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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. appropriate – proper or fitting.
6. heredity – all the traits that were biologically passed on to you from your parents.
7. environment – the sum of your surroundings.
8. peers – people of the same age who share similar interests.
9. culture – the collective beliefs, customs, and behaviors of a group.
10. media – various methods of communicating information.
11. technology – radio, television, and the Internet.
12. factor – an element that contributes to a particular result.
13. risk behaviors – actions that can potentially threaten your health or the health of others.
14. cumulative risks – related risks that increase in effect with each added risk.
15. prevention – taking steps to keep something from happening or getting worse.
16. abstinence – a deliberate decision to avoid high-risk behaviors, including sexual activity and the use of tobacco, alcohol, and other drugs.
17. lifestyle factors – personal habits or behaviors related to the way a person lives.
18. affect – to produce an effect upon.
19. health education – providing accurate health information and teaching health skills to help people make healthy decisions.
20. 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.

- 21.health disparities – differences in health outcomes among groups.
- 22.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.
- 23.consistent – free from variation or contradiction.