Chapter 1 NOTES: Making Healthy Decisions

Section 1.1  What is Health?

I. Health Today:
   A. Health refers to the overall well-being of your body, mind and your relationships with other people.
   B. Two factors that used to evaluate health:
      • life expectancy – the number of years a person can expect to live
      • quality of life – the degree of overall satisfaction that a person gets from life

II. Aspects of Health:
   A. Physical Health: refers to how well your body functions.
      1. Diet/Nutrition
      2. Exercise
      3. Rest/Sleep
      4. Hygiene
      5. Medical Checkups
   B. Mental/Emotional Health: How you feel about yourself, how well you relate to others and how well you react to events in your life.
      1. Your mind is alert and you can learn from mistakes
      2. Recognize your achievements
      3. Expresses feelings in a healthy way
   C. Social Health: How you get along with others.
      1. Make and keep friends.
      2. Work and play cooperatively
      3. Give and accept help
      4. Communicating your needs.

III. A Continuum of Health
   A. One end of the continuum represents poor health, which represents illness. The other end represents perfect or ideal health and is often referred to as “wellness.”
      a. Wellness is a state of high-level health.
      b. Our point on the health continuum is constantly moving and many of the choices you make on a daily basis affect your position on this continuum.
INFLUENCES ON HEALTH

I. **Heredit**y: all traits passed biologically from parent to child
   - Skin color
   - Gender

II. **Physical environment**: all of the physical and social conditions that surround a person and can influence that person’s health.
   - air quality
   - exposure to disease
   - loud noise
   - sun radiation

III. **Social environment**: people you spend time with
   - family
   - friends
   - classmates
   - others in your community

IV. **Culture**: The beliefs and patterns of behavior that are shared by a group of people and pass from generation to generation.
   - foods
   - how you show emotion

V. **Media**: forms of communication that provide news and entertainment
   - TV can be both positive and negative

VI. **Technology**
   - Positive
     - Advances in medicine
     - The use of the internet for providing health information
   - Negative
     - Computer usage limits exercise
     - Some information on the internet is inaccurate

VII. **Healthcare**: medical services provided by doctors, nurses, dentists, and therapists.
   - Availability
   - Insurance and other costs

VIII. **Behavior**: of all the influences on your health, the decisions your make and the actions your take often have the greatest impact on your health.
EVALUATING HEALTH RISKS

I. **Risk Factor**: any action or condition that increases the likelihood of injury, disease, or other negative outcome.

Three ways to evaluate a risk factor are:
   a. Consider both short and long-term consequences
   b. Decide whether you can control the risk factor
      - Physical activity
      - nutrition
      - alcohol/tobacco/drugs use
      - protective gear & prevention
      - choice of friends
   c. Analyze the possible benefits and risks of a decision

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Section 1.3 *Taking Responsibility for Your Health*

I. **Healthy People 2010**: With a focus on prevention, increase the years of life for each American and Eliminate differences in health based on race, ethnic group or income.

II. **A Healthy You** - there are 3 steps you can take to help meet your personal health goals:
   1. Gaining Awareness – recognize a health problem
   2. Gaining Knowledge – learn about your health problems
   3. Building Healthy Skills – apply and practice the knowledge you learn
      - Analyzing Influences
      - Accessing Information
      - Communicating
      - Making Decisions
      - Setting Goals
      - Practicing Healthy Behaviors
      - Advocacy

III. **Achieving Health Literacy** – someone who has the ability to gather, understand, and use information to better their health.

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Section 1.4 *Being a Wise Consumer*

I. **Making Healthy Consumer Choices**
   a. Products – the things we purchase can potentially affect our health so we must consider the following these before we buy:
      - Safety
      - Cost
      - Warranty
      - Consumer Testing
   b. Services – before choosing a service make sure those performing the service are qualified
   c. Information – evaluate the information about a product or service to determine whether it is accurate or useful.
II. **The effects of Advertising**: let you know what products and services are available, but rarely provide the information you need to make wise choices.

![BUY NOW!]

III. **Health Fraud=Quackery**: when people lie to get money or property by selling useless medical treatments or products

a. Recognizing Health Fraud
   - Claims that it is the only possible cure
   - Results seem too good to be true
   - Treatment claims to cure many different ailments
   - Contains “special” or “secret” ingredients

b. Responding to Health Fraud – when in doubt, ask your doctor or pharmacist before buying or using a product or treatment

IV. **Your Rights as a Consumer**
   a. The Right to Information
   b. Consumer Protection
   c. The Right to Complain