

# Understanding Health and Wellness

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## Chapter 1



# Lesson 1 – Your Total Health

## Take Charge of Your Health

- Health is the combination of physical, mental/emotional, and social health.
- Everyday you makes decisions that shape your health.
- MAKE GOOD ONES!

## Your Health Triangle

- Understand all areas of health.
- Pay attention to all three sides.
- Triangle must remain balanced.



# Physical Health

- How your body functions.
- High level of health = enough energy to perform daily activities, deal with everyday stress, and avoid injury.

What does it take to get and keep a healthy body? Here are five important actions you can take:

- 8/10 hours of sleep each night.
- Eat healthy meals/8 cups of water daily.
- 60 minutes of physical activity daily.
- Avoid tobacco, alcohol, and other drugs.



- Bathe daily, floss and brush your teeth every day.

## **Mental/Emotional Health**

- Your thoughts and feelings.
- Reflection of how you feel about yourself.
- How you meet demands of daily life.
- How you cope with life's problems.

People who are mentally and emotionally healthy:

- Enjoy challenges that help them grow.
- Accept responsibility for their actions.
- Have a sense of control over their lives.
- Can express their emotions in appropriate ways.



- Can deal with life's stresses and frustrations.
- Generally have a positive outlook.
- Make thoughtful and responsible decisions.

Mental/emotional health also includes:

- Spiritual health – a deep seated sense of meaning and purpose in life.
- Spiritually healthy people have a feeling of purpose/sense of values.

## **Social Health**

- Getting along with others.
- Is as important to overall health/wellness as having a fit mind/body.



Social network includes:

- Family.
- Friends.
- Teachers.
- Other community members.

Maintaining healthy relationships is one way of caring for your social health. This involves:

- Seeking and lending support when needed.
- Communicating clearly and listening to others.
- Showing respect and care for yourself/others.



## Keeping a Balance

- Maintaining wellness means keeping a balance among the three components of health.
- Ignoring any area of your health triangle affects your total health.

## The Health Continuum

- Your health and wellness are always changing.
- Your health at any moment can be seen as a point along a continuum.
- Continuum span from loss of health/wellness to high level of wellness.



- As you mature, your position continues to change.
- Chronic disease may move you to the lower end.
- Commitment to a healthy lifestyle can keep you at the high end!





# Lesson 1 – Assessment Questions

Define the word health.

- The combination of physical, mental/emotional, and social health.

List important steps you can take to promote your physical health.

- Get plenty of sleep, eat nutritious foods, drink plenty of water, and stay physically active.

What is a health continuum? Describe the continuum endpoints.

- A sliding scale that allows you to assess your health status.



# Lesson 2 – What Affects Your Health?

## Influences on Your Health

- Many factors influence your health.
- Understanding influences helps you make informed decisions.

## Heredity

- Eye color/hair color/body type.
- Genes that put you at risk for certain diseases.
- Know your family history.

## Environment

- Physical, social, and culture.



# Physical Environment

- Not much control at this point in your life.
- Still important to recognize how it impacts all aspects of health.

Some environmental factors that can affect your health include:

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



## Social Environment

- Made up of the people around you.
- Family/friends.
- Positive role models who support healthful decisions.
- Negative role models who increase your health risks.

## Culture

- May be an ethnic group, community, or a nation.
- Includes the language you speak and the foods you eat.



## Attitude

- The way you view situations.
- Optimists are usually in better health than pessimists.
- A positive attitude can help you deal with challenging situations in a healthy way.

## Behavior

- Can't choose heredity or environment.
- You have TOTAL control of your behavior!!!

## Media and Technology

- One of the most powerful influences on your health.
- Media personalities/celebrities may be seen as role models because they get a lot of attention.



- Related to positive achievements.
- Or negative behaviors.
- Internet surpasses other all other forms of media as an information source.
- Not all health messages/sources are valid.
- Stick to websites with .edu or .gov.
- Sites maintained by professional health organizations.
- Look for HONcode.
- Health on the Net Foundation.



# Understanding Your Influences

First steps toward taking charge of your health:

- Understanding influences that affect your health.
- Commit to a healthy lifestyle!



## Lesson 2 – Assessment Questions

What does heredity mean?

- All the traits biologically passed onto you by your parents.

Define environment. Identify three types of environment.

- Environment is all the things that surround you. Three types include: physical, social, and culture.

Evaluate two ways the media and technology may influence your health.

- Celebrities as role models/the internet can provide incorrect information.



# Lesson 3 – Health Risks and Your Behavior

## Identifying Health Risks

- Everyday you are faced with some degree of risk.
- It is important to know you can control most risk behaviors.

## Recognizing Risk Behaviors

The CDC has identified six risk behaviors that account for most of the deaths and disability among young people under age 24. These risk behaviors can lead to heart disease, cancer, and other serious illnesses later in life:



- Tobacco use.
- Unhealthy dietary behaviors.
- Inadequate physical activity.
- Alcohol and drug use.
- Risky sexual behaviors. (HIV infection, other STD's, and unintended pregnancies.
- Behaviors that lead to unintentional injuries and violence.



## Risks and Consequences

- Risk behaviors carry both short-term and long-term consequences.
- Some can be FATAL!
- Before you engage in risk behaviors evaluate the consequences.
- Risks can add up over time.

Example #1 – Eating an occasional high-fat meal at a fast food restaurant won't permanently affect your health. If you regularly eat high-fat meals, the negative effects will accumulate over time.



Example #2 – Cumulative risks increase when several risk factors are combined. Using a cell phone while driving carries risks. So does speeding. If an individual engages in both these risk behaviors, the chance of getting into an accident becomes even greater.

- The more risk behaviors you participate in, the more likely you are to experience the negative consequences.

### **How to Avoid or Reduce Risks**

- Automatic safety checks.
- Prevention (give examples).



## **Abstaining from High-Risk Behaviors**

- All areas of your health triangle benefit when you choose to abstain from high risk behaviors.

## **Promoting Your Health**

- Everyday you make decisions (large and small) that affect your health.
- Understanding how your decisions impact your health will inspire you to make healthful decisions.

## **Lifestyle Factors**

- People who practice positive health habits regularly tend to be healthier and live longer.



Lifestyle factors that can improve a person's level of health include:

- 8 hours of sleep each night.
- Starting each day with a healthy breakfast.
- Being physically active 60 minutes a day most days of the week.
- Eating a variety of foods each day.
- Maintaining a healthy weight.
- Abstaining from smoking, vaping, and using other tobacco products.
- Do not use alcohol or other drugs.



## Lesson 3 – Assessment Questions

1. Define the term risk behavior.
  - Any action that can threaten your health or the health of others.
2. Why is cumulative risk a serious concern?
  - The likelihood of negative outcomes increase.
3. How might changes in lifestyle factors influence your health in positive ways?
  - By leading to good health now and in the future.



## Lesson 4 – Promoting Health and Wellness

### **The Importance of Health Education**

- Educating the public is key to creating a healthy nation.
- Helps people make healthy decisions.
- Must be healthy to reach personal goals.

### **The Nation's Health Goals**

- Healthy People is a nationwide health promotion and disease prevention plan.
- Plan is revised every ten years.
- Common plan for everyone to follow.



Healthy People 2010 established two general goals for the future:

- Increase quality and length of life for all Americans.
- Remove health disparities.

Healthy People 2020 will include the following:

- Promote the best possible health.
- End preventable death, illness, injury, and disability.
- Get rid of health disparities.
- Make wellness a way of life.
- Enhance quality of life for individuals/communities.
- Promote healthy places and environments.



## Becoming Health Literate

To make good health decisions, you must:

- Know where to find health information.
- Decide if the information is correct.
- Assess the risks and benefits of treatment.
- How to correctly use medicines.
- Understand tests results.

## What You Can Do

To become a health-literate individual, you need to be a:

- Critical thinker and problem solver.



- Responsible, productive citizen.
- Self-directed learner.
- Good communicator.



## Lesson 4 – Assessment Questions

1. Why is health education important?
  - To help people make responsible health-related decisions.
2. What are health disparities?
  - Differences in health outcomes between groups.
3. List three criteria that are needed for an individual to make sound health decisions.
  - Know where to find health information, decide if information is correct, and figure out the risks and benefits of treatment.