





## Living a Healthy Life

Chapter 1  
Lessons 1 & 2

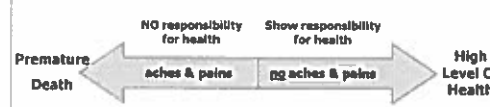



## What is health?



- Not just the absence of disease 
- **Health** is the combination of physical, mental/emotional, and social well-being.
- Goal is to increase **longevity** – how long a person lives 

## The Health Continuum

- Think of your health at any moment as a point along a continuum.
- **Wellness** – an overall state of well-being, or total health → have a balanced life






## Lifestyle Factors

- Can be linked to specific diseases
  - Smoking → lung cancer 
- Can promote good health 
  - 8 to 10 hours of sleep per night
  - Eat a healthy breakfast
  - Eat a variety of nutritious foods each day
  - Physically active at least 30 minutes




continued

## Good Lifestyle Factors

- Maintaining a healthy weight 
- Avoiding alcohol, tobacco, & other drugs
- Abstaining from sexual activity until marriage
- Managing stress 
- Maintain positive relationships
- Practicing safe behaviors to prevent injuries 

## Prevention

- Is practicing health and safety habits to remain free of disease and injury.
- Is key to wellness
  - Sunscreen, safety belts, etc.

## Health Education

- The providing of accurate health information to help people make healthy choices
- Show the relationship of healthful living to quality of life
- Studies have shown that as people become more educated, the general health of a population improves



## Healthy People 2010

- Is 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.
- Revised every 10 years to prevent illness, disability, and premature death

## Healthy People 2010

- Two main goals
  - Increase quality and years of healthy life
  - Remove health differences that result from gender, race, education, disability, and location
- Individuals, families, and communities have to work together to succeed



## Healthy People 2020



## Healthy People 2020



## Health Literacy

- A person's capacity to learn about and understand basic health information and services and use these resources to promote his/her health and wellness.
- A health-literate person needs to be
  - A critical thinker & problem solver
    - Think before making a decision



continued

## A health-literate person needs to be

- A responsible, productive citizen
  - Chooses healthful decisions which show respect for family and others
- A self-directed learner
  - Determines if health information is reliable, accurate, and current
- An effective communicator
  - Able to express health knowledge



## Your Health Triangle

- Health elements are interconnected
  - Physical, mental/emotional, social
- If one side receives too much or too little attention, the triangle (your health) becomes unbalanced
- Must maintain all three sides of your health triangle

## Physical Health

- How well your body functions
- Characteristics of good health
  - Energy to perform everyday life
  - Cope with everyday stresses
  - Resist disease and injury
- Healthy activities
  - Adequate sleep
  - Eat nutritious foods and drink water
  - Physically active
  - Good decision-making
  - Avoid tobacco, alcohol, & other drugs



## Mental/Emotional Health

- Feeling about self
- Meet the demands of life
- Ability to process information
- Characteristics of good M/E Health
  - Enjoy challenges
  - Accept responsibility for their actions
  - Stand up for beliefs and values
  - Express feelings in appropriate ways
  - Are not overwhelmed with frustrations of life
  - Avoid dwelling on negative thoughts
    - Consider situation & use positive thoughts and actions to move on



## Social Health

- Is the way you get along with others
  - Ability to make & keep friends
  - Work and play in cooperative ways
  - Seek & lend support when necessary
  - Must communicate well and show respect for yourself & others




## Put You At Risk For Disease

- Heredity
- Environment
- Lifestyle Factors




## Heredity

- Refers to all of the traits that were biologically passed on to you from your parents
- Not just eye & hair color
- Genes may put you at risk for certain illnesses
  - Diabetes, breast cancer, etc.
- Genes may also strengthen your resistance to disease




## Environment

- Is the sum of your surroundings
  - Family, neighborhood, school, job, places you go
- Physical environment
- Social environment
- Culture




## Physical Environment

- Safe environment → good health
- Examples
  - High crime → stress → bad health
  - Air pollution → lung problems → bad health




## Social Environment

- Need to develop a supportive network of family, friends, and role models
- Peers – people of the same age who share similar interests
  - Friends & classmates
  - Important part of social health
  - Loyal & supportive → good health
  - Dangerous, unhealthy, or illegal behaviors → bad health because of pressure to join the group
- Positive peer environment
  - Choose friends who care about their health & yours





## Culture



- The collective beliefs, customs, and behaviors of a group
  - Group can be ethnic, a community, a nation, or part of the world
- Parts of your cultural environment
  - Language, foods, traditions, religion, etc.
- Culture gives you a sense of identity
- Cultural diversity can enrich & challenge healthy living





## Attitude & Behavior

- Attitude
  - People who tend to see positive in situations are more likely to have better health than those who see negative
- Behavior
  - You have control over your behavior
  - Do things that will keep triangle balanced
    - Family history of heart disease → avoid high-fat foods & exercise

 **Media** 

- The various methods of communicating information
  - Radio, tv, internet, magazines, etc.
- Not only provides information but also shapes public opinion
  - May not be reliable → may be trying to sell a product
  - Reliable health info → American Medical Association, universities, & government agencies

**Technology**

- Advances in medicine have helped people live longer with prevention, early diagnosis & better treatment
- Downside → has replaced many of the physical activities that were once daily life
  - Drive instead of walk
  - Tv or computer instead of physical activity

