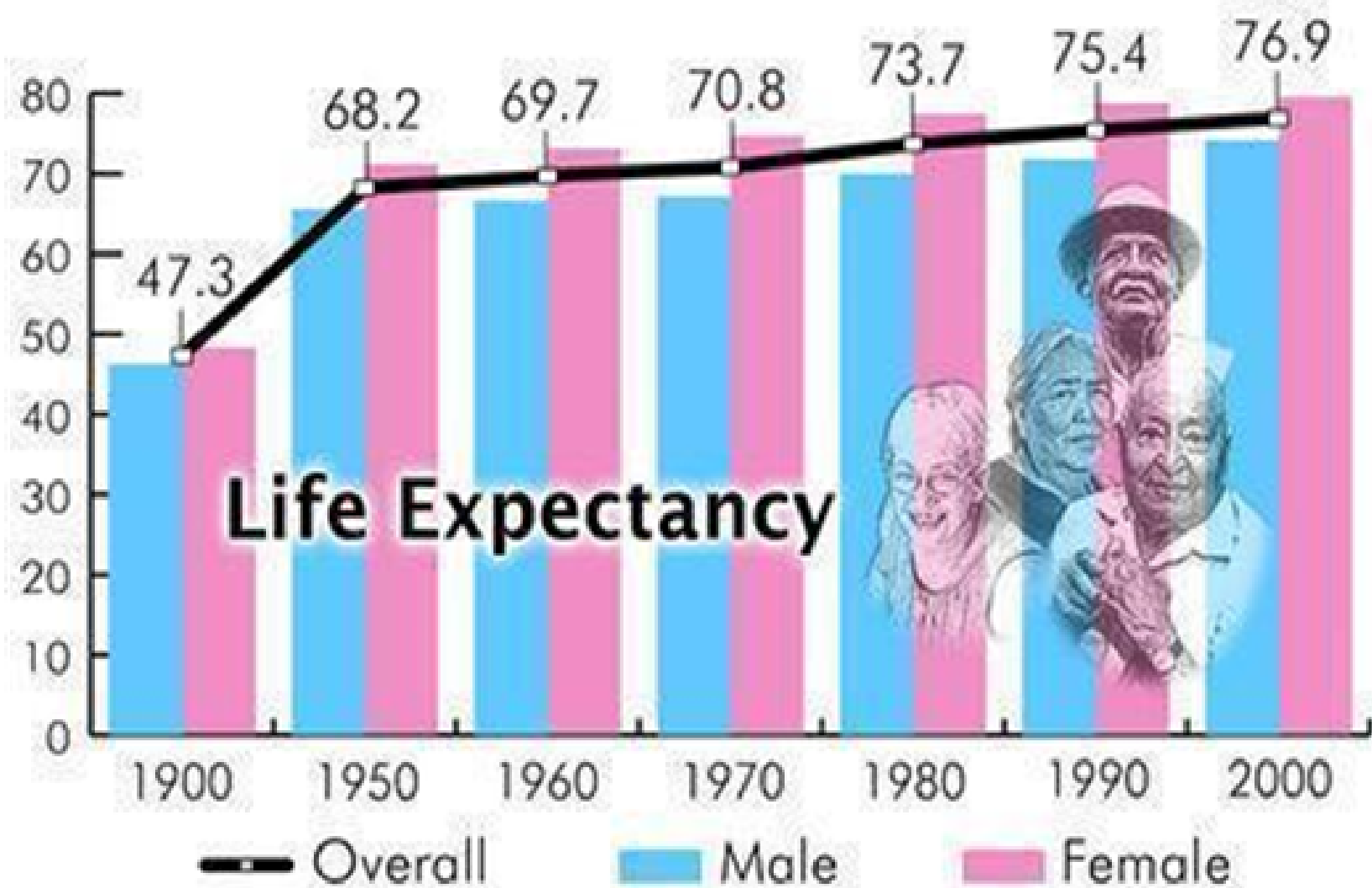
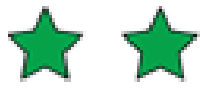


# Unit 1 - Making Healthy Decisions

## Lesson 1 What is Health?



What does this graph tell us?  
Why is this?



Everytime you see 2 green stars it indicates vocabulary words that you should recognize from the lesson.

# Life Expectancy Vs. Quality of Life

- ★★ Life expectancy is the number of years a person can expect to live.
- ★★ Quality of life is the degree of overall satisfaction that a person gets from life.

# Aspects of Health

The term 'health' encompasses all of these things. It's not just about being free of sickness or disease.

1. ★★ Physical Health - how well your body functions
2. ★★ Mental Health - the state of being comfortable with yourself and others and with your surroundings
3. ★★ Emotional Health - how you react to events in your life
4. ★★ Social Health - how well you get along with others

Which area of health are you working on if you are...

Getting along better with your brother or sister.



Trying to learn from your mistakes

Trying to get more sleep



# Health Continuum<sup>★★</sup>

a gradual progression through many stages between one extreme to another



## Illness

## ★★ Wellness

a state of high level health

Low energy level

Frequent aches and pains

Prolonged illness

Negative outlook on life

Isolated from others

High energy level

Enthusiasm for life

Strong sense of purpose

Feeling of well-being

Supportive relationships

Midpoint:  
Neither ill nor perfectly well

The choices that you make on a daily basis affect your position on the health continuum. You are given several **CONTROLABLE** choices every day to move yourself on the health continuum.

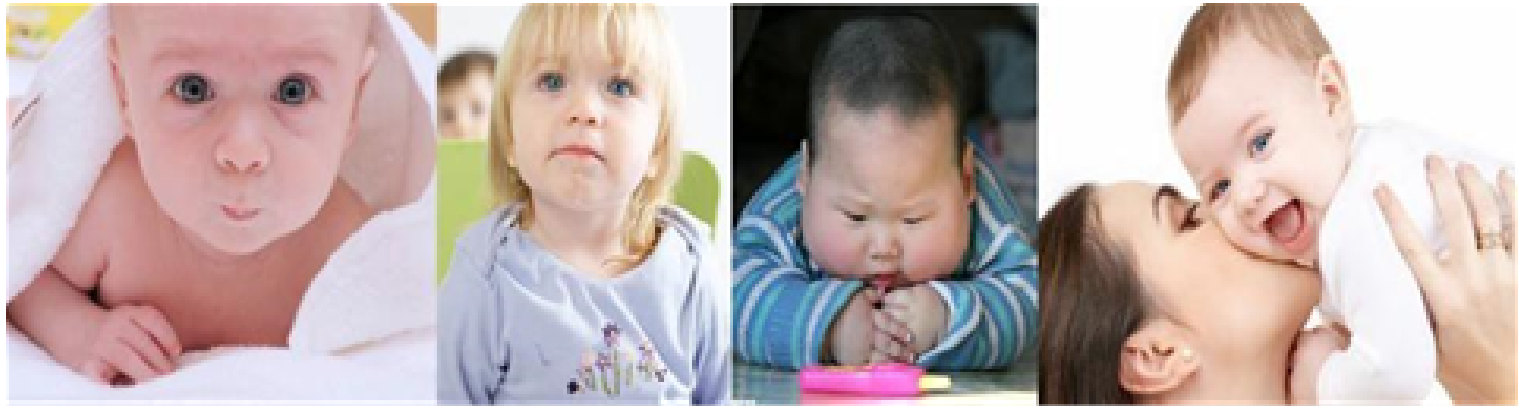


**Daddyism:**

Worry only about the things that you can control.

# Lesson 1 Questions

1. Why are both life expectancy and quality of life used to evaluate overall health?
2. What are the four aspects of overall health.
3. What is a continuum? Describe the extremes of the health continuum.
4. How are the choices people make related to their positions on the health continuum?
5. What is the difference between mental health and emotional health?
6. What are two ways you could improve your physical health? Your emotional health? Your social health?
7. Cody eats a lot of 'junk' food and doesn't get much exercise. However, he doesn't have any obvious signs of illness. Where would you place Cody on the health continuum? Explain.



Two babies are born the same day in the same city in the United States. Which baby lives longer?



# There are several conditions that influence your life expectancy and your quality of life.

- ★ ★ Heredity - traits that are passed biologically from parent to child



**There are several conditions that influence your life expectancy and your quality of life.**

★★ Gender - male or female



# There are several conditions that influence your life expectancy and your quality of life.

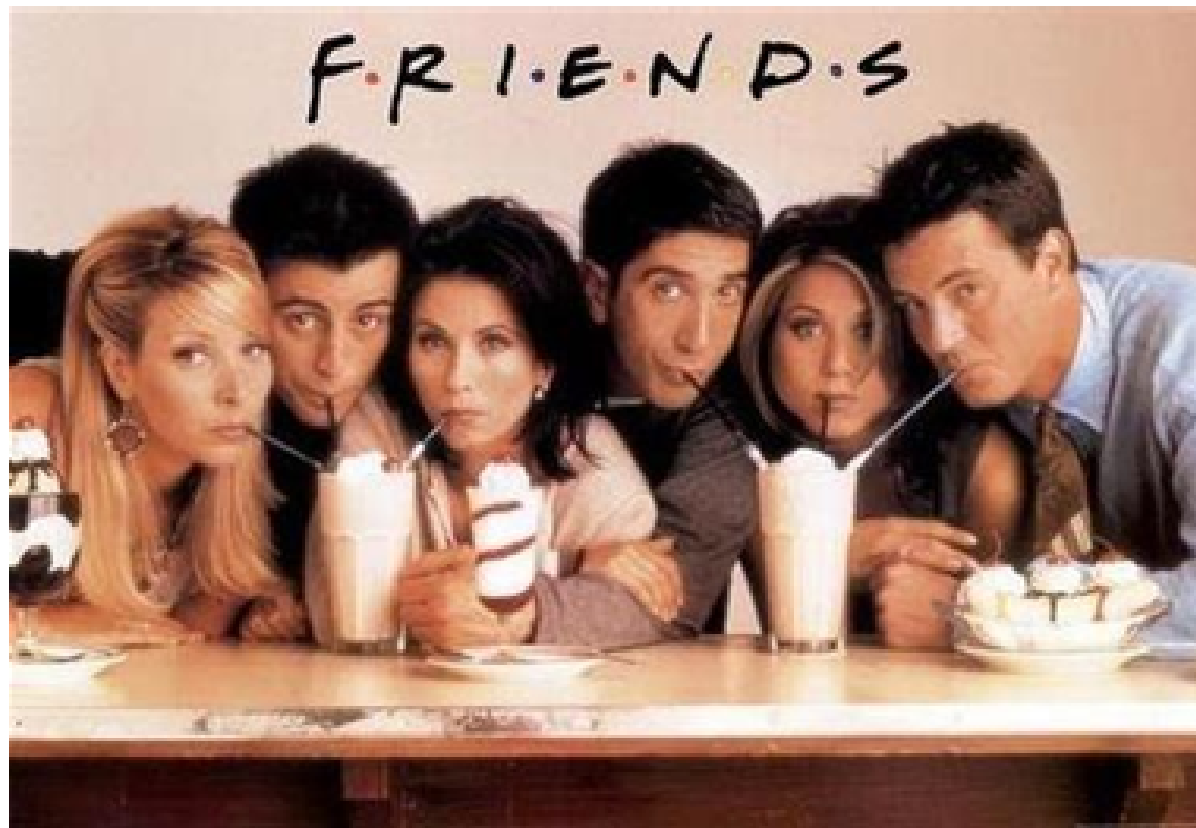
Physical Environment - outdoor and indoor surroundings



- ★ ★ Environment - all of the physical and social conditions that surround a person and can influence that person's health

# There are several conditions that influence your life expectancy and your quality of life.

Social Environment - all of the people you spend your time with



# There are several conditions that influence your life expectancy and your quality of life.

★★  
Culture - beliefs and patterns of behavior that are shared by a group of people and passed from generation to generation



# There are several conditions that influence your life expectancy and your quality of life.

- ★★ Media - forms of communication that provide news and entertainment



**There are several conditions that influence your life expectancy and your quality of life.**

Technology - electronics and other advances



# There are several conditions that influence your life expectancy and your quality of life.

Healthcare - medical services provided by doctors, nurses, dentists and therapists and clinics and hospitals.



Talking Point:  
Do we have  
'healthcare' or  
'sick care'?



# There are several conditions that influence your life expectancy and your quality of life.

Behavior - of all of the influences on your health, the decisions you make and the actions that you take often have the greatest impact on your health  
~sometimes a behavior becomes a ★★ habit which is a behavior that is repeated so often it becomes automatic



When making decisions about your health it is important to think of the decision in terms of risk factors.

A<sup>★</sup> risk factor is any action or condition that increases likelihood of injury, disease, or other negative outcome.

# Examples of risk factors that you can control:

1. level of physical activity
2. intake of fat, sugar or salt (lets discuss this a bit - financial aspects)
3. use of tobacco, alcohol or other drugs
4. choice of friends
5. exposure to UV rays

# Examples of risk factors that you CANNOT control:

1. heredity
2. some environmental factors
3. gender (lets discuss this a bit)



# Lesson 2 Review Questions

1. What does the term heredity mean?
2. List 5 factors other than heredity that can influence your health.
3. What is a habit? Describe one healthy habit and one unhealthy habit that you have.
4. In relation to health, how is a risk factor defined?
5. List three ways to evaluate a risk factor.
6. List the risks and benefits of swimming in a lake at night with friends.
7. Do you think that your physical environment or your social environment is a more important influence on your health? Explain.
8. How could you spend a lot of time playing video games have a negative influence on someone's health?