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Chapter 1 – Understanding Health and Wellness

1. health – the combination of physical, mental/emotional, and social well-being.
2. spiritual health – a deep-seated sense and meaning and purpose in life.
3. wellness – an overall state of well-being or total health.
4. chronic disease – an ongoing condition or illness.
5. heredity – all the traits that were biologically passed on to you from your parents.
6. environment – the sum of your surroundings.
7. peers – people of the same age who share similar interests.
8. culture – the collective beliefs, customs, and behaviors of a group.
9. media – various methods of communicating information.
10. technology – radio, television, and the Internet.
11. risk behaviors – actions that can potentially threaten your health or the health of others.
12. cumulative risks – related risks that increase in effect with each added risk.
13. prevention – taking steps to keep something from happening or getting worse.
14. abstinence – a deliberate decision to avoid high-risk behaviors, including sexual activity and the use of tobacco, alcohol, and other drugs.
15. lifestyle factors – personal habits or behaviors related to the way a person lives.
16. health education – providing accurate health information and teaching health skills to help people make healthy decisions.
17. Healthy People – a nationwide health promotion and disease prevention plan designed to serve as a guide for improving the health of all people in the United States.
18. health disparities – differences in health outcomes among groups.
19. health literacy – 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.