

# 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.

## Your Health Triangle

- Made up of three balanced sides.
- Must pay attention to all three parts.

## What is physical health?

- To have a healthy body.

Five actions you can take to maintain physical health include:

- Get eight to ten hours of sleep each night.
- Eat healthy meals and drink 8 cups of water each day.
- Get 60 minutes of physical activity everyday.
- Avoid the use of tobacco, alcohol, and other drugs.
- Bathe, floss, and brush you teeth every day.

## What is mental/emotional health?

- Your feelings and thoughts.

People who are mentally and emotionally healthy:

- Enjoy challenges that help them grow.
- Take responsibility for their actions.

- Have a sense of control over their lives.
- Can express emotions in positive ways.
- Deal with stress and frustration in healthy ways.
- Have a mostly positive outlook.
- Make thoughtful decisions.

Mental/Emotional health also includes spiritual health.

- Deep seated sense of meaning and purpose.

### **What is social health?**

- Involves getting along with others.

Maintaining healthy relationships is one way to care for your social health. This involves:

- Supporting others and asking for help when needed.
- Communicating clearly and listening to others.
- Showing respect for yourself and others.

## How can you maintain wellness?

- When health triangle is balanced, you have a high degree of wellness.
- Practice behaviors that are based on sound health knowledge.
- To keep balanced pay attention to all three areas of your health.

# The Health Continuum

- Health and wellness are always changing.
- Your health at any moment can be seen as a point along a continuum.
- Changes in health can happen quickly or gradually.

## LESSON 1

# Your Total Health

## The Health Continuum

Your health can be measured on a sliding scale.



# 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.

## How does heredity affect your health?

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

## How does environment affect your health?

- Places you live.

- The people around you.
- Culture is also a part of your environment.

## Physical Environment

Some environmental factors that affect your health include:

- Neighborhood/school safety.
- Air/water quality.
- Access to medical care.

## Social Environment

- Made up of the people around you.
- Peers can have either a positive or negative effect.

## Culture

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

## How does your attitude affect your health?

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

## How does media affect your health?

- Celebrities/athletes get a lot of attention.

- Attention can be related to healthy behaviors.
- Attention can be related to negative behaviors.
- TV and movie characters engage in risky behaviors, yet never face the consequences of their actions.

Where can you find valid health information on the internet?

- Stick to websites that use *.gov* and *.edu* in their addresses.
- Sites maintained by professional health organizations.
- Look for HONcode symbol.

# Understanding Your Influences

First steps to taking charge of your own health:

- Have a positive attitude.
- Make a commitment 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 and the internet can provide incorrect information.

## Lesson 3 – Health Risks and Your Behavior

### How can you recognize risk behaviors?

There are six risk behaviors that account for most of the death and disability among young people. They include:

- Tobacco use.
- Unhealthy dietary behaviors.
- Inadequate physical activity.
- Alcohol and drug use.
- Risky sexual behaviors.
- Behaviors that lead to injuries, violence, or death.

## What are the consequences of engaging in risk behaviors?

- Serious impact on your health.
- Both short and long term consequences.

## Cumulative Risks

- Related risks that increase in effect with each added risk.
- Increase when several risk factors are combined.

## How to Avoid or Reduce Risks

- By practicing positive health behaviors.
- Prevention.



## What is the most effective way to protect your health?

- Practicing abstinence is one of the best ways to protect your health.
- All areas of health triangle will benefit.

## Promoting Your Health

- You can promote wellness and prevent disease by practicing healthful behaviors.

## How do lifestyle factors affect your health?

- Influences on health you can control.
- Some are linked to disease or injury.

## Lifestyle factors that promote good health include:

- Getting eight hours of sleep each night.

- Starting each day with a healthy breakfast.
- Eating a variety of nutritious foods each day.
- Being physically active 60 minutes each day.
- Maintaining a healthy weight.
- Do not smoke or use any form of tobacco (nicotine).
- 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 the key to a healthier nation.
- Helps people make healthy decisions.
- Must be healthy to reach personal goals.

## What are the nation's health goals?

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

## What are the goals of Healthy People 2010?

Two main goals include:

- Increase quality and length of life for all Americans.
- Do away with 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 can you do to become health literate?

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.