

Unit 1

Health & Wellness

Health Education

3 Sides of the Health Triangle

★ Physical Health

- How well you take care of your body

★ Mental Health

- How you feel about yourself and how you deal with problems

★ Social Health

- How you get along with others

The Health Triangle



What is Wellness?

☀ Wellness

- ☀ An overall state of well-being or total health. (high-level health)



A Continuum of Health

The Health Continuum

Illness

- Low energy level
- Frequent aches and pains
- Prolonged illness
- Negative outlook on life
- Isolated from others

Wellness

- High energy level
- Enthusiasm for life
- Strong sense of purpose
- Feeling of well-being
- Supportive relationships

Health declines

Health improves

Midpoint

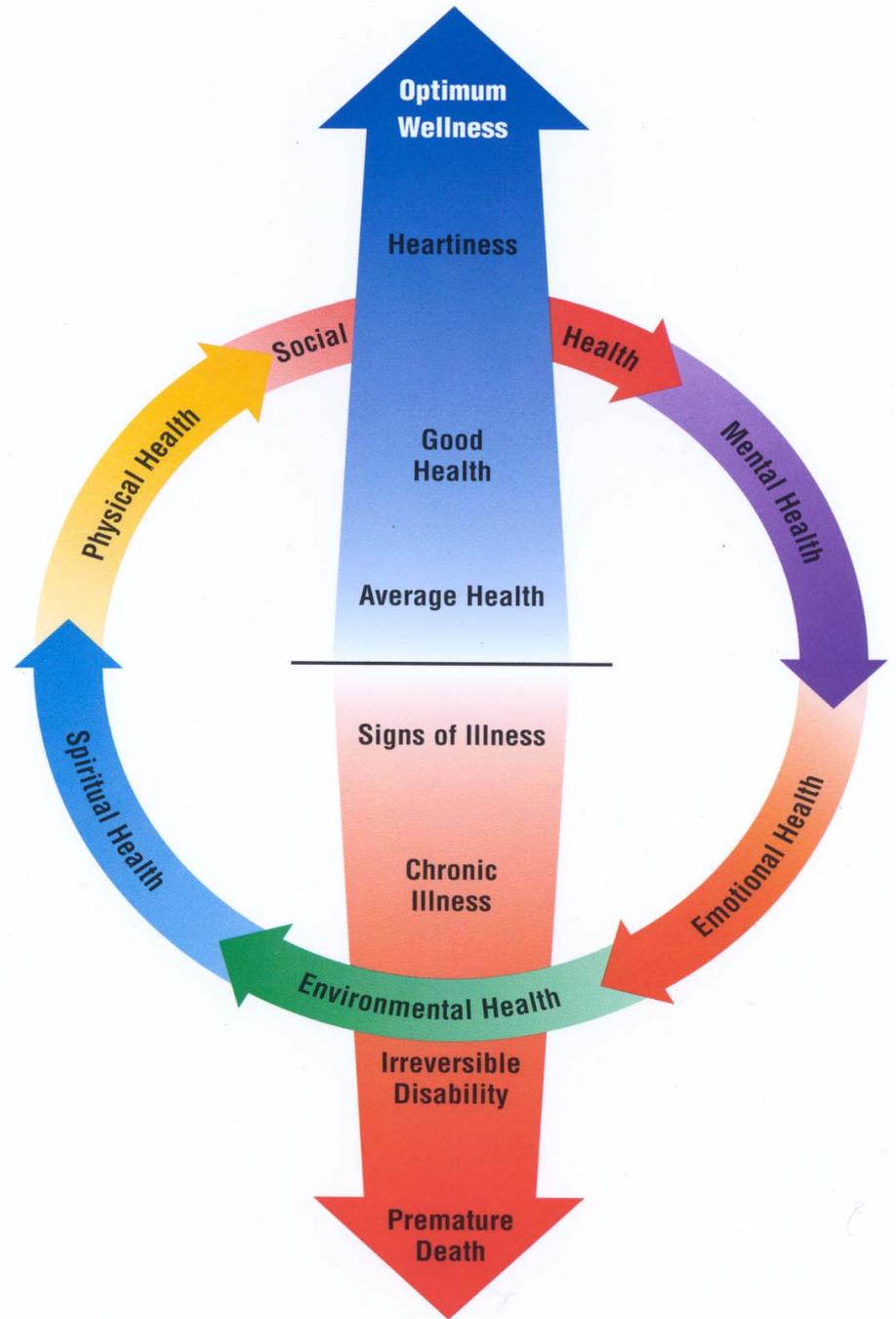
neither ill nor perfectly well

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Wellsprings Model of Health

- ✦ Dr. Robert Russell – Southern Illinois University
- ✦ In Class Discussion
- ✦ Measures what aspects of Health:
 - Physical
 - Mental
 - Social
 - Intellectual
 - Spiritual
 - Environmental

Wellness Model using Both the Health Continuum and Wellsprings Concepts



Life Expectancy

- ★ **Life Expectancy:** The number of years a person can expect to live.
- ★ *Refer to personal assessment activity done in class.*
- ★ Average age in 1900?
 - 49 years
- ★ Average age in 1999?
 - 77 years
- ★ Average age in 2004?
(most recent data from 2007 Censes.gov)
 - 77.5 years
- ★ *Projections: (census.gov)*
 - 2010: 78.3
 - 2015: 78.9
 - 2020: 78.5



Why has it changed so much over the past 100 years?

How do we rank compared to other countries?

Who have longer life expectancy – boys or girls? (2010: Male 75.7; Female 80.8)

Life Expectancy Cont...

- ☀ What were some of the leading causes of death in the beginning of the century?
 - Tuberculosis
 - Pneumonia
 - Flu
- ☀ These are all **communicable diseases**
- ☀ What are some of the leading causes of Adult death now? *(according to the CDC & NCHS)*
 - #1 Diseases of heart (**heart disease**);
 - #2 Malignant neoplasms (**cancer**);
 - #3 Cerebrovascular diseases (**stroke**);
 - #4 Chronic lower **respiratory diseases**;
 - #5 **Accidents** (unintentional injuries);
 - #6 Diabetes mellitus (**diabetes**)
- ☀ Many of these are linked to **Lifestyle Factors**



What are some “lifestyle factors” that can contribute to positive health & wellness?

- ✦ Get enough Sleep (8 hours a night)
- ✦ Eat nutritious foods from various food groups
- ✦ Refrain from making & using tobacco products
- ✦ Eat Breakfast Daily
- ✦ Make exercise a regular part of your life (>3x per wk)
- ✦ Do not use alcohol or other drugs
- ✦ Maintain your recommended weight
- ✦ Always wear a seat belt when riding in a car
- ✦ Set aside time each day to relax

- ✦ AND MANY MORE.....class discussion

Health & Wellness



- ★ What is the difference between a person's quantity and quality of life?
 - Quality:
 - How well the person lives the years they are alive
 - Quantity
 - Number of years a person lives
 - *Two people can live the same number of years but have a different quality of life. Wellness is not just about living longer – but also living Healthier and enjoying the benefits of a healthy lifestyle.*

Influences on Health

☀ Heredity

- ☀ All of the traits and properties that are passed along biologically from both parents to child.



Influences on Health



★ Environment

- ★ The total sum of your surroundings (family & experiences)
- ★ Physical: where you live
- ★ Social: Family & Friends
- ★ Cultural: Ethnic groups, customs, & beliefs



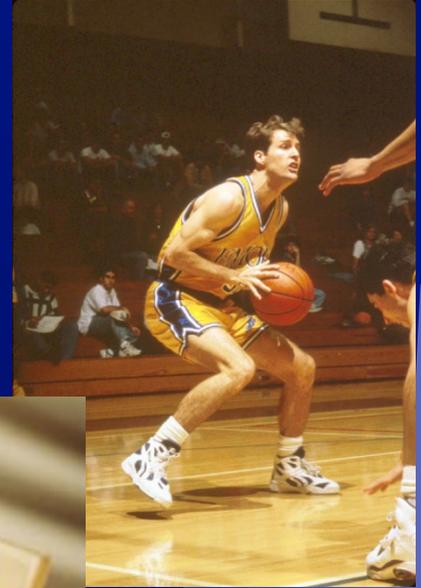
Influences on Health

☀ Behavioral

☀ Your actions & behavior

☀ **Habits** — behaviors you repeat so often that they become automatic

☀ **You Control It!!**



Other Influences on your Health

☀ Media

- Media can have a positive or negative influence on your health.
- Class discussion on the good & bad

☀ Technology

- Advances in technology help doctors to detect health problems sooner and improve the quality of life for patients.
- Some Web sites provide accurate information about health.
- Others are filled with misleading or self-serving information.
- Be sure to consider the source of the information on a Web site and the purpose of the site.

☀ Healthcare

- Healthcare includes the medical services provided by doctors, nurses, dentists, and therapists.
- Healthcare also includes the places these people work, such as clinics and hospitals.

Class Discussion

- ★ Why is it important to consider the "risk" when making a healthy decision?
- ★ Example Risk-Benefit Chart
 - decide whether to accept a ride from a friend who doesn't have a license.

Analyzing

Benefits and Risks

Benefits

Home before curfew

Avoid argument with parents

Show confidence in friend's skills

Risks

Inexperienced driver crashes car

Parents are angry about decision

Friend loses permit or is arrested

Healthy People 2020

- ☀️ Healthy People 2020 is a set of goals and objectives of 10 year targets to guide national health promotion and disease prevention efforts to improve the health of all people in the United States
- ☀️ The next goals will be 2030.
- ☀️ Main Objectives:
 - Longer Life Expectancy
 - Improve health of overall groups
 - Social and physical environments that improve overall health
 - Quality of life

Decision Making

- ★ When did you have to make a tough decision?
- ★ What are some obstacles to decision making?
 - ★ too many choices, afraid of wrong decision, peer pressure





Making Decisions

The **DECIDE** Process

- There is a process, called DECIDE, that can help you think through decisions.
- This process is easy to remember because each letter in the word DECIDE stands for a step in the process.

End of
Slide



Making Decisions

The **DECIDE** Process

Define the problem.

Consider the decision you are facing, and state the issue clearly.

D



Making Decisions

The **DECIDE** Process

Explore the alternatives.

Make a list of possible alternatives for solving your problem.

D E



Making Decisions

The **DECIDE** Process**C**onsider the consequences.

One by one, think through what might happen if you were to choose each alternative on your list.

- Include both positive and negative results.
- Consider what probably would happen, not what you hope would happen.

D E CEnd of
Slide



Making Decisions

The **DECIDE** Process**I**dentify your values.

- Consider your long-term goals as well as the beliefs or your family and culture.
- Consider your own and others' health and safety, and your self-respect.
- Identify those choices that are a good match for your values.

DECIDEEnd of
Slide



Making Decisions

The **DECIDE** Process**D**ecide and act.

- Use the information you have collected to compare the alternatives. Decide which one is best for you.
- Make a plan to act on your decision.

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The **DECIDE** Process

Evaluate the results.

Sometime after you have put your decision into effect, take some time to review it.

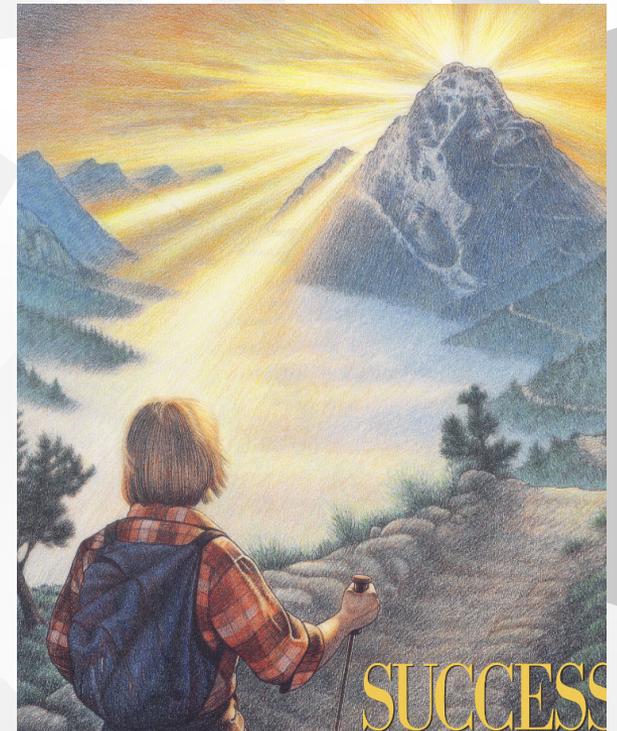
- If you could do it over again, what would you do differently? If you can still change some things for the better, do it now.

DECIDE

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Goal Setting

- **Goals are results that a person aims for and works hard to reach.**
- There are different types of goals
 - Short term goals?
 - Work hard today!
 - Eat healthy today
 - Long term goals?
 - Get into college
 - Get a job
 - Have a family



Goal Setting Cont..

☀ **Steps in Setting a Goal**

1. Select a Goal
2. What can I do to reach this goal?
3. Who can help me reach this goal?
4. I want to have this goal reached by?
5. Make checkpoints along the way to measure success? (how am I going to measure progress?)
6. Give yourself a reward when the goal is reached.



Setting Goals

Setting a Goal

Use the following guidelines to help set your own realistic and reachable goals.



Setting Goals

Setting a Goal

- 1** Know yourself.
 - Goals that correspond to your interests and values will be more desirable.
 - Goals tied to your abilities will be easier to reach.

End of
Slide



Setting Goals

Setting a Goal

- 2** Make goals clear, specific, and positive.
 - A clear, specific, positive goal accurately describes what you want to be doing when you achieve it.
 - “I want to get all Bs this term.”
 - “I want to do better in school.”

End of
Slide



Setting Goals

Setting a Goal

- 3** Include deadlines.
 - Set a reasonable time limit for your goals.
 - Deadlines make goals more specific, add a sense of urgency, and provide a good way to measure success.

End of
Slide



Setting Goals

Setting a Goal

- 4** Seek adult or professional help

Long-term goals should be broken into smaller, more manageable steps.



Setting Goals

Setting a Goal

- 5** Recognize your limitations
 - Write your goals down.
 - Repeated reinforcement of a goal will keep you focused on achieving it.

End of
Slide



Setting Goals

Setting a Goal

- 6** Evaluate your progress
 - At times, stop and ask yourself if you are making progress toward your goal.
 - If so, good. If not, how can you get on track?

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Personality



- ✦ Your personality consists of the behaviors, attitudes, feelings, and ways of thinking that make you an individual.
- ✦ Personality develops in stages
 - ✦ According to Psychologist Erik Erikson, a person's personality goes through the following 8 stages: *(see following slides)*

Stages of Personality Development

- 1 Develop Trust** If needs are met, the child learns to trust other people. If needs are not met, the child learns mistrust and may withdraw from others.

**1****Develop Trust**

birth to 18 months

Stages of Personality Development

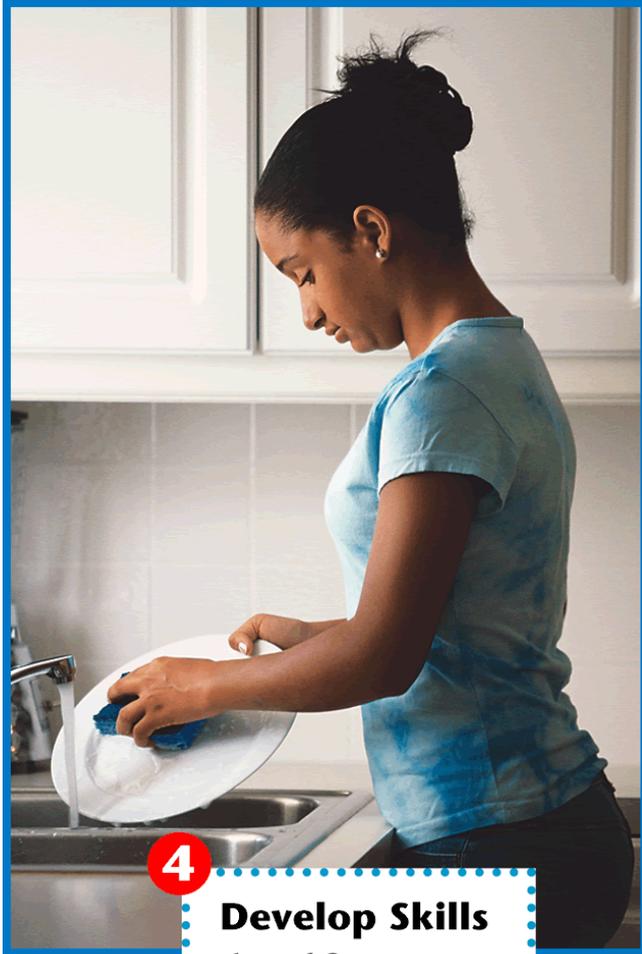


2 Learn to Be Independent This is the stage when young children learn to do things on their own. If children fail to master these tasks, they develop self-doubt.

2**Learn to Be Independent**

18 months to 3 years

Stages of Personality Development



4

Develop Skills

6 to 12 years

- 4 Develop Skills** These skills make children feel competent—capable of achieving their goals. Without skills, a child may feel like a failure.

Stages of Personality Development

- 5** **Search for Identity** As a teenager, your main challenge is a search for identity or a sense of self.

**5****Search for Identity**

12 to 19 years

Stages of Personality Development

- 6 Establish Intimacy** As a young adult, your challenge will be to establish close bonds with others.

**6****Establish Intimacy**

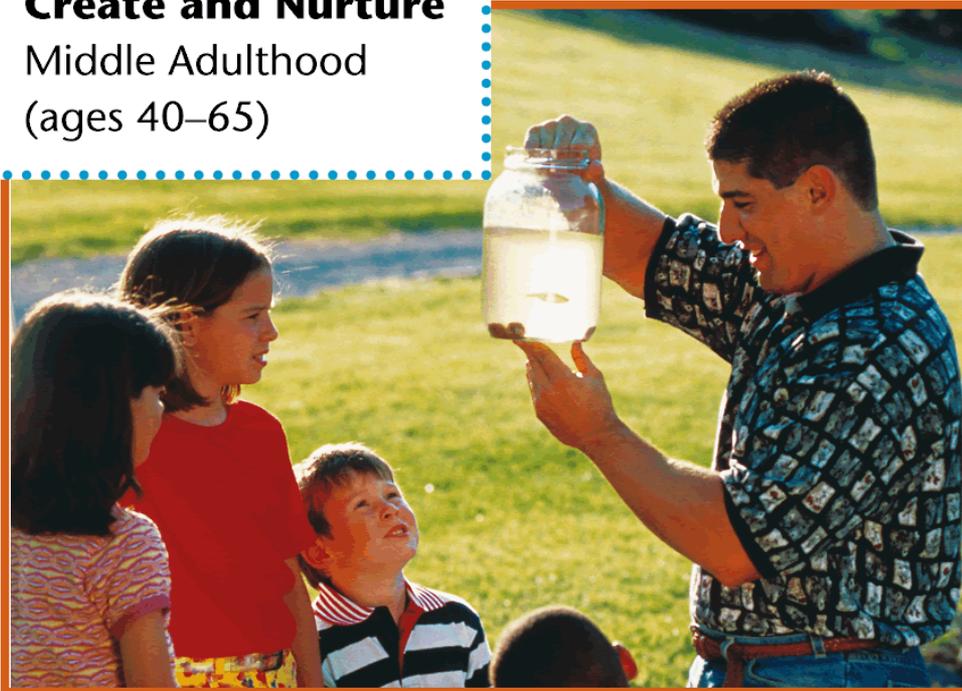
Young adulthood
(ages 20–40)

Stages of Personality Development

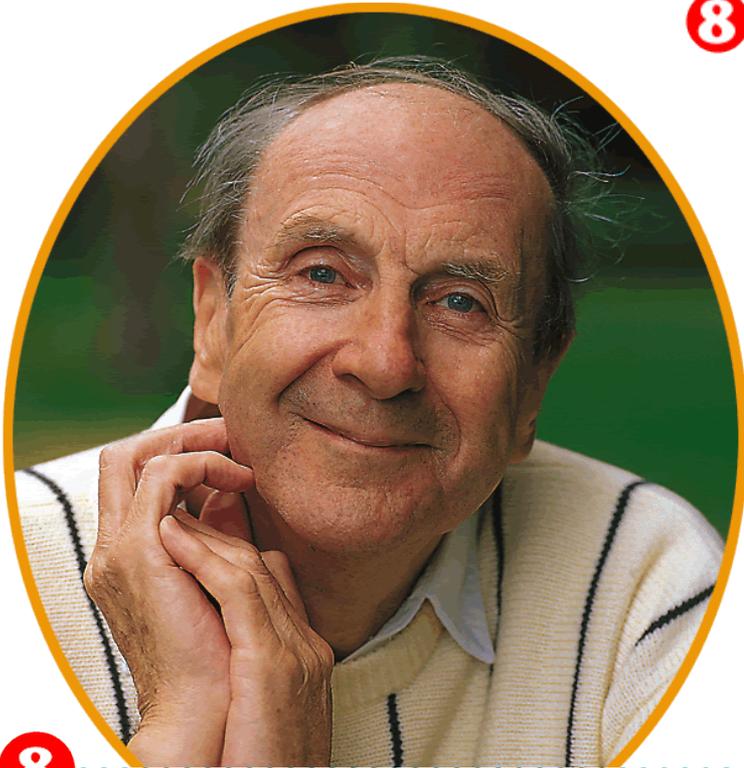
7 Create and Nurture During middle adulthood, people need to stay productive and creative in all parts of their life.

7**Create and Nurture**

Middle Adulthood
(ages 40–65)



Stages of Personality Development



- 8 Look Back With Acceptance**
During older adulthood, people reflect on their lives.

- 8 Look Back With Acceptance**
Late Adulthood (age 65+)

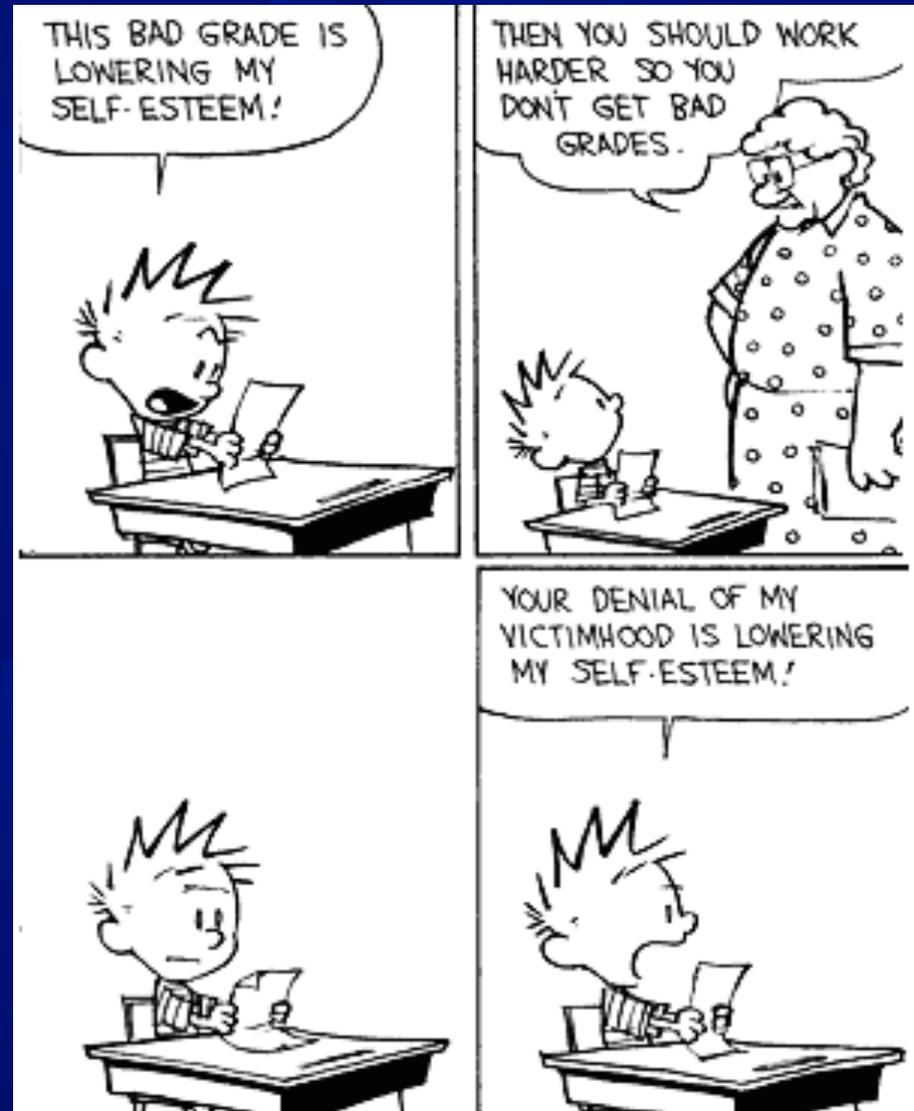
Foundation of Personality

- ✦ What are some influences that have helped shape your personality?
- ✦ **Heredity:** Inherit physical traits, Inherit intellectual abilities
 - Can't Be Changed
- ✦ **Environment:** Includes your surroundings, family, friends, & all of your life experiences
 - Can Change Somewhat
- ✦ **Values:** How you make decisions, what actions you take, & your personal beliefs
 - Can Be Changed (the most by YOU)

Self-Esteem



Keep up a high sense of self-esteem,



Warm-Up

Health Stats These data show the results of a survey that asked teens, “What would make you feel better about yourself?” They could choose more than one answer.

What Would Make Teens Feel Better?

49% say “Better grades”

38% say “Losing weight”

36% say “Bulking or toning up”

30% say “Better relationship with parents”

16% say “Fitting in with certain peers”

15% say “I like myself the way I am”

WRITING

Do these survey results surprise you? Why or why not?

Mental Health Assessment

★ Self-Esteem:

- ★ Confidence & worth that you feel about yourself

★ Signs of High Self-Esteem

- ★ Accept yourself in spite of weaknesses
- ★ Admit your mistakes
- ★ Take responsibility for actions

Self Esteem & Your Health



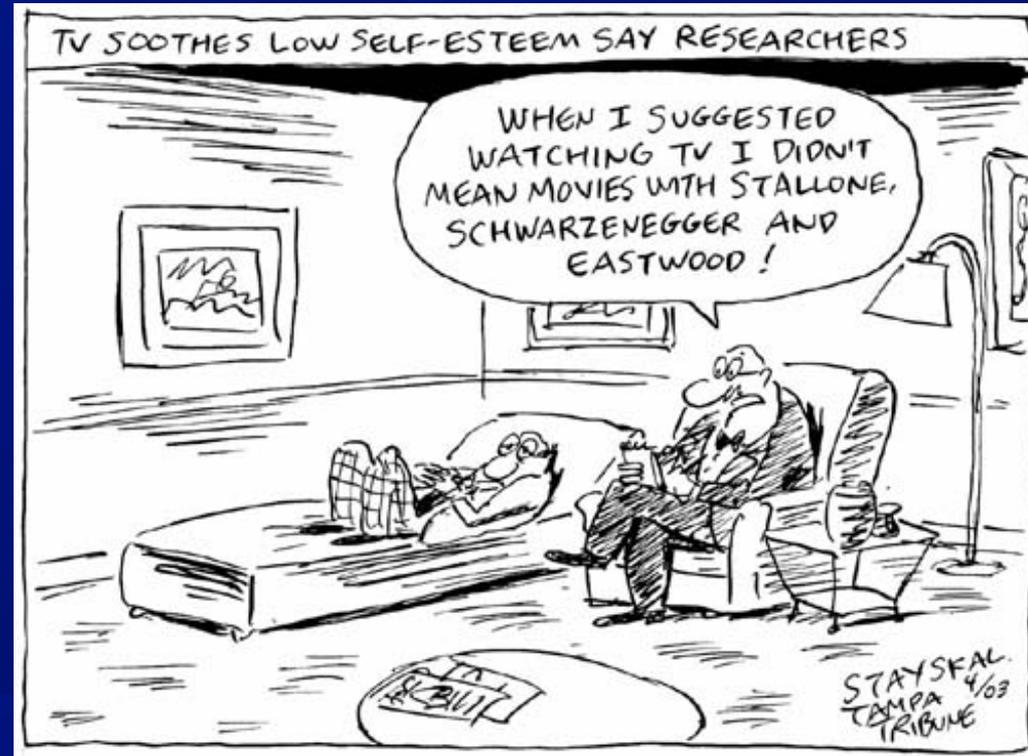
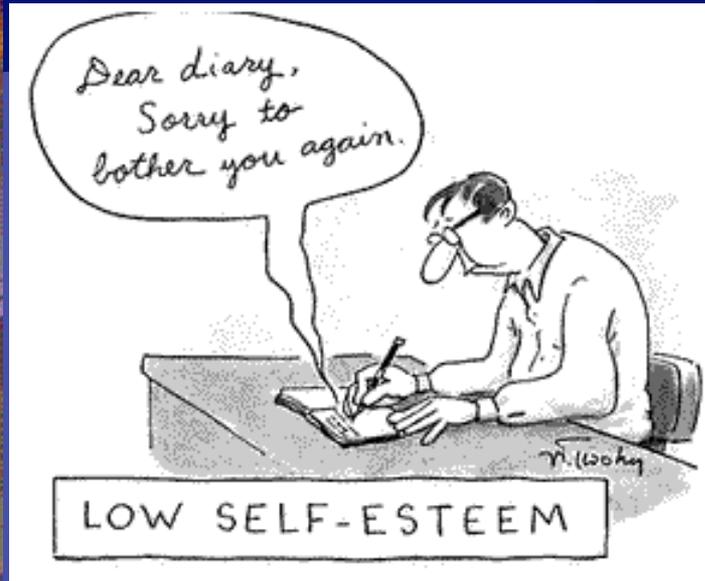
★ Signs of Low Self-Esteem

- ★ Always trying to please others / seek approval
- ★ Bullying
- ★ Have negative thoughts about themselves

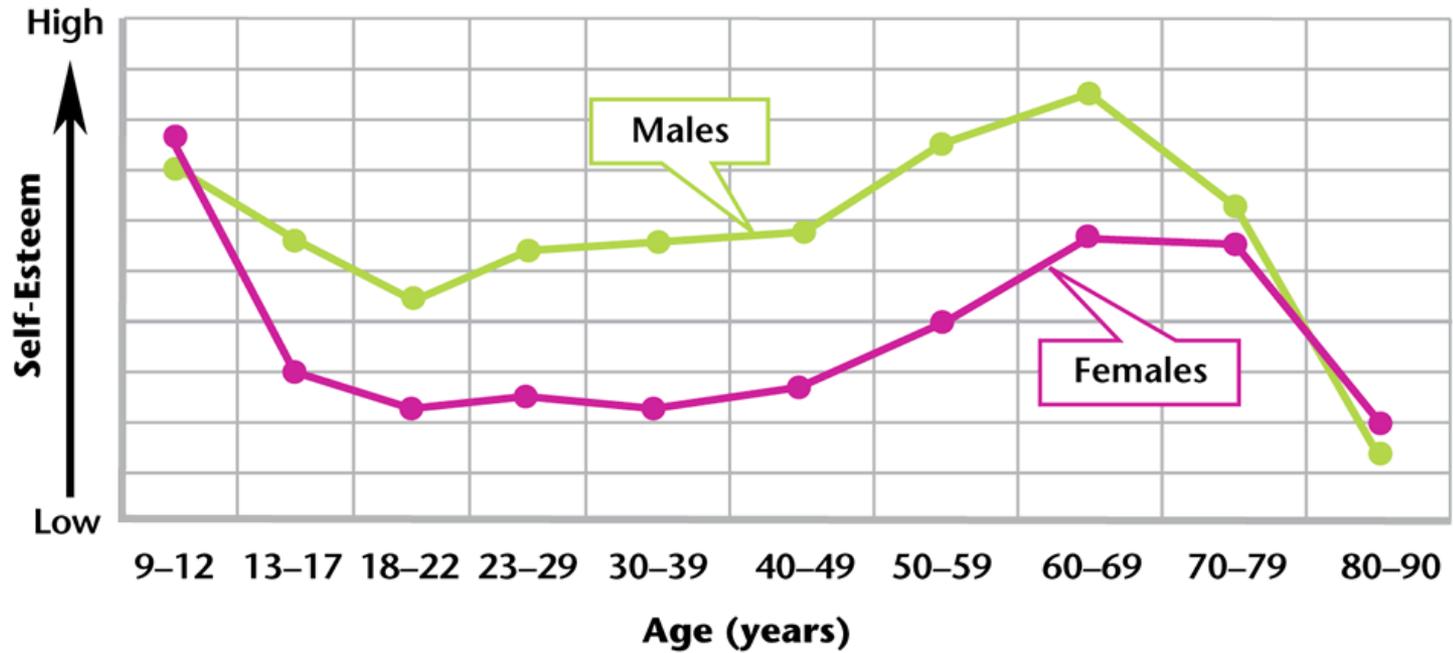
★ Fact:

- ★ Some studies have shown that Teens who have low self esteem are more likely than their peers to use drugs, drop out of school, become pregnant, and suffer from eating disorders. They are also more likely to engage in violent or self-destructive behaviors.

Low Self-Esteem



How Self-Esteem Changes With Age



Improving Your Self-Esteem

- ✦ **Make a list of your strengths and weaknesses.**
 - Focus on your strengths.
- ✦ **Don't be too hard on yourself.**
 - When you make a mistake or experience a defeat, figure out what went wrong.
- ✦ **Rely on your values.**
 - You will feel better about yourself when you do things that match your values.
- ✦ **Learn to accept compliments.**
 - Try to distinguish genuine praise from insincere flattery.
- ✦ **Look beyond your own concerns.**
 - Do something nice for others.
- ✦ **Do not focus too much on appearance.**
 - A focus on appearance can undermine self-esteem.
 - Making sure that you are well groomed, however, can help build self-confidence.

Positive & Negative Feedback

- ★ Feedback: Messages from others

- ★ Examples of Positive Verbal?

 - “great job”, “nice work”

- ★ Examples of Negative Verbal?

 - “that is really stupid”, “I hate you”

- ★ Examples of Positive Non-Verbal?

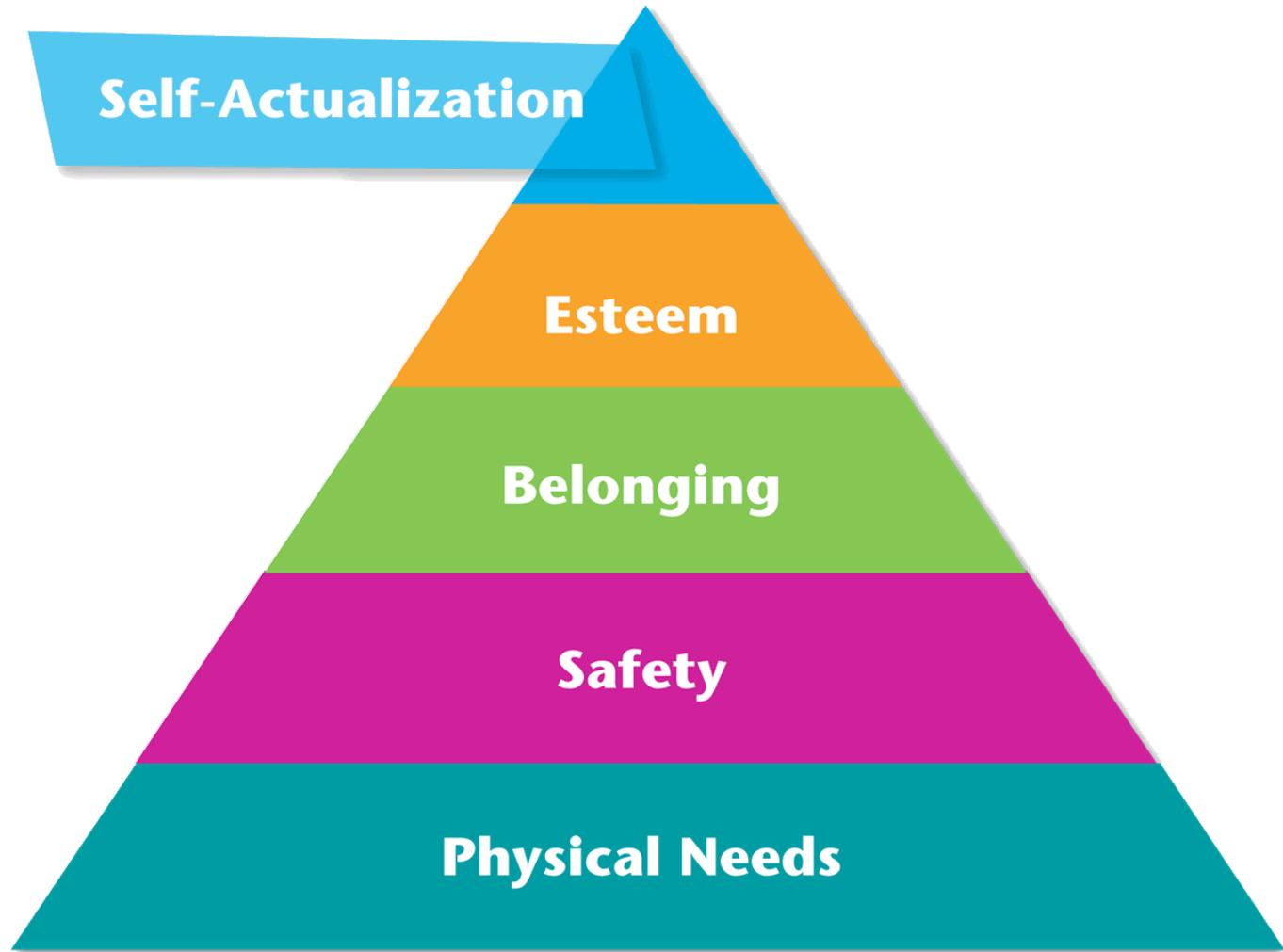
 - Giving a hug or smile

- ★ Examples of Negative Non-Verbal?

 - Poor body language, bad looks, etc



Maslow's Hierarchy of Needs



The Hierarchy of Needs

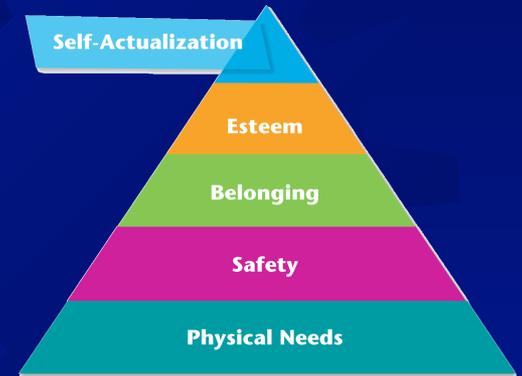
• Physical Needs

- Physical needs include the need for
 - food
 - water
 - sleep

- If these basic needs are not met, a person has little or no energy.

• Safety Needs

- A person needs shelter from the elements, such as heat, cold, and rain.
- A person needs to feel safe from violence in the home and in the community.



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The Hierarchy of Needs



• **Belonging (Social) Needs**

- Family, friends, and others in your community can provide the love and acceptance needed for your emotional health.

• **Esteem Needs**

- The need for the approval of others includes the need for
 - recognition
 - respect
 - appreciation
 - attention
- Maslow regarded self-esteem as a more important need than the approval of others.

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The Hierarchy of Needs



• Self-Actualization

- Once all of a person's other needs are met, he or she can go on to achieve the qualities of a self-actualized person.

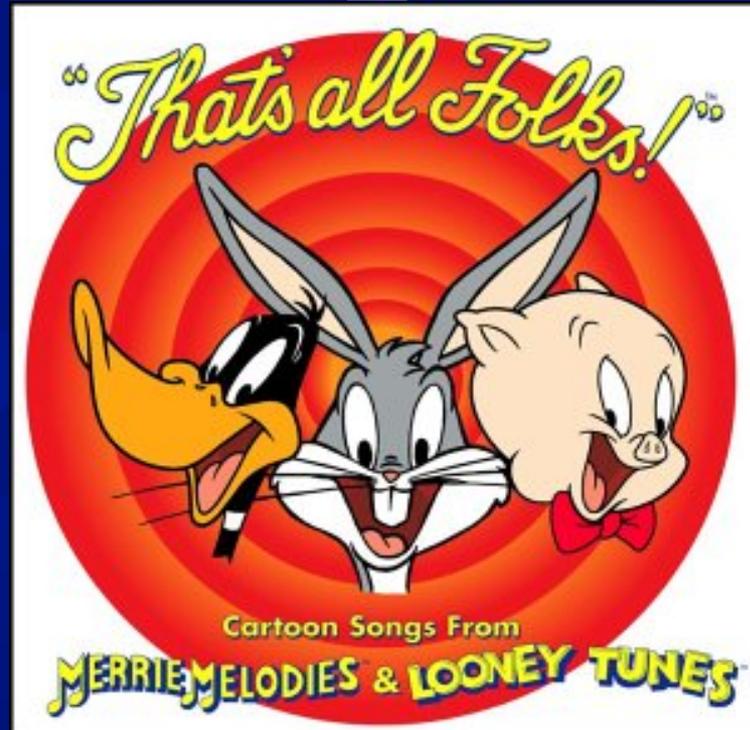
Personality Traits of Self-Actualized People

- ▶ Realistic and accepting
- ▶ Independent, self-sufficient
- ▶ Appreciative of life
- ▶ Concerned about humankind
- ▶ Capable of loving others
- ▶ Fair, unprejudiced
- ▶ Creative and hard-working
- ▶ Not afraid to be different

Common Defense Mechanisms

- ✦ **Denial** – Refusing to recognize an emotion or problem
 - Your parents are getting divorced, but you act as though nothing is wrong. When friends express their concern, you laugh and tell them it does not bother you.
- ✦ **Compensation** – Making up for weakness in one area by excelling in another area
 - You are failing two classes in school. You compensate by becoming the lead saxophone player in the school band.
- ✦ **Rationalization** – Making excuses for actions or feelings
 - You work in a convenience store. When no one is watching, you take some magazines. You figure it's a large store and they can afford it.
- ✦ **Reaction Formation** - Behaving in a way opposite to the way you feel.
 - You feel guilty for bullying a kid at school. You cover up your feelings by bragging to friends about your actions.
- ✦ **Projection**– Putting your own faults onto another person
 - At your after-school job you do not complete your tasks. When you get fired, you blame your boss, saying she did not take the time to explain the tasks to you.
- ✦ **Regression** – Returning to immature behaviors to express emotions
 - You are angry at your brother for reading your diary. You scream at him and your parents, run into your room, and sulk.

THE END



Health & Wellness Notes