**Chapter One understanding Health and Wellness**

**Health-** the combination of physical**,** mental/ emotional, and social wellbeing.

-Every day you make decisions to shape your health.

**Your Health Triangle**

**Physical health-** how well your body functions, having good physical health means having enough energy to perform your daily activities, deal with everyday stress, and avoid injury.

-Get 8-10 hours of sleep each night

-Eat nutritious meals and drink 8 cups of water per day.

-Do 30-60 minutes of physical activity every day.

-Avoid the use of harmful substances

-Bathe daily, brush your teeth, floss and wear deodorant.

**Mental/ Emotional health-**  all about your feelings and thoughts. It’s a reflection of how you feel about yourself, how you meet the demands of your daily life, and how you cope with the problems that occur.

-enjoy challenges that help you grow.

-accept responsibility for your actions.

- have a good sense of control over your life

-you can express your emotions in the appropriate ways

-you can generally deal with life’s stresses and frustrations.

-you have a positive outlook

-you make thoughtful and responsible decisions.

**Spiritual Health-**  a deep sense of meaning and purpose in life.

**Social Health-** getting along with others. Your social network includes your family, friends, coaches, teachers, and other membersof your community. You don’t need a lot of friends to have good social health. Sometimes its just having a few special people with whom you can share your thoughts and feelings with.

-seeking and lending support where needed

-communicating clearly and listening to others

-Showing respect and care for yourself and others.

**Keeping a Balance**

**Wellness-** an overall state of wellbeing or total health. This comes from making decisions and practicing behaviors that are based on sound health knowledge and healthful attitudes. Maintaining wellness means keeping a balance among the three components of health. Ignoring any area of your health triangle affects your total health.

**Chronic Disease-** an ongoing condition or illness. EX: heart disease, obesity, and cancer. The leading risk factors for chronic diseases are smoking, lack of physical activity, poor nutrition, being overweight, and lack of health screenings.

**What Affects your Health?**

**Heredity-** refers to all the traits that were biologically passed on to you from your parents. EX: hair color, eye color, body type. You can also inherit genes that may put you at risk for some diseases.

**Environment-** the sum of your surroundings, this includes the physical places you live and the people who make up your world.

* Physical Environment
* Neighborhood and school safety
* Air and water quality
* Availability of parks, recreational facilities, and libraries
* Access to medical care
* Social Environment

-made up of all the people around you including your family and peers

-can be positive role models

-can increase health risks

**Peers-** people of the same age who share similar interests, may also include your friends

* Culture
* Refers to the collective beliefs, customs, and behaviors of a group.
* Can be an ethnic group, a community, a nation, or specific apart of the world.
* May include your language you speak, foods you eat, spiritual beliefs, and traditions you practice.
* Attitude- or the way you view situations can also have an effect on your health.
* Behavior- you have total control of your own behaviors.
* Media- are various methods for communicating information.
* Technology- how media is delivered. Some examples include radio, television, and the internet. There is also printed media like newspapers and magazines.

(Some things you see in the media can give you false impressions that everyone is doing it.)

-Most powerful is the internet. There are thousands of pages of health information all over the world.

-Not all health messages are from a valid source, some may just want you to buy a product. Look for websites that have .gov and .edu in their addresses. Look for HONcode. It is run by Health on the Net Foundation and is dedicated to improving the quality of online health information.

**Health Risks and Your Behavior**

**Risk behaviors-** are actions that can potentially threaten your health or the health of others.

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

-Tobacco use

- Unhealthy dietary behaviors

-inadequate physical activity

Alcohol and other drug use

-Sexual behaviors that result in HIV infection, stds, and unwanted pregnancies

-Behaviors that contribute to unintentional injuries and violence.

**Cumulative risks-** are related risks that increase in effect with each added risk.

-Eating one occasional high fat meal probably won’tpermanently affect your overall health, but if you regularly eat high-fat meals the negative effects accumulate over time and can lead to serious health problems.

- cumulative risks also increase when several risk factors are combined an example: using a cell phone while driving, or speeding, doing all of these increases the chances of a car accident.

* Avoiding or reducing risks
* Wear a seat belt when getting into a car
* Checking the depth of water before diving into it
* Wearing a helmet when riding a bike or an ATV.

**Prevention-** taking steps to keep something from happening or getting worse.

-This includes getting regular medical and dental check- ups, these can detect health problems early.

**Abstaining from High-Risk Behaviors**

**Abstinence-** is a deliberate decision to avoid high-risk behaviors, including sexual activity, and the use of tobacco, alcohol, and other drugs.

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

-An example when you avoid tobacco, alcohol, and other drugs you protect yourself from the chronic diseases associated with using these substances.

-when you abstain from high-risk behaviors, you show you value your well-being.

**Promoting Your Health**

**Lifestyle Factors-** are the personal habits or behaviors related to the way a person lives. These habits make a difference in people’s overall health and happiness. Improving health:

* Getting eight hours of sleep every night
* Start each day with a healthy breakfast
* Eat a variety of nutritious foods each day
* Be physically active for 30-60 minutes most days of the week
* Maintain a healthy weight
* Abstaining from smoking or using other tobacco products, alcohol, or drugs.

**Promoting Health and Wellness**

**Health Education-** includes providing accurate health information and teaching health skills to help people make healthy decisions.

**Healthy People-** 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.

**Health Disparities-** the differences in health outcomes among groups. EX gender, race, education, disability, and location.

**Health Literacy-** refers to 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.