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 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 to 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