

# **Understanding Health and Wellness**

***Your Total Health***

# Take Charge of Your Health

Every day, you make decisions that shape your health.



## ***Key Term***

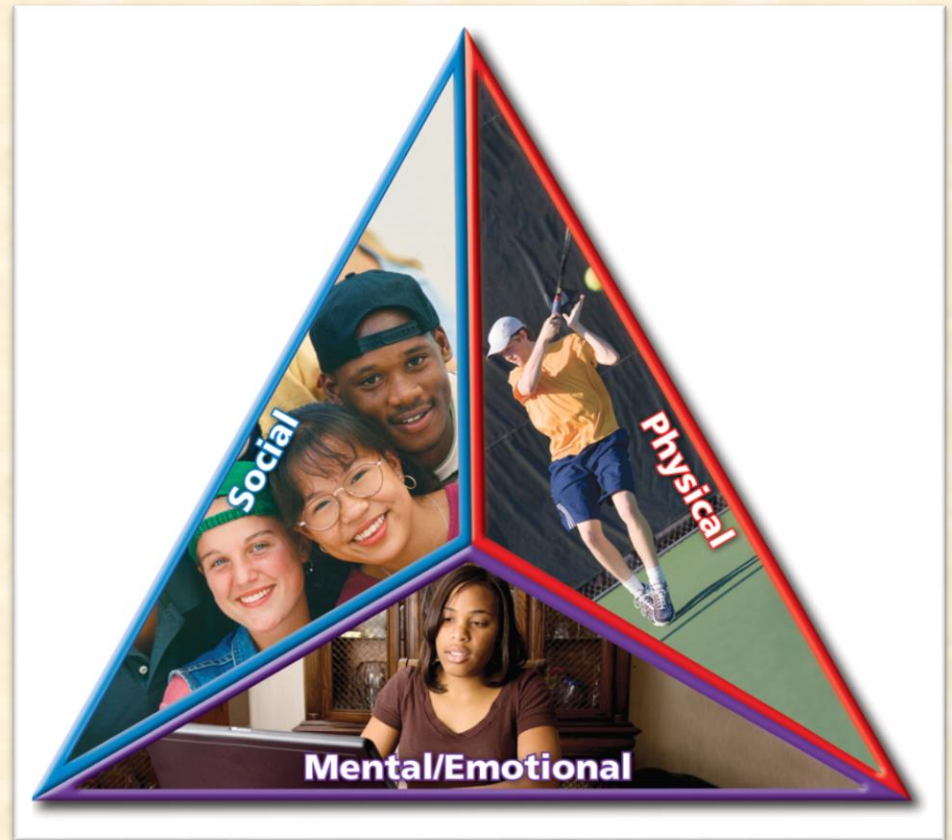
### **Health**

The combination of physical, mental/emotional, and social well-being

# Your Health Triangle

It's important to balance your physical, mental/emotional, and social health.

Your **health triangle** is made up of these three equally important areas.



# Physical Health

**Physical** health is all about how well your body functions.

## Five Tips for Physical Health

Get **eight** to **ten** hours of sleep each night.

Eat nutritious meals and drink **eight cups** of water each day.

Engage in 30 to 60 minutes of physical **activity** every day.

**Avoid** the use of tobacco, alcohol, and other drugs.

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

## Mental/Emotional Health

**Mental/emotional** health is about your feelings and thoughts. It's a reflection of:

- How you feel about yourself.
- How you meet the **demands** of your daily life.
- How you **cope** with the problems that occur in your life.

# Mental/Emotional Health

## Characteristics of Mentally and Emotionally Healthy People

Enjoy challenges.

Accept responsibility for their actions.

Have a sense of control over their lives.

Can express their emotions in appropriate ways.

Usually can deal with life's stresses and frustrations.

Have a positive outlook.

Make thoughtful and responsible decisions.

# Spiritual Health

Spiritual health involves having a feeling of **purpose** and a sense of values.



## **Key Term**

### **Spiritual health**

A deep-seated sense of meaning and purpose in life

# Social Health

**Social** health is getting along with others.

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



# Social Health

## Tips for Maintaining Healthy Relationships to Care for Your Social Health

Seek and lend **support** when needed.

**Communicate** clearly and listen to others.

Show **respect** and care for yourself and others.

# Keeping a Balance

When your health triangle is balanced, you have a high degree of **wellness**.



## Key Term

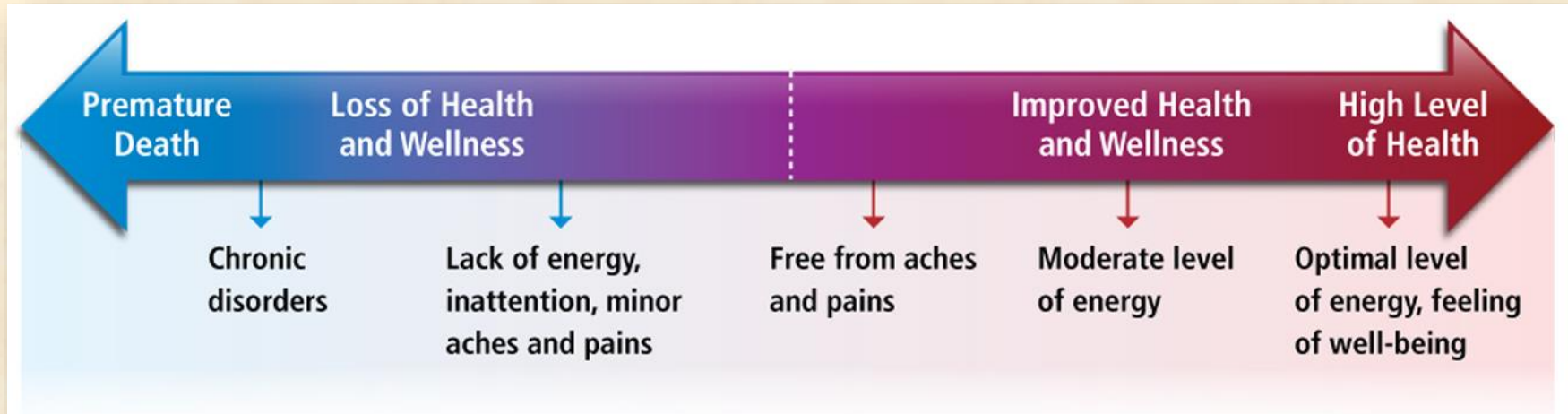
### **Wellness**

An overall state of well-being or total health.

Wellness comes from making responsible decisions and practicing healthful behaviors that are based on sound health **knowledge** and healthful attitudes.

# The Health Continuum

Your health at any moment can be seen as a point along a *continuum*, or sliding **scale**.



**One-half** of all American adults live with a chronic disease.



## Key Term

### Chronic disease

An ongoing condition or illness such as heart disease, obesity, and cancer

# **Understanding Health and Wellness**

***What Affects Your Health?***

# Influences on Your Health

Understanding these influences will help you make informed decisions about your health.

# Heredity

Your heredity **influences** your health. Ask your parent or grandparent questions about what health conditions and diseases run in your family.



## ***Key Term***

### **Heredity**

All the traits that were biologically passed on to you from your parents

# Environment

Your environment includes

The physical  
**places** in  
which you live.

The **people**  
who make up  
your world.

The **culture**  
you live in.



## ***Key Term***

### **Environment**

The sum of your surroundings

# Physical Environment

## Environmental Factors that Affect Your Health

**neighborhood** safety

**school** safety

**air** quality

**water** quality

availability of **parks**

availability of recreational facilities

availability of **libraries**

access to **medical** care

cleanliness of your surroundings



# Social Environment

Your **social** environment is made up of all the people around you, including your family and peers.



## Key Term

### **Peers**

People of the same age who share similar interests.

Peers can have a positive or a negative **influence** on you.

# Culture

Your **culture** can influence your health. Your culture may include the language you speak, the foods you eat, your spiritual beliefs, and the **traditions** you practice.



## ***Key Term***

### **Culture**

The collective beliefs, customs, and behaviors of a group

# Attitude

Your **attitude** is the way you view situations.  
It can have a big effect on your health.

**Optimists** are usually in better health than  
pessimists.

# Behavior

You have total control over your own **behaviors**.

You can choose to **avoid** high-risk behaviors in favor of healthful behaviors, like choosing low-fat, nutritious foods and participating in daily physical activity.

# Media and Technology

The constant presence of media messages has a significant **influence** on your decisions.



## Key Term

### **Media**

The various methods for communicating information.



## Key Term

### **Technology**

Radio, television, and the Internet.

Media content is delivered via technology and through print media, like newspapers and magazines.

For valid health information, stick to Web sites that have **.gov** and **.edu** in their addresses, or sites maintained by professional health organizations.

# Understanding Your Influences

You can take control of your health by understanding the factors that influence it.

Understanding these influences and committing to a healthy lifestyle are the **first steps** toward achieving and maintaining wellness.

# **Understanding Health and Wellness**

***Health Risks and Your  
Behavior***

# Identifying Health Risks

Engaging in risk behaviors can **harm** your health.

You can **control** most risk behaviors.



## **Key Term**

### **Risk behaviors**

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

Avoiding risks will help you to protect and promote your health.



# Recognizing Risk Behaviors

The Centers for Disease Control and Prevention (**CDC**) has identified six of the most significant risk behaviors for young people under age 24.

1

**Tobacco** use

2

Unhealthy dietary behaviors

3

Inadequate physical activity

4

**Alcohol** and other drug use

5

**Sexual** behaviors

6

Behaviors that contribute to injuries and violence

# Risks and Consequences

**Risk** behaviors carry significant consequences.

Both the short-term and long-term consequences can harm your health and well-being. Some risk behaviors can even be fatal.

## Consequences of Tobacco Use

Short-Term Consequences	Long-Term Consequences
bad breath	lung <b>cancer</b>
<b>yellow</b> teeth	<b>emphysema</b>
headaches	heart disease

# Risks and Consequences

When you repeatedly engage in certain risk behaviors you expose yourself to the effects of cumulative risks.

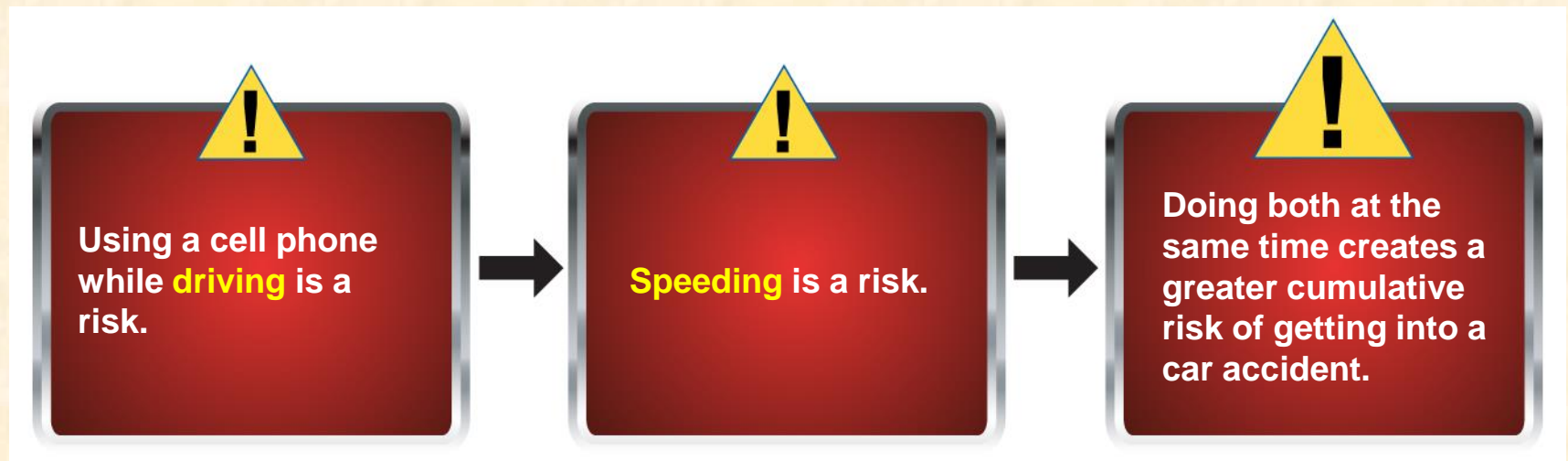


## *Key Term*

**Cumulative risks** Related risks that increase in effect with each added risk

# Risks and Consequences

Cumulative risks also increase when several risk factors are combined.



# How to Avoid or Reduce Risks

You can protect your health and minimize the possibility of risk by practicing positive health behaviors.

Another way to **reduce** health risks is through prevention.



## **Key Term**

### **Prevention**

Taking steps to keep something from happening or getting worse

## How to Avoid or Reduce Risks

Choose friends who avoid high-risk behaviors.

# Abstaining from High-Risk Behaviors

One of the **most** effective strategies for protecting your health is practicing abstinence.



## Key Term

### Abstinence

A deliberate decision to avoid high-risk behaviors, including sexual activity and the use of tobacco, alcohol, and other drugs

## Reasons to Practice Abstinence

- ✓ **Protect** yourself from chronic diseases.
- ✓ **Protect** yourself from injury.
- ✓ Show that you **value** your well-being.
- ✓ Demonstrate **maturity**.

# Promoting Your Health

Understanding how your decisions impact your health will inspire you to adopt healthful behaviors that can **promote** wellness and prevent disease.

Participating in **positive** health behaviors benefits all three sides of your health triangle.



# Lifestyle Factors

Scientists have found that positive lifestyle factors **improve** people's overall health, happiness, and longevity.



## ***Key Term***

### **Lifestyle factors**

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

# Lifestyle Factors

## Positive Lifestyle Factors

Get eight hours of sleep each night.

Start each day with a healthy **breakfast**.

Eat a **variety** of nutritious foods each day.

Be physically active for 30 to 60 minutes most days of the week.

Maintain a healthy **weight**.

**Abstain** from smoking or using other tobacco products.

Abstain from the use of alcohol and other drugs.

# **Understanding Health and Wellness**

***Promoting Health and  
Wellness***

# The Nation's Health Goals

The federal government has established **national** health goals and objectives through Healthy People.



## **Key Term**

### ***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

# Goals of Healthy People

The health goals that are guiding early development of *Healthy People 2020* include the following:

1

Promote the best possible health in order to end preventable death, illness, injury, and disability.

2

Eliminate health disparities.

3

Make wellness a way of life and **enhance** quality of life for individuals and communities.

4

Promote healthy **places** and environments.



## Key Term

### Health disparities

Differences in health outcomes among groups

# Becoming Health Literate

A health-literate person knows how to find and use **reliable** health information.

People who are informed know how to **interpret** the information they need to make good decisions.

# Becoming Health Literate

To become an informed individual who can make **sound** health decisions, one must know how to:

**Find** health information

**Decide** if the information is correct

**Assess** the risks and benefits of treatment

**Figure out** how much medicine to take

**Understand** test results

## What You Can Do

In order to increase your knowledge and take steps to improve your wellness, you need to develop health literacy.



### ***Key Term***

#### **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



# What You Can Do

