

Chapter 1 - Leading a Healthy Life

Section 1

- Infectious vs. Lifestyle diseases
- Risk factors
 1. Controllable (smoking, drinking, drugs, exercise, diet, etc.)
 2. Uncontrollable (4 uncontrollable)
 - a. Age
 - b. Race
 - c. Gender
 - d. Heredity

- 4 leading causes of death in the US for 13-18 year olds
 1. Motor vehicle accidents
 2. Homicide
 3. Suicide
 4. Other accidents

These make up 75% off all teen deaths.

- Leading cause of death for 19-65 year olds is cancer
- Leading cause of death for those over 65 years old is heart disease

- 6 types of health risk behaviors
 1. Sedentary lifestyle
 2. Alcohol and other drug use
 3. Sexual activity
 4. Behaviors that cause injury
 5. Tobacco Use
 6. Poor eating habits

Chapter 1 - Leading a Healthy Life

Section 2

-6 components of health - Wellness continuum

Health - state of well being in which all 6 components of health are balanced

1. Physical health - Chronological vs. Physiological

Physical health - being free of disease and sickness, refers to the way your body functions.

- a. Eat a well balanced diet
- b. Exercise regularly
- c. Avoids tobacco, alcohol, and drugs

2. Emotional health - expressing your emotions in a positive non-destructive way.

- a. Expresses emotions constructively
- b. Asks for help when sad

3. Social health - the quality of relationships with friends, family, and others you are in contact with.

- a. Respects others
- b. Has supportive relationships
- c. Expresses needs to others

4. Mental health - is the ability to recognize reality and cope with the demands of daily life.

- a. Has high self -esteem
- b. Enjoys trying new things
- c. Is free of mental illness

-Phobia- an irrational and excessive fear of something.

- High self-esteem - feeling comfortable and happy about yourself

5. Spiritual health - is maintaining harmonious relationships with other living things and having spiritual direction and purpose. Spiritual health means different things to different people.
 - a. Live according to ones ethics, morals, and values.
 - b. Feels a unity with other human beings
6. Environmental health - is your surroundings (physical surroundings)
 - a. Has access to clean air and water
 - b. Has a clean and uncrowded living space
 - c. Recycles used paper, glass products and aluminum
 - d. Free of noise pollution

-What influences your Wellness?

1. Heredity
2. Social (society)
3. Cultural - the values, beliefs, and practices shared by people that have a common background
3. Environmental

-You can take charge of your wellness by:

1. Knowledge - know your information and make good Choices
2. Lifestyle - behaviors
3. Attitude - increase self-esteem with positive thinking

Chapter 1 - Leading a Healthy Life

Section 3

-4 Ways Society Addresses Health Problems

1. Medical advances -
2. Technology
3. Public Policy- Congress passes laws that provide funding for research.
4. Education

Go over Chapter 1 Highlights - page 21

The Big Picture

Name _____ Hour _____

Chapter 1 vocabualry

Infectious diseases _____

Lifestyle diseases _____

Risk factor _____

Controllable risk factor _____

Uncontrollable risk factor _____

Sedentary _____

Health _____

Physical health _____

Emotional health _____

Social health _____

Mental health _____

Spiritual health _____

Environmental health _____

Value _____

Wellness _____

Self-esteem _____

Phobia _____

Name _____ Hour _____

Chapter 1 vocabualry -KEY

Infectious diseases - diseases caused by pathogens, such as bacteria - passed person to person

Lifestyle diseases - caused partly by unhealthy behaviors and partly other factors - caused by the choices you make

Risk factor - is anything that increases the likelihood of injury, disease, or other health problems

Controllable risk factor - factors you can do something about

Uncontrollable risk factor - risk factors that can't change

Sedentary - not taking part in physical activity on a regular basis

Health - state of well-being in which all the components of health; physical, emotional, social, mental, spiritual, and environmental are in balance

Physical health - being free of disease and sickness, refers to the way your body functions

Emotional health - expressing your emotions in a positive non-destructive way

Social health - the quality of relationships with friends, family, and others you are in contact with

Mental health - is the ability to recognize reality and cope with the demands of daily life

Spiritual health - is maintaining harmonious relationships with other living things and having spiritual direction and purpose. Spiritual health means different things to different people

Environmental health - is your surroundings (physical surroundings)

Value - is a strong belief or ideal

Wellness - the achievement of a person's best in all 6 components of health

Self-esteem - a person's confidence, pride, and self-respect
Phobia- an irrational and excessive fear of something