

**Health and Wellness**

Healthy Behaviors

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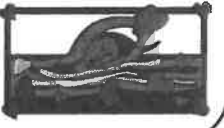
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**Health**

- The process of achieving individual potential in the physical, social, emotional, intellectual, spiritual, and environmental areas.



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**Wellness**

- The achievement of the highest level of health possible in each of the several areas.



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### Physical Health

- Body size and shape
- Sensory acuity and responsiveness
- Susceptibility to disease and disorders
- Body functioning
- Physical fitness
- Recuperative abilities
- Ability to perform normal activities of daily living



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### Intellectual Health

- Think clearly
- Reason objectively
- Analyze critically
- Meet life's challenges
- Learning from successes and mistakes
- Making sound, responsible decisions



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### Social Health

- Satisfying interpersonal relationships
- Interactions with others
  - - seeking and lending support
  - - communicating clearly
- Adaptation to various social situations
- Daily behaviors
- Showing respect and Care for yourself & others



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### Emotional Health

- Feeling competent
- Express emotions when appropriate
- Avoid expressing emotions in an inappropriate manner
- Self-esteem
- Self-confidence
- Trust
- Love



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### Environmental Health

- Appreciation of the external environment
- The role individuals play in
  - Preserving
  - Protecting
  - Improving environmental conditions



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### Spiritual Health

- Feeling of unity with others and nature
- Sense of meaning or value in life
- To care about and respect all living things
- Could include belonging to a spiritual community



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### Influences on Your Health

- Heredity

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



- eye color



- hair color

- some physical traits

- some conditions/diseases



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### Influences on Your Health

- Environment

#### 1. Physical Environment



- neighborhood and school safety
- air and water quality
- availability of parks, recreational facilities
- access to social outlets
- access to medical care



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#### 2. Social Environment

- all the people around you (including family & peers)
- positive role models who support healthful decisions



#### 3. Culture

- the collective beliefs, customs, and behaviors of a group
- ethnic group
- community
- nation or specific part of the world



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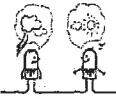
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### Influences on Your Health

- **Attitude and Behavior**

(the way you view situations and act upon)

- Seeing the "glass half full or half empty"
- Making choices to avoid unhealthful behaviors



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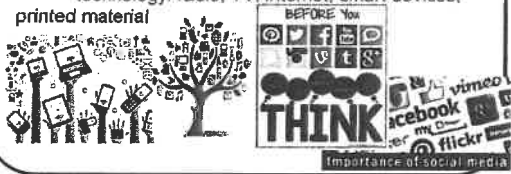
### Influences on Your Health

- **Media and Technology**

media: various methods of communicating information

technology: radio, TV, internet, smart devices,

printed material



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### Take a minute.....

How would understanding the influences of media and technology make a difference in your health?



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### Identifying Health Risks

- Risk behaviors: actions that can potentially threaten your health or the health of others
- Understanding the risks with certain behaviors, you can make safe and responsible decisions about which risks to avoid

(crossing the street vs. sky diving)



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### Recognizing Risk Behaviors

The CDC identifies 6 risk behaviors that account for most of the deaths and disabilities among young people under 24 years old.....

- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Alcohol, marijuana, and other drug use
- Sexual behaviors that may result in HIV infection, STI's, and unintended pregnancies
- Behaviors that contribute to unintentional injuries and violence



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### Risks and Consequences

- Can have serious impact on your health
- Significant long term and short term consequences to your health and well-being
- Risks can also add up over time
- **Cumulative risks** are related risks that increase in effect with each added risk (eating McD's every day vs. eating it once in a great great while)
  - Increase when several risk factors are combined....texting and driving while speeding with a car full of friends listening to loud music



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### How to Avoid or Reduce Risks

1. **Practicing** positive health behaviors

- wearing a seatbelt
- not diving in shallow water
- eating healthy foods



2. **Prevention:** taking steps to keep something from happening or getting worse (medical and dental check-ups)

3. **Abstinence:** a deliberate decision to avoid high-risk behaviors

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### Lifestyle Factors

Personal habits or behaviors related to the way a person lives

Can make a difference in people's overall health....living longer, healthier lives

- Sleeping 6-8 hours per night
- Eating a healthy breakfast and a variety of nutritious foods each day
- Being physically active for 60 minutes most days
- Maintaining a healthy weight
- Abstaining from substance use



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### Take a minute.....

Think of a risk factor teens are exposed to, predict how lifestyle factors can positively influence teens to avoid that risk.



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## Promoting Health and Wellness

WHY????



- Today's Americans spend over \$2.3 trillion a year on health care, which equates to about \$7,600 per person

- much of that could be avoided with healthier decisions

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

*Understanding health information and learning health skills empowers people to live healthfully and improve their quality of life*

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## Becoming Health Literate

To become an informed individual who can make sound health decisions, one must:

1. Know where to find health information
2. Decide if the information is correct
3. Assess the risks and benefits of their decisions
4. Figure out how to best care for themselves

But, How?????

*Using critical thinking and problem solving skills, being a responsible productive citizen, being a self-directed learner, and to be able to effectively communicate*

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## Let's Surf the Web...

1. Explain what HEALTHY PEOPLE is
2. Who is involved with Healthy People?
3. How often do Healthy People update their goals?
4. What are the **current** goals of Healthy People?
5. What are the four (4) in-early-development goals for the next Healthy People?

Just one more:

What are health disparities?

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### Improving Your Health

- A good night's sleep
- Eat Healthy well balanced meals
- Participate in physical activities
- Avoiding tobacco products
- Limiting alcohol
- Abstaining from drug use
- Practicing safe sex
- Self-exams and medical checkups

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### Other ways to improve your health

- Control stressors
- Forming and maintaining relationships
- Making time for yourself
- Have fun every day
- Respecting the environment
- Value each day
- View mistakes as opportunities to learn and grow
- Be kind to yourself and others

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