

## Chapter 1 Taking Charge of Your Life

Hlth 2 Health and Wellness  
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## Learning Objectives

1. Define the following terms: health, wellness, disease (infectious and chronic), target behavior, self-efficacy.
2. Identify and describe the six dimensions of wellness and a wellness lifestyle.
3. Identify the major public health achievements of the twentieth century.
4. Identify major goals of the US national Healthy People initiative.
5. Explain the importance of personal decision making and behavior change in achieving a wellness lifestyle.
6. Identify and describe the influence of gender, ethnicity, income, and disability on health.
7. Discuss the available sources of health information and how to think critically about them.
8. Describe how to develop a behavior change plan.

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## Chapter Overview

This chapter is an introduction to health and wellness, and it distinguishes between Healthy and Unhealthy Behaviors.

POSITIVE BEHAVIORS	NEGATIVE BEHAVIORS
Healthy	Unhealthy
Responsible	Irresponsible
Low Risk	High Risk
Safe	Unsafe

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## Definitions

Students are expected to know definitions of key health terms. These definitions are in your textbook. Some definitions are in handouts and class lecture.

**Health**- "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

**Wellness** - Optimal health and vitality, encompassing physical, emotional, intellectual, spiritual, interpersonal, social, and environmental.

**Target Behavior**- An isolated behavior selected as the object of a behavior change plan.

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## Definitions *cont.*

**Self-Efficacy**- The belief in one's ability to take action and perform a specific behavior.

**Infectious Disease**-A disease that is communicable...

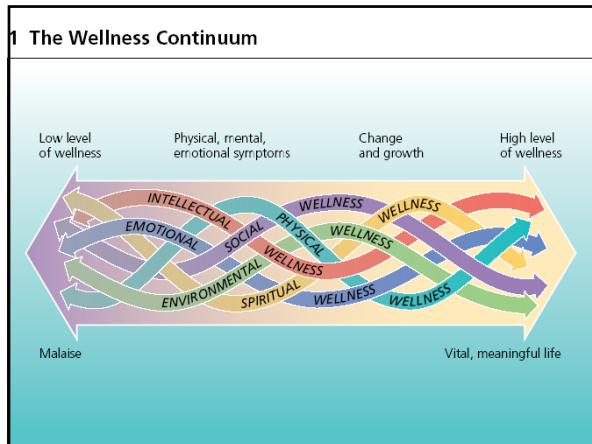
**Chronic Disease**- A disease that develops and continues over a long period of time...

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## Six Dimension of Wellness

1. Physical Wellness
2. Emotional Wellness
3. Intellectual Wellness
4. Spiritual Wellness
5. Interpersonal and Social Wellness
6. Environmental (Planetary) Wellness

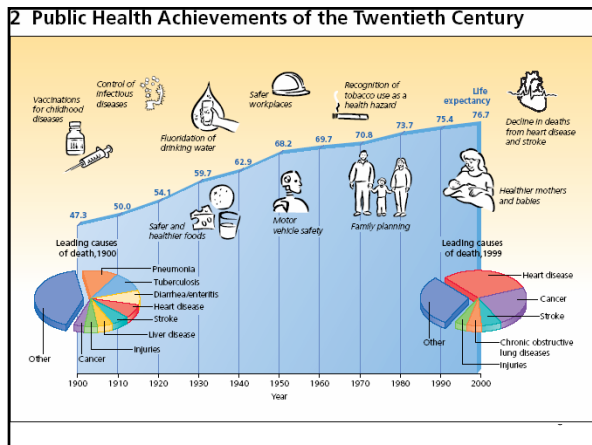
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### Major Public Health Achievements in Twentieth Century (see next slide)

- vaccinations for childhood diseases
- water purification (clean drinking water)
- food safety (US Dept of Agriculture)
- motor vehicle safety
- workplace safety
- prenatal care
- recognition of tobacco as health hazard

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### Healthy People 2010 Broad National Goals

Healthy People 2010 is a US federal government program designed to improve the health of all Americans. The program has goals and objectives for many areas of health that must be met by the year 2010.

- increasing the span of healthy life for all Americans
- reducing health disparities among Americans
- securing access to preventive health services for all Americans

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### Factors That Influence Wellness Positively

Five key areas:

1. Nutrition
2. Exercise
3. Avoiding drugs, tobacco, and alcohol
4. Engaging in safe and low risk behaviors
  - a. sexual activity- wearing condoms
  - b. safety- wearing seat belts
5. Environmental protection (e.g., recycling)

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### Leading Cause of Death in the USA (CDC, 2004)

- Heart disease: 654,092
- Cancer: 550,270
- Stroke (cerebrovascular diseases): 150,147
- Chronic lower respiratory diseases: 123,884
- Accidents (unintentional injuries): 108,694
- Diabetes: 72,815
- Alzheimer's disease: 65,829
- Influenza/Pneumonia: 61,472
- Kidney diseases: 42,762
- Septicemia: 33,464

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### Leading Causes of Death Web Site

To understand leading causes, you must break it down by age group.

For 15-24 year olds, leading cause is usually Unintentional Injuries (accidents).

For black males, homicide is the leading cause of death.

<http://www.cdc.gov/ncipc/wisqars/default.htm>

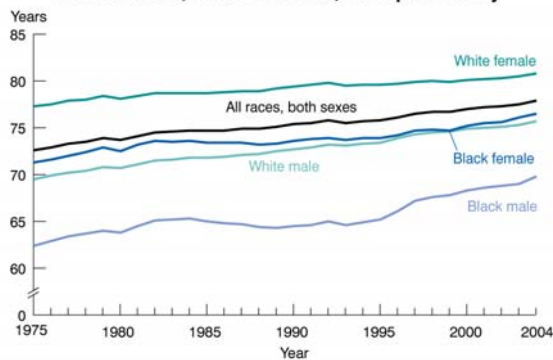
Rank	1-4	5-9	10-14	15-19	20-24	25-34	35-44	45-54	55-64	65+	All Ages
1	Congenital Anomalies 1,522	Unintentional Injury 12,200	Unintentional Injury 12,200	Unintentional Injury 14,425	Unintentional Injury 13,027	Unintentional Injury 14,247	Unintentional Injury 14,247	Unintentional Injury 14,247	Unintentional Injury 14,247	Unintentional Injury 14,247	Unintentional Injury 14,247
2	Heart Disease 4,843	Congenital Anomalies 589	Congenital Anomalies 589	Congenital Anomalies 589	Congenital Anomalies 589	Congenital Anomalies 589	Congenital Anomalies 589	Congenital Anomalies 589	Congenital Anomalies 589	Congenital Anomalies 589	Congenital Anomalies 589
3	2200	Malicious Homicide 399	Malicious Homicide 399	Malicious Homicide 399	Malicious Homicide 399	Malicious Homicide 399	Malicious Homicide 399	Malicious Homicide 399	Malicious Homicide 399	Malicious Homicide 399	Malicious Homicide 399
4	1,913	Heart Disease 1,913	Heart Disease 1,913	Heart Disease 1,913	Heart Disease 1,913	Heart Disease 1,913	Heart Disease 1,913	Heart Disease 1,913	Heart Disease 1,913	Heart Disease 1,913	Heart Disease 1,913
5	1,817	Heart Disease 1,817	Heart Disease 1,817	Heart Disease 1,817	Heart Disease 1,817	Heart Disease 1,817	Heart Disease 1,817	Heart Disease 1,817	Heart Disease 1,817	Heart Disease 1,817	Heart Disease 1,817
6	1,792	Influenza & Pneumonia 1,792	Chronic Low Respiratory Disease 1,792	Chronic Low Respiratory Disease 1,792	Chronic Low Respiratory Disease 1,792	Chronic Low Respiratory Disease 1,792	Chronic Low Respiratory Disease 1,792	Chronic Low Respiratory Disease 1,792	Chronic Low Respiratory Disease 1,792	Chronic Low Respiratory Disease 1,792	Chronic Low Respiratory Disease 1,792
7	1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785
8	1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785
9	1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785
10	1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785	Septicemia 1,785

### Factors Impacting on Personal and Community Health

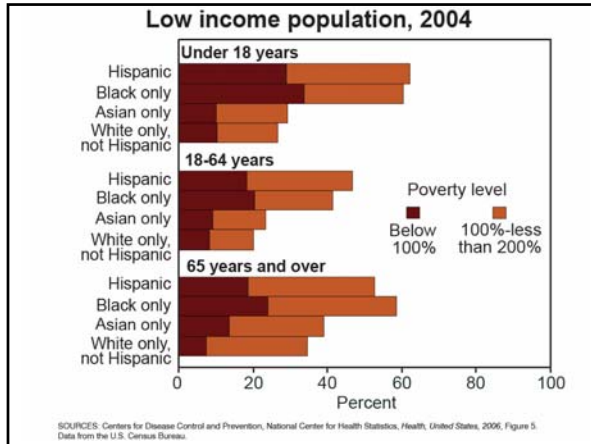
- Sex
- **RACE/ETHNICITY**
- **INCOME/WEALTH**
- Education
- Disability Status
- Geographic Location
- Sexual Orientation

### Race and Life Expectancy

Figure 2. Life expectancy at birth, by race and sex: United States, 1975-2003 final, 2004 preliminary



### Race and Poverty



### Low income by age, race, and Hispanic origin: United States, 2004

Characteristic	<100%	100%-200%	<100%	100%-200%
All races and origins	12.7	18.5	37.0	53.8
Hispanic or Latino	21.9	30.3	9.1	12.6
Black or African American only	24.7	24.0	9.0	8.7
Asian only	9.8	16.3	1.2	2.0
White only, not Hispanic or Latino	8.6	15.1	16.9	29.4

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## Developing Skills for Change: Creating a Personalized Plan

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## Theory: Social Learning Theory

We will learn how to change our unhealthy behaviors to healthy behaviors using this process. In order for you to change a behavior, you must:

1. Believe you are in **control** of your own behavior (internal locus of control).
2. **Value** a particular healthy behavior.
3. Have high **self-efficacy** (self-confidence) that you can engage in the healthy behavior.

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## Behavior Change Plan Steps

1. **Monitor Your Behavior and Gather Data**
  - a. monitor your behavior and gather data
  - b. include surrounding circumstances
2. **Analyze the Data and Identify Patterns**
3. **Set REALISTIC, SPECIFIC goals**
  - a. include short and long term goals

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## Behavior Change Plan Steps *continued*

4. **Devise a Strategy of Plan of Action**
  - a. modify your environment
  - b. Focus on accomplishing short term goals first, and when successful, reward yourself
  - c. ask for help from friends and family
  - d. Need social support to maintain new healthy lifestyle

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### Behavior Change Plan Steps *continued*

**5. Make a Commitments by Signing a Personal Contract**

**6. If you can't change your behaviors on your own, there is no shame in getting professional help!**

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### Reliable Health Resources

#### **HealthFinder**

<http://www.healthfinder.gov/>

#### **Centers for Disease Control & Prevention**

<http://www.cdc.gov/>

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