LESSON 1 - CONTINUED

Identify some characteristics of people who are mentally and emotionally healthy.

Mental/Emotional Health

1. Enjoy challenges.
2. Accept responsibility for actions.
3. Have control over their lives.

LESSON 1 - CONTINUED

4. Express emotions appropriately.
5. Deals with the stress and frustration of life.
6. Positive outlook.

Name three behaviors that contribute to having healthy relationships.

Social Health

LESSON 1 - CONTINUED

1. Seek/lend support.
2. Communicate clearly/listen to others.
3. Show respect for self/others.

Describe how you can predict the way your current health decisions will affect your health in the future.

The Health Continuum – (pages 9 and 10)

LESSON 2 – WHAT AFFECTS YOUR HEALTH

Key Concept – Consider and Reconsider. Before reading the lesson, write down a list of items that influence your health. Consider where you live, the food you eat, and the people you socialize with. After you have finished reading the lesson, identify an influence on your health that you had not previously considered and how this influence affects you.

LESSON 2 - CONTINUED

New and Academic Vocabulary

1. Which term means the collective beliefs, customs, and behaviors of a group?

- Culture

2. Which term refers to the media-producing devices such as radio, television, and the Internet?

- Media

LESSON 2 - CONTINUED

3. Which term describes people in your age group?

- Peers

4. Which term means sufficient or satisfactory?

- Adequate

LESSON 2 - CONTINUED

5. Which term means the sum of your surroundings?

- Environment

6. Which term means all the traits that were biologically passed on to you from your parents?

- Heredity

LESSON 2 - CONTINUED

List the influences on your health.

1. Heredity
2. Environment
3. Attitude
4. Behavior
5. Media and Technology

LESSON 2 - CONTINUED

Identify one way that you can exercise control over heredity and the effects it has on your health.

- Be aware of health conditions/diseases that run in you family.
- Take steps to stay well and healthy.

LESSON 2 - CONTINUED

Describe each component of your environment and how each can affect your health.

Physical Environment

- Neighborhood/school safety.
- Air/water quality.
- Availability of parks, recreational facilities, and libraries.
- Access to medical care.

LESSON 2 - CONTINUED

Social Environment

- Peers can have a positive/negative influence.
- Positive role models will support healthful decisions.

Culture

- Can influence diet.

LESSON 2 - CONTINUED

Name some sources of media that can influence your health behaviors.

- Radio.
- Television.
- Internet.
- Newspapers/magazines.

LESSON 2 - CONTINUED

Explain how you can take control of your health.

- By understanding the factors that influence it.

LESSON 3 – HEALTH RISKS AND YOUR BEHAVIOR

New and Academic Vocabulary

1. Lifestyle factors

- The personal habits or behaviors related to the way a person lives.

2. Risk behaviors

- Actions that can potentially threaten your health or the health of others.

LESSON 3 - CONTINUED

3. Great or important to be worthy of attention.
 - Significant.
4. Deliberate decision to avoid high-risk behaviors.
 - Abstinence.

LESSON 3 - CONTINUED

5. Related risks that increase in effect with each added risk.

- Cumulative risks.

6. Taking steps to keep something from happening or getting worse.

- Prevention.

LESSON 3 - CONTINUED

Explain why it is important to identify the health risks in your life.

- So you can avoid them.

Identify the six risk behaviors that account for most of the death and disability among young people under 24.

LESSON 3 - CONTINUED

Risk Behaviors

1. Tobacco use.
2. Unhealthy diet.
3. Inadequate physical activity.
4. Alcohol/other drug use.
5. Risky sexual behavior.
6. Unintentional injuries/violence.

LESSON 3 - CONTINUED

Explain how you can minimize health risks and protect your health.

- Practice positive health behaviors.

Name a strategy you can utilize to help protect yourself from risk and ensure a healthy future.

- Abstinence.

LESSON 3 - CONTINUED

List some lifestyle factors that promote good health.

1. 8/10 hours of sleep.
2. Healthy breakfast.
3. Variety of nutritious foods each day.
4. Physically active 30-60 minutes most days of the week.

LESSON 3 - CONTINUED

5. Maintain healthy weight.
6. No smoking/tobacco products.
7. No alcohol/drugs.

LESSON 4 – PROMOTING HEALTH AND WELLNESS

New and Academic Vocabulary

1. An individual's mental or physical ability.
 - Capacity.
2. Providing accurate health information and health skills education to help people make healthy decisions.
 - Health education.

LESSON 4 - CONTINUED

3. A nationwide plan for health promotion and disease prevention designed to help improve the health of all the people in the United States.
 - Healthy People 2020.
4. Differences in health outcomes among groups.
 - Health disparities.

LESSON 4 - CONTINUED

5. A person's capacity to learn about and understand basic health information and services and to use these resources to promote one's health and wellness.
 - Health literacy.

LESSON 4 - CONTINUED

Explain why health education is important.

- It empowers people to live a healthy life.

Explain the government's role in promoting the nation's health goals.

- National, state, and local health agencies carry out programs based on the goals.

LESSON 4 - CONTINUED

List the two main goals of the publication Healthy People.

- Increase the quality and length of a healthy life for all Americans.
- Remove differences in health outcomes that result from factors such as gender, race, education, disability, and location.

LESSON 4 - CONTINUED

Explain why being health literate is necessary for a healthy life.

To become an informed individual who can make sound health decisions, one must:

1. Know where to find information.
2. Decide if information is correct.
3. Assess the risks and benefits of treatment.

LESSON 4 - CONTINUED

4. Figure out how much medicine to take.
5. Understand test results.

Describe the qualities of a health-literate individual.

Critical thinker and problem solver.

- Develops evaluation criteria before making decisions.

LESSON 4 - CONTINUED

Responsible, productive citizen.

- Acts in a way that promotes the health of a community.

Self-directed learner.

- Searches for health information to make healthy decisions.

Effective communicator.

- Can express his or her health knowledge in a variety of ways.