

**Health****Chapter 1.1 What is Health?**

1. Health today refers to the overall well-being of your \_\_\_\_\_, your \_\_\_\_\_, and your \_\_\_\_\_ with other people.
2. The number of years a person can expect to live is called \_\_\_\_\_.
3. \_\_\_\_\_ is the degree of overall satisfaction that a person gets from life.
4. A \_\_\_\_\_ is a result that a person aims for and works hard to reach.
5. \_\_\_\_\_ refers to how well your body functions
6. The state of being comfortable with yourself, with others, and with your surroundings is called \_\_\_\_\_.
7. \_\_\_\_\_ refers to how you react to events in your life.
8. \_\_\_\_\_ refers to how well you get along with others.
9. A \_\_\_\_\_ is a gradual progression through many stages between one extreme and another.
  - a. One end of the continuum represents \_\_\_\_\_ health. (illness)
  - b. The other end represents perfect, or ideal health. (wellness)
  - c. \_\_\_\_\_ is a state of high-level health.

**1.2 Identifying Health Risks**

10. Factors that can influence health include:
  - a. Heredity
  - b. Environment
  - c. \_\_\_\_\_
  - d. Technology
  - e. Healthcare
  - f. \_\_\_\_\_
11. To some extent, your level of health is already determined when you were \_\_\_\_\_.
12. Another part of your heredity is your \_\_\_\_\_-whether you are male or female.
13. The \_\_\_\_\_ is all the physical and social conditions that surround a person and can influence that person's health.
  - a. Your physical environment includes both your outdoor and indoor surroundings.
14. Your \_\_\_\_\_ includes the people you spend time-your family, friends, classmates, and other people in your community.
15. \_\_\_\_\_ is the beliefs and patterns of behavior that are shared by a group of people and passed from generation to generation.
16. \_\_\_\_\_ are forms of communication that provide news and entertainment.
17. Advances in \_\_\_\_\_ help doctors to detect health problems sooner and improve the quality for patients.
18. \_\_\_\_\_ includes the medical services provided by doctors, nurses, dentists, and therapists.
19. A \_\_\_\_\_ is a behavior that is repeated so often that it becomes almost automatic.
20. A \_\_\_\_\_ is any action or condition that increases the likelihood of injury, disease, or negative outcome.
  - a. Some behaviors can have an immediate effect on your \_\_\_\_\_.

21. Risk factors you cannot control
  - a. You can't control the color of your skin or other risk \_\_\_\_\_ that are part of your heredity.
  - b. Nor can you control all the risk factors in your \_\_\_\_\_.
22. Risk factors you can control
  - a. Your level of physical activity
  - b. Your intake of fat, sugar, or salt
  - c. Your use of tobacco, \_\_\_\_\_, and other \_\_\_\_\_.
  - d. Your use of protective gear, such as \_\_\_\_\_.
  - e. Your choice of friends.

### 1.3 Taking responsibility of your Health

23. There are three steps you can take to help meet your personal health goals
  - a. Gaining awareness
  - b. \_\_\_\_\_
  - c. Building skills
24. Building Health skills
  - a. Analyzing Influences
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. Making Decisions
    - i. Your \_\_\_\_\_ are the standards and beliefs that are most important to you.
25. Setting Goals
  - a. The goals you set help you translate knowledge into \_\_\_\_\_.
  - b. One you set a goal, you can develop an \_\_\_\_\_ -A series of specific steps you can take to achieve the goal.
  - c. Practicing Healthful Behaviors
  - d. Advocacy-This skill involves using communication to influence and support others in making positive health decisions.
26. A person with \_\_\_\_\_ has the ability to gather, understand, and use health information to improve his or her health.

### The DECIDE Process

27. **Define the Problem**-Consider the \_\_\_\_\_ you are facing, and state the \_\_\_\_\_ clearly.
28. **Explore the Alternatives**-Make a list of possible \_\_\_\_\_ for solving your problem.
29. **Consider the consequences**-Include both \_\_\_\_\_ and \_\_\_\_\_ results.
  - a. Consider what \_\_\_\_\_ would happen, not what you hope would happen.
30. **Identify your values**-Consider your \_\_\_\_\_ - \_\_\_\_\_ goals as well as the beliefs or your family and culture
  - a. Consider your \_\_\_\_\_ and others' health and safety, and your \_\_\_\_\_ - \_\_\_\_\_.
  - b. Identify those \_\_\_\_\_ that are a good match for your values.
31. **Decide and act**-Use the information you have collected to compare the \_\_\_\_\_.
  - a. Make a plan to act on your \_\_\_\_\_.
32. **Evaluate the results**-Sometime after you have put your decision into effect, take some time to \_\_\_\_\_ it.
  - a. If you could do it over again, what you do \_\_\_\_\_? If you can still change some things for the better do it now