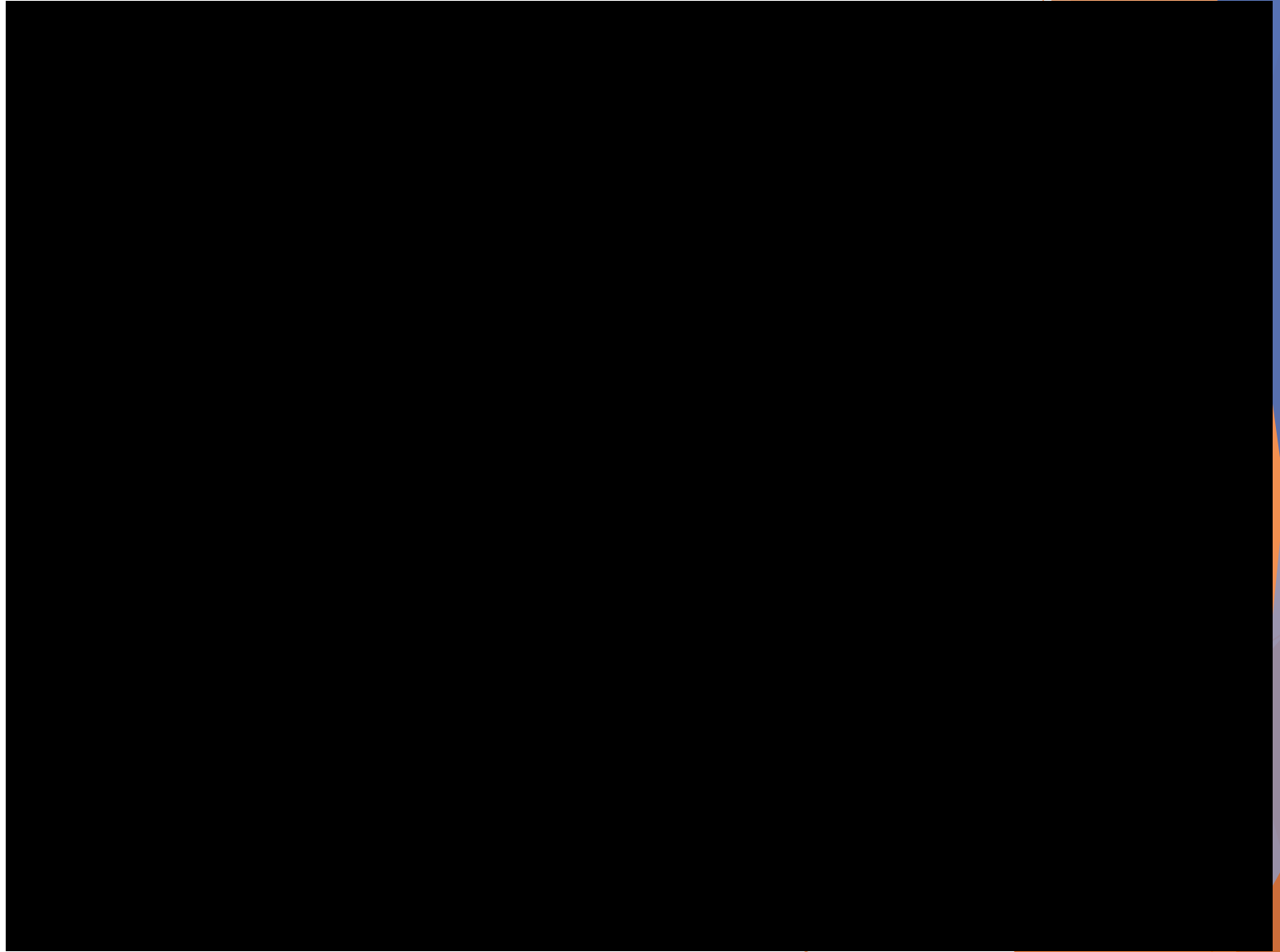


“What is health” questions?

1. What are thing's in your life which you have a great desire to do?
(something that brings satisfaction or enjoyment)
2. Did you do YOUR best in school, sports, an outside school job, or other activities that you have a great desire to do? Why or why not?
3. How do you know when you are doing your best?
4. Give some examples of excuses you or others make so you don' t have to accept responsibility in your life?
5. Why do you think people make these types of excuses?
6. Is there something that you did that was really hard to do? (something that you didn't want to do but did it anyway) List some of them.

NO EXCUSES



Matthew David Scott

- Matthew David Scott is 30 year Wheelchair Basketball player.
 - Matthew was born in Detroit, Michigan and has lived in Michigan most of his life. Born with Spina Bifida, a common birth defect, he began playing wheelchair basketball at age 14.
 - **Gold medal** - 2007 and 2011 Parapan American Games
 - **Silver Medal** - 2006 IWBF World Championship
 - **Bronze medal** - 2010 IWBF World Championship
- He attended University of Wisconsin-Whitewater. He is playing for Galatasaray Wheelchair Basketball Team in Turkey right now.

“What is Health” questions

Talk at your table about a definition for a healthy person.

- ▶ List some characteristics of a person that is **healthy**.
- ▶ List some characteristics of a person that is **unhealthy**.

What is Health?

Mr.. Stanley
Kuna High School

Self-Inventory

How Do You Rate? Write the numbers 1–10 in your private Health Journal. Read each statement below and respond by writing *yes*, *no*, or *sometimes* for each item. Write a *yes* only for items that you practice regularly.

- | | |
|---|---|
| 1 | I get between seven and eight hours of sleep each night. |
| 2 | I eat at least three nutritionally balanced meals each day, beginning with breakfast. |
| 3 | I maintain a weight that is right for someone my height and frame. |
| 4 | I do at least 20 to 30 minutes of aerobic physical activity three to four times a week. |

- | | |
|----|---|
| 5 | I wear a seat belt in cars and protective gear when bicycling or playing sports. |
| 6 | I avoid harmful substances such as tobacco, alcohol, or other drugs. |
| 7 | I ask for help when I need it and know where to turn for current and reliable health information. |
| 8 | I generally like and accept who I am. |
| 9 | I get along well with others. |
| 10 | I can express my emotions in healthy ways. |

How Did you Score?

Review your responses

Award yourself 5 points for every response of *yes* and 3 points for every response of *sometimes*. Responses of *no* receive 0 points. Total your points and evaluate your score.

45-50 EXCELLENT. You are sailing through adolescence on your way to maturity and adulthood.

30-44 GOOD. You have a good understanding and some skills for weathering adolescent changes and responsibilities.

15-29 FAIR. Although you have some understanding of adolescence, you need to brush up on your skills.

0-14 NEEDS IMPROVEMENT. You are lacking understanding of the changes and responsibilities of adolescence.

Health

- ▶ Is a combination of your physical, mental/emotional and social well-being.
- ▶ Descartes, Rene (1596-1650)
 - ▶ The father of modern philosophy

"I think, therefore I am."
 - ▶ Dualism or duality proposes that the mind controls the body, but that the body can also influence the otherwise rational mind.

Health - Seven Dimensions

- Physical
- Intellectual
- Emotional
- Environmental
- Social
- Spiritual
- Occupational



Spiritual Health

- ▶ **Spiritual Health**

- ▶ **A deep-seated sense of meaning and purpose in life.**

- ▶ Being spiritually healthy does not necessarily mean you belong to a religious group, although it could include being a member of a spiritual community.

Health - 3 Dimensions

- ▶ **Physical**
- ▶ **Social**
- ▶ **Mental/Emotional**



Three Elements of Health

- ▶ *Physical health*

- ▶ *How well your body functions.*

- ▶ This means your body has *enough energy to perform daily activities, deal with everyday stress, avoid injury and enjoy recreation activities.*

Three Elements of Health

▶ **Social Health**

- ▶ *The way you get along with others.*
 - ▶ *ability to make and keep friends*
 - ▶ *work and play in cooperative ways*
 - ▶ *seeking and lending support when necessary*

It involves communicating well and showing respect and care for your self and others.

Three Elements of Health

- ▶ ***Mental/Emotional health***

- ▶ Is about your feelings and thoughts.

Three Elements of Health

▶ **Mental health**

- ▶ people with good mental health
 - ▶ **use their mind to develop thinking skills**
 - ▶ **enjoy learning**
 - ▶ **learning is a lifelong process**
 - ▶ **mistakes are viewed as opportunities** to learn, grow and change.

Three Elements of Health

▶ Emotional health

▶ People with good emotional health

▶ understands their feelings

▶ expresses feelings in appropriate ways

▶ Deals with the problems and frustrations of life without being overwhelmed.

▶ Avoid dwelling on negative thoughts.

Surgeon General's Report

- ▶ The *Surgeon General's report* defines *mental/emotional health* as:
- ▶ "the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and cope with adversity."
- ▶ Mental or emotional health generally refers to an individual's thoughts, feelings and actions, particularly when faced with life's challenges and stresses

Surgeon General

- ▶ *The Surgeon General serves as America's chief health educator* by providing Americans the best scientific information available on how to improve their health and reduce the risk of illness and injury.

Surgeon General

- ▶ Rear Admiral (RADM) Sylvia Trent-Adams serves as Acting Surgeon General.
- ▶ On April 21, 2017, Trent-Adams was named acting surgeon general, replacing [Vice Admiral Vivek Murthy](#), a physician, who was relieved as surgeon general by the [Trump administration](#).
- ▶ In assuming the post, Trent-Adams became the second non-physician to serve as surgeon general. [Robert A. Whitney](#), a veterinarian, served as the 17th (acting) surgeon general. She is the second nurse to serve in this role.
- ▶ [Richard Carmona](#), who served in the role under [George W. Bush](#), was both a nurse and a physician



A Health Educated person

▶ will be able to...

1. Comprehend concepts related to health promotion and disease prevention.
2. Access valid health information and health-promoting products and services.
3. Practice both health-enhancing and risk-reducing behaviors.
4. Analyze the influences of society, culture, media, technology, and physical environment on health.

A Health Educated person

▶ will be able to...

5. **Utilize** interpersonal communication skills to improve health and relationships.
6. **Practice and apply** goal-setting, decision-making, problem-solving, and stress management skills to promote healthy behaviors.
7. **Develop** understanding and respect for self and others.
8. **Advocate** for personal, family, and community health.

What is Health Questions

8. What are the three elements of health?
9. Define health.
10. Name two characteristics of a person who is mentally healthy.
11. List three characteristics of a health educated person.

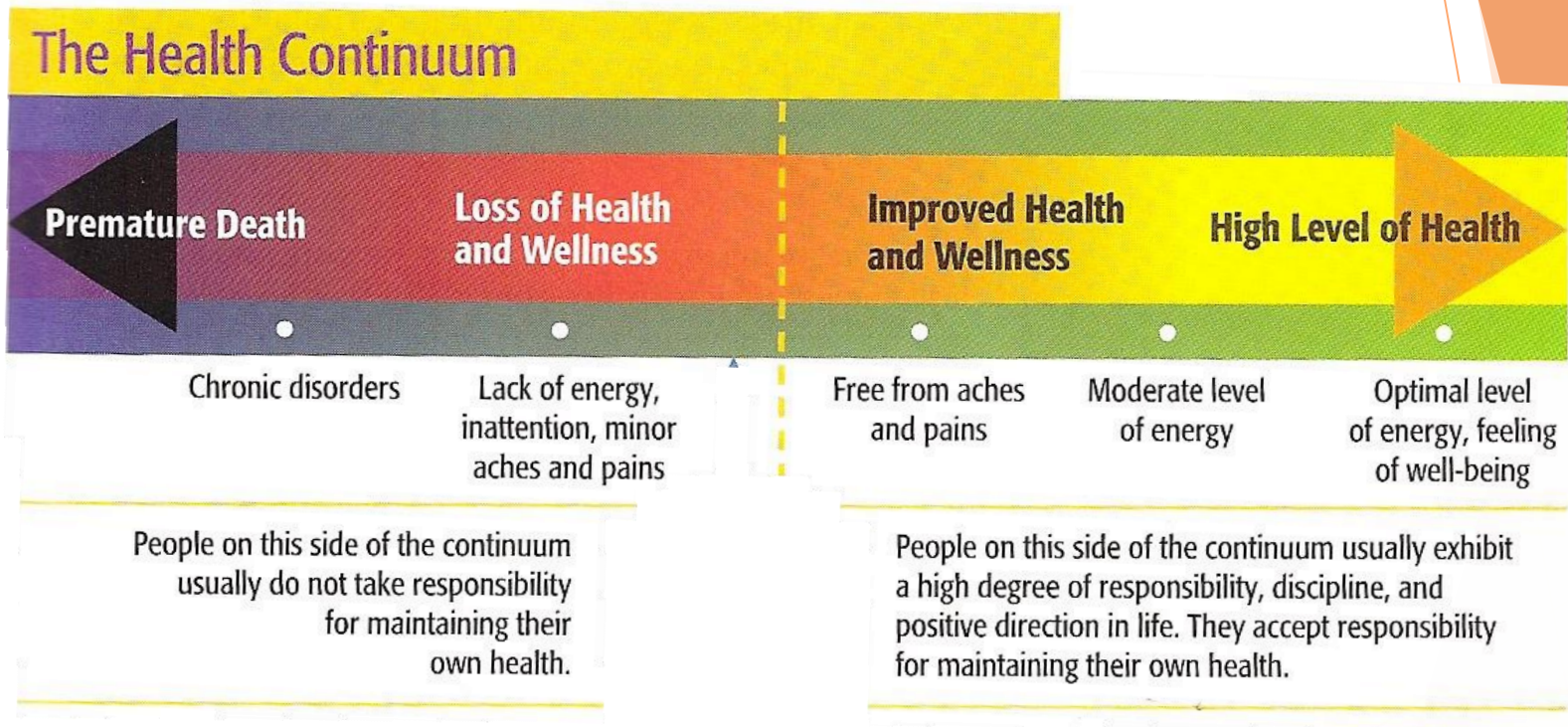
The Health Continuum

- ▶ *Your health is dynamic which it is in a state of change*
- ▶ Your Health fluctuates along a continuum....

The Health Continuum

- ▶ **Continuum - anything that goes through a gradual transition** from one condition, to a different condition, without any abrupt changes
- ▶ A continuum is like a yardstick, it gives you a different point along it where your health can be located at any given time.

The Health Continuum



Chronic Disease

- ▶ Chronic Disease is an ongoing condition or illness...
- ▶ The leading cause of chronic disease is smoking, lack of physical activity, poor nutrition, being overweight, and the lack of health screening.

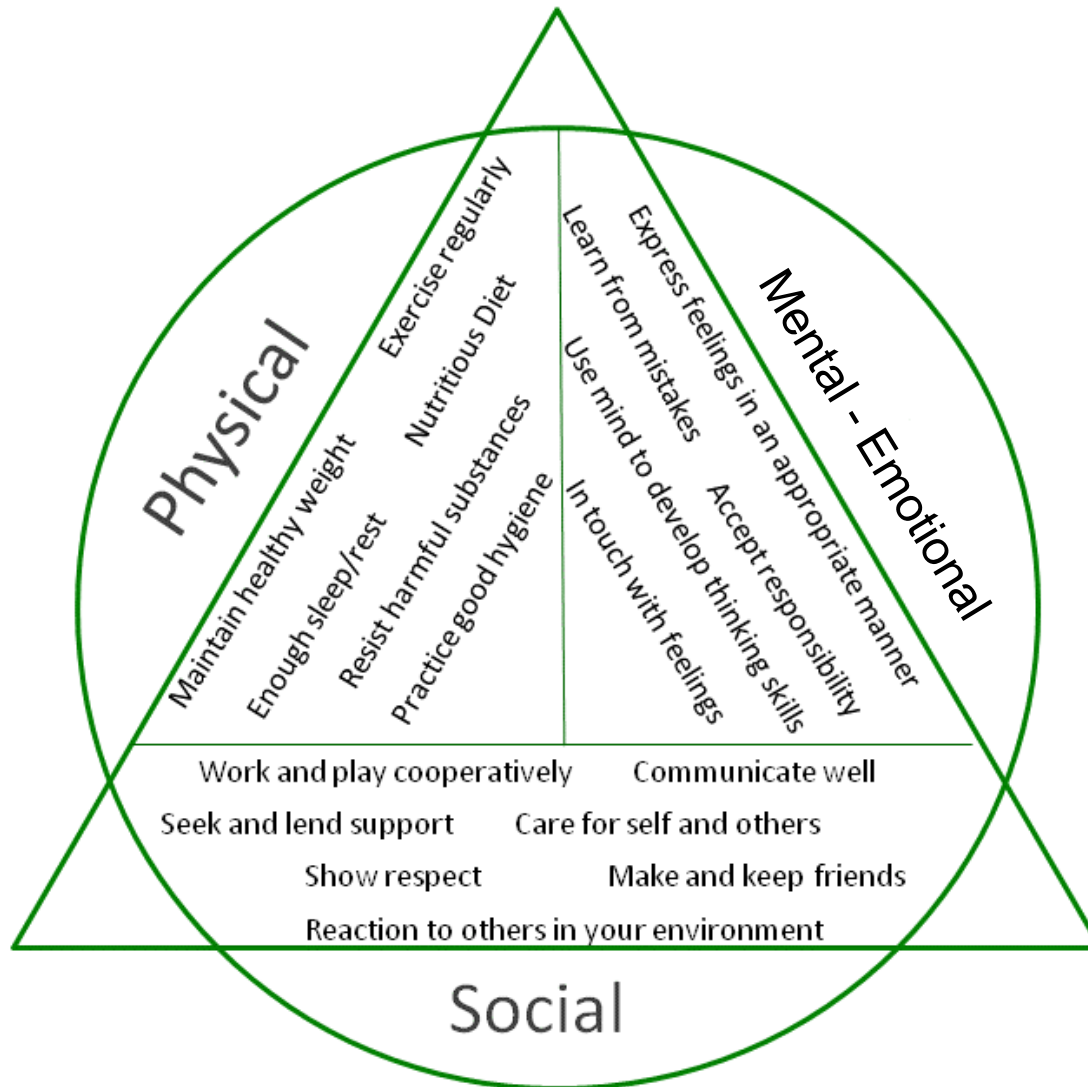
Wellness

- ▶ **Wellness is an active process of becoming aware of and making choices towards a healthier life.**

An overall state of well-being or total good health.

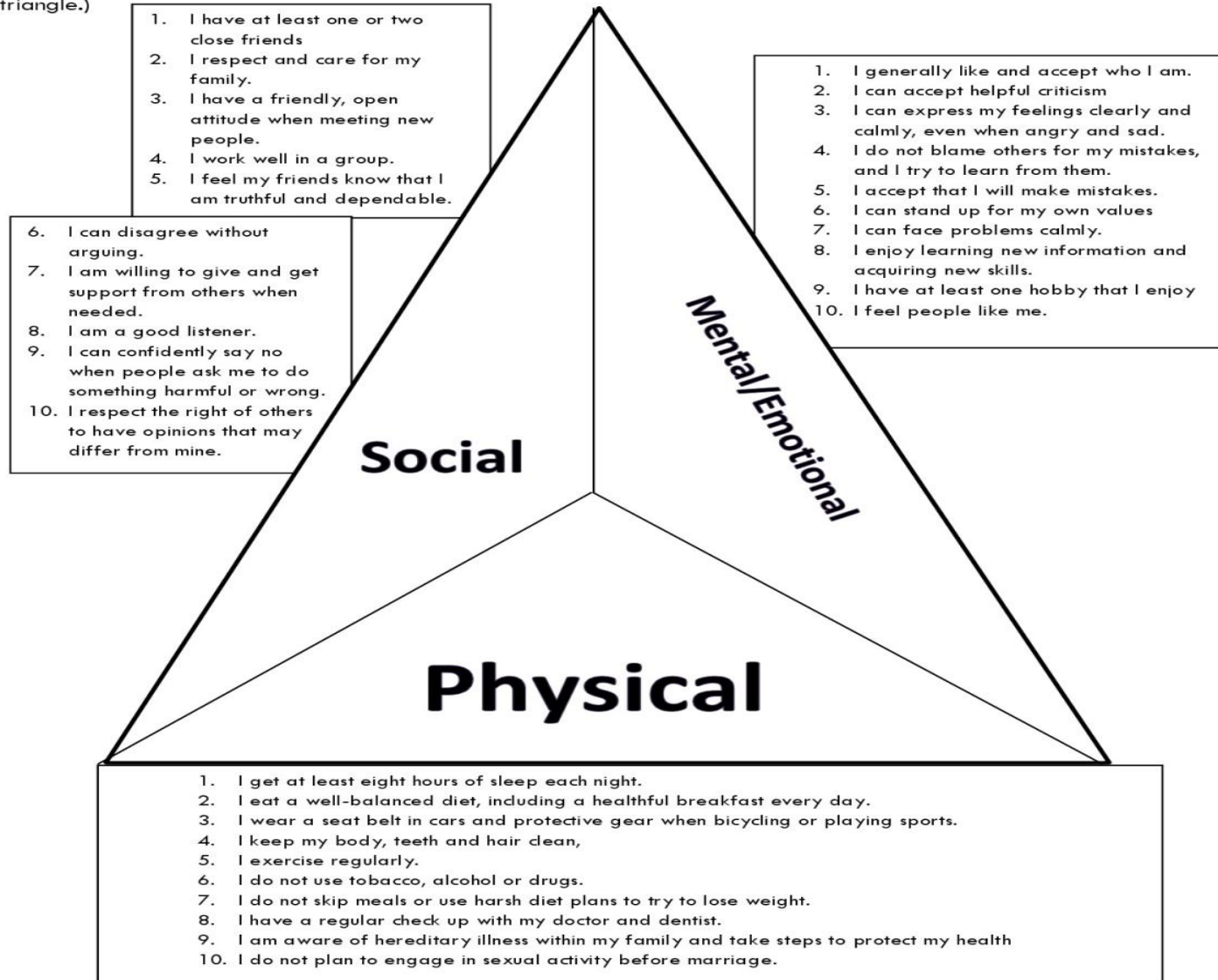
- ▶ **Process** means that improvement is always possible
- ▶ **Aware** means that we are continuously seeking more information about how we can improve.
- ▶ **Choices** means that we consider a variety of options and select those in our best interest.
- ▶ **Success** is determined by each individual to be their collection of life accomplishments.

Health Triangle



Health Triangle Activity

Directions: Examine your health status by answering questions in each aspect of health. When you are finishes, fill in the corresponding area of the triangle to match the numbered you answered yes. (Example: 5 yeses = 50% fill in 50% of the triangle.)



Assignment:

1. Draw a health triangle which has symbols or pictures which represents each of the three elements of health.
2. Identify each element on each side of the triangle.
3. On the back of your Health triangle answer the 5 questions.



Your Health Triangle Questions -

use the information from the health triangle sheet with the shaded areas.

This worksheet



1. Does your Health Triangle have equal sides?
Why or why not?
2. Is there one area that you are strong in?
Why or why not?
3. Is there an area that you need to work on?
4. List ways you plan on working on that dimension?
5. What are you going to do to improve your Health and balance your triangle?

Health Triangle Activity

Directions: Examine your health status by answering questions in each aspect of health. When you are finished, fill in the corresponding area of the triangle to match the numbered you answered yes. (Example: 5 yeses = 50% fill in 50% of the triangle.)

Social

1. I have at least one or two close friends.
2. I respect and care for my family.
3. I have a friendly, open attitude when meeting new people.
4. I work well in a group.
5. I feel my friends know that I am truthful and dependable.
6. I can disagree without arguing.
7. I am willing to give and get support from others when needed.
8. I am a good listener.
9. I can confidently say no when people ask me to do something harmful or wrong.
10. I respect the right of others to have opinions that may differ from mine.

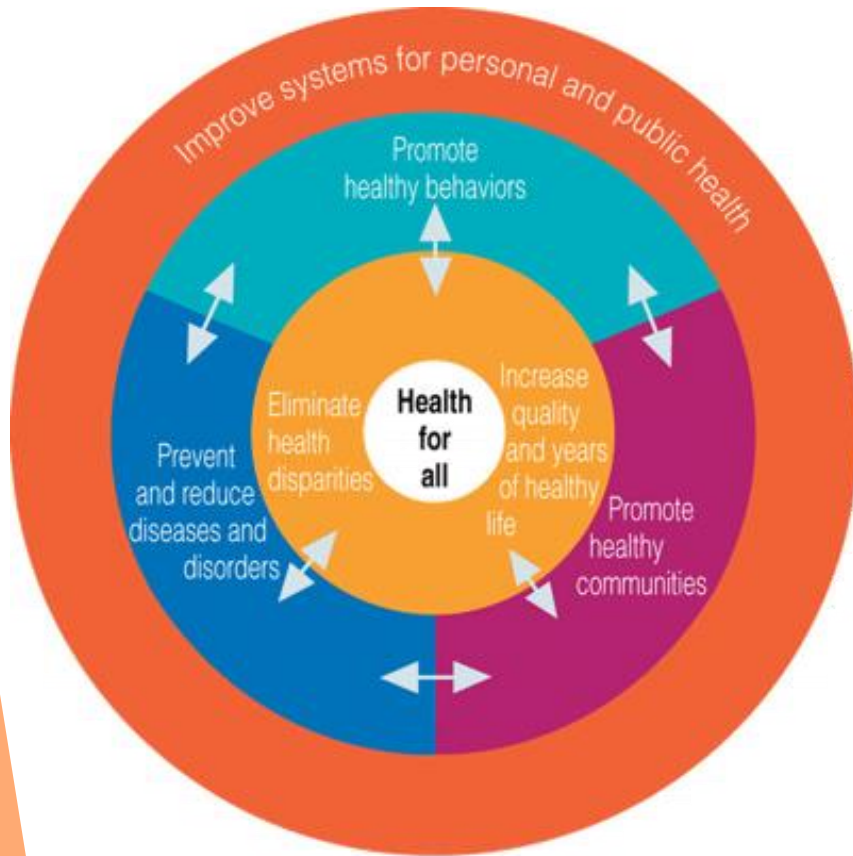
Mental/Emotional

1. I generally like and accept who I am.
2. I can accept helpful criticism.
3. I can express my feelings clearly and calmly, even when angry and sad.
4. I do not blame others for my mistakes, and I try to learn from them.
5. I accept that I will make mistakes.
6. I can stand up for my own values.
7. I can face problems calmly.
8. I enjoy learning new information and acquiring new skills.
9. I have at least one hobby that I enjoy.
10. I feel people like me.

Physical

1. I get at least eight hours of sleep each night.
2. I eat a well-balanced diet, including a healthful breakfast every day.
3. I wear a seat belt in cars and protective gear when bicycling or playing sports.
4. I keep my body, teeth and hair clean.
5. I exercise regularly.
6. I do not use tobacco, alcohol or drugs.
7. I do not skip meals or use harmful diet plans to try to lose weight.
8. I have a regular check-up with my doctor and dentist.
9. I am aware of hereditary illness within my family and take steps to protect my health.
10. I do not plan to engage in sexual activity before marriage.

2020 National Health Overarching Goals



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- ▶ **Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death.**
- ▶ **Achieve health equity, eliminate disparities, and improve the health of all groups.**
- ▶ **Promote quality of life, healthy development, and healthy behaviors across all life stages.**
- ▶ **Create social and physical environments that promote good health for all.**

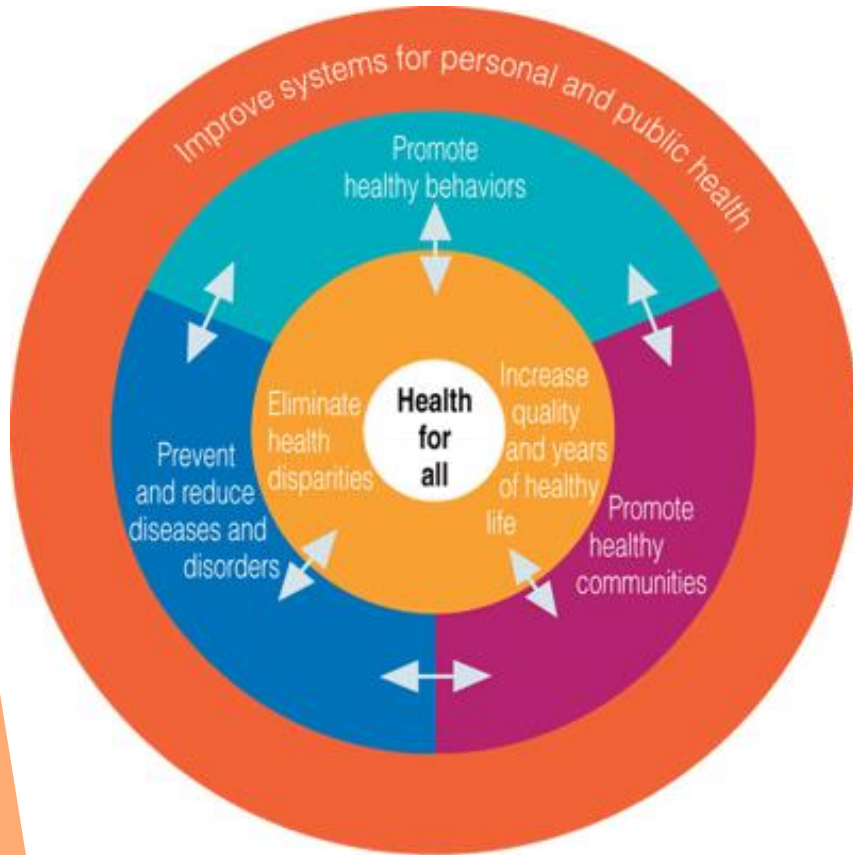
Sugary Drinks Portion Cap Rule

- ▶ Under the plan, all regulated restaurants, fast-food establishments, delis, movie theaters, sports stadiums and food carts would be barred from selling sugar-sweetened drinks in cups larger than 16 ounces (0.5 liters).
- ▶ The regulation would not apply to drinks sold in grocery stores, which are regulated by the state
- ▶ The regulation would exclude: drinks that were more than 70 percent fruit juice, diet sodas, drinks with at least 50% milk or milk substitute, and alcoholic beverages.
- ▶ There will be a \$200 fines on offending businesses.

Sugary Drinks Portion Cap Rule - Results

- ▶ On September 13, 2012, the Board of Health voted unanimously to accept the proposed limit.
- ▶ August 2012 - 36% called the soda plan a good idea, while 60% said it was a bad idea. 4% Didn't know or No answer
- ▶ On June 26, 2014, the New York Court of Appeals, the state's highest court, ruled that the New York City Board of Health, in adopting the Sugary Drinks Portion Cap Rule, exceeded the scope of its regulatory authority.
- ▶ Obesity Maps

2020 National Health Overarching Goals



© 2005 Wadsworth - Thomson

- ▶ **Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death.**
- ▶ **Achieve health equity, eliminate disparities, and improve the health of all groups.**
- ▶ **Promote quality of life, healthy development, and healthy behaviors across all life stages.**
- ▶ **Create social and physical environments that promote good health for all.**

CDC Vision for the 21st Century

- ▶ “Healthy People in a Healthy World—Through Prevention”
- ▶ Collaborating to create the expertise, information, and tools that people and communities need to protect their health - through health promotion, prevention of disease, injury and disability, and preparedness for new threats.



CDC Mission

- ▶ To promote health and quality of life by preventing and controlling disease, injury, and disability.

- ▶ CDC seeks to accomplish its mission by working with partners throughout the nation and the world to
 1. monitor health,
 2. detect and investigate health problems,
 3. conduct research to enhance prevention,
 4. develop and advocate sound public health policies,
 5. implement prevention strategies,
 6. promote healthy behaviors,
 7. foster safe and healthful environments,
 8. provide leadership and training.

Web address

- ▶ <http://www.CDC.gov> - **CDC**
- ▶ <http://kidshealth.org> - **Kids Health**
- ▶ <http://www.healthypeople.gov/2020/> - **Healthy People 2020**

CDC Activity



Life Expectancy

- ▶ **Life expectancy is a statistical measure of how long a person may live,** based on the year of their birth, their current age and other demographic factors including gender.

The background features abstract geometric shapes in shades of orange and blue. On the right side, there are several overlapping triangles and polygons in various tones of orange and a solid blue shape. On the left, a single orange triangle is partially visible. The overall composition is modern and minimalist.

► Life Expectancy

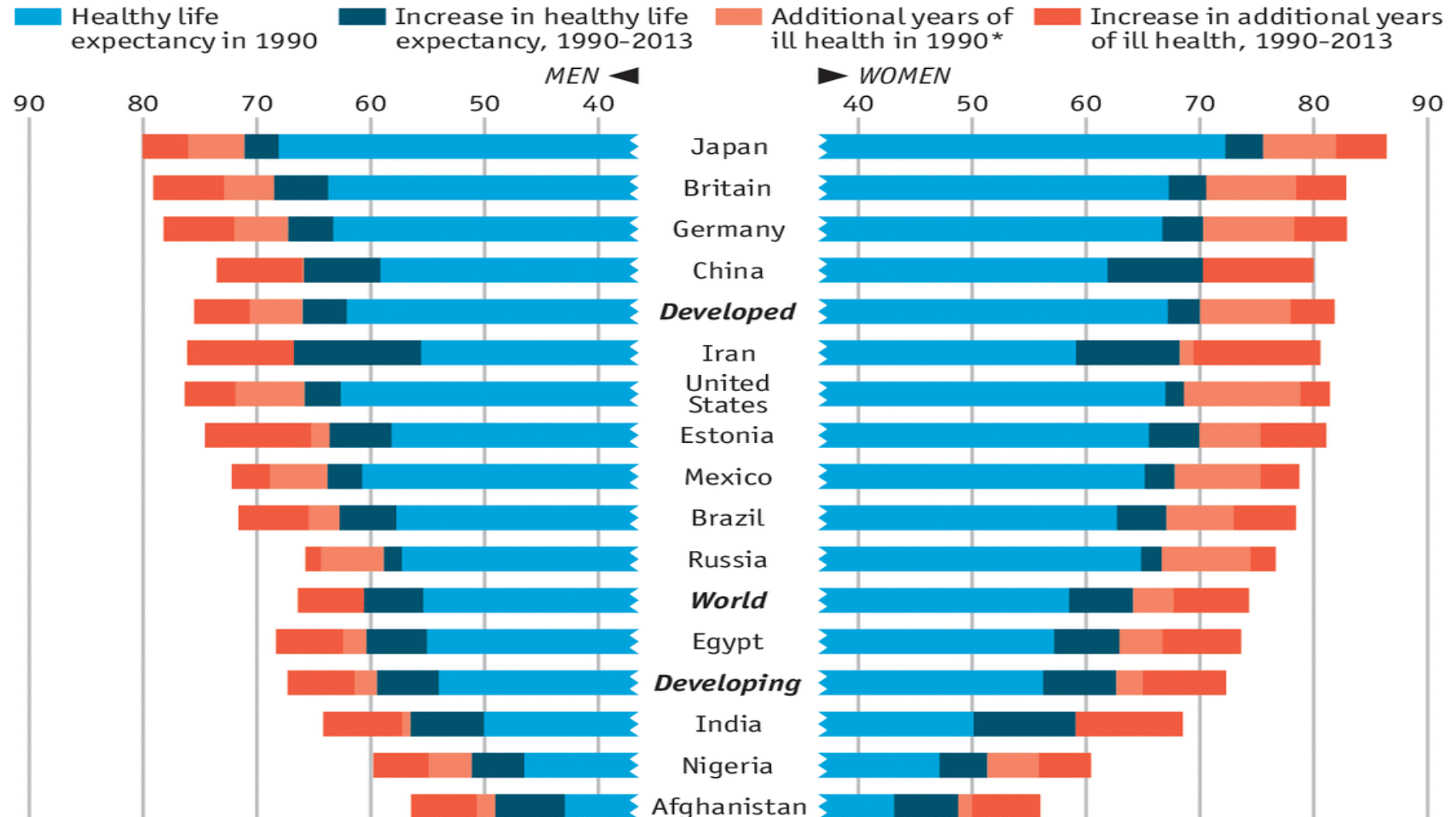
Data

▶ Gapminder

Life Expectancy by Country

Life expectancy at birth

Years (selected countries ranked by average healthy life expectancy in 2013)

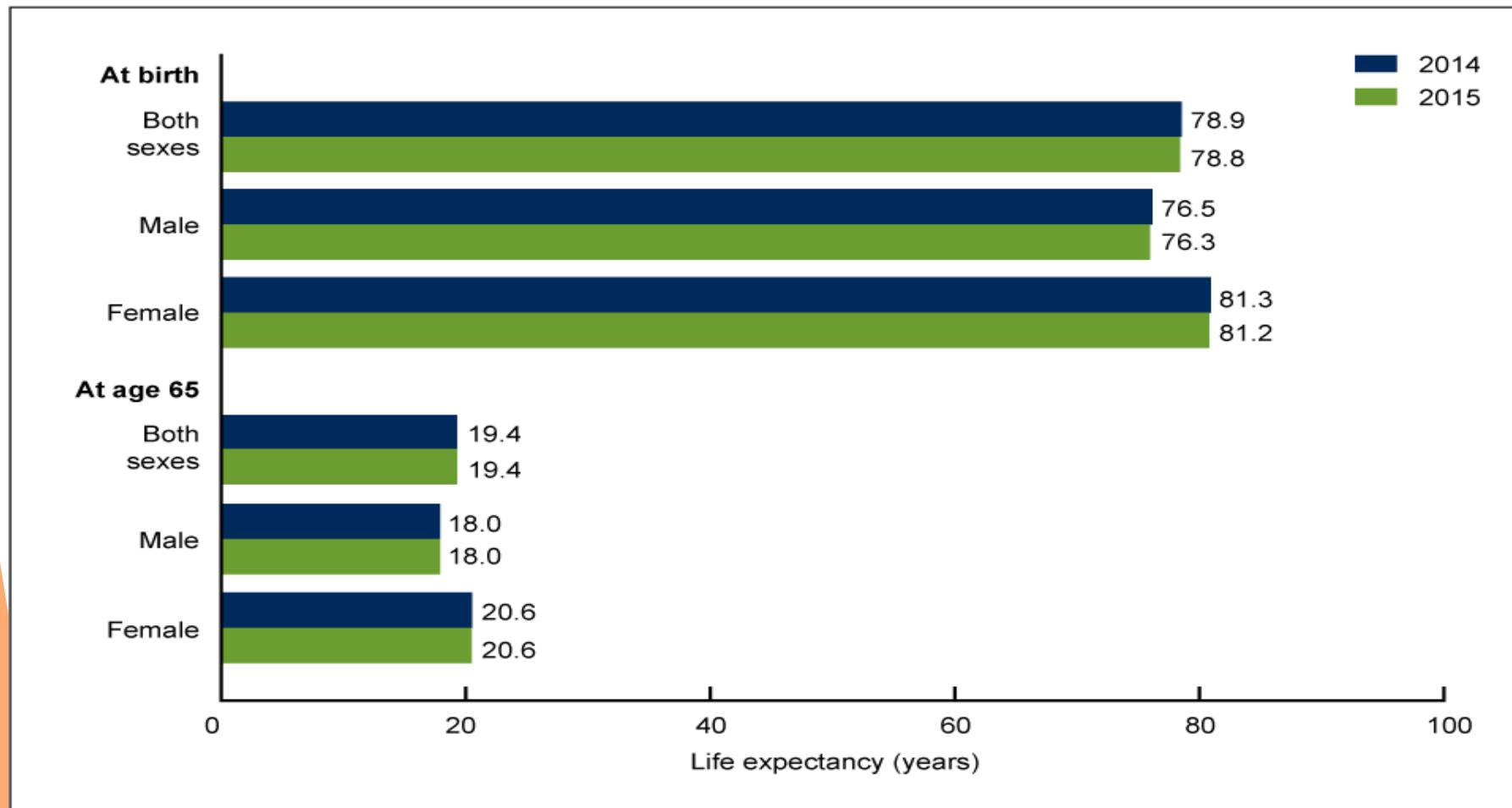


Source: "Global, regional, and national disability-adjusted life years...", by Christopher Murray et al, *The Lancet*, 2015

*Where figure is not shown, life expectancy in 1990 is less than healthy life expectancy in 2013

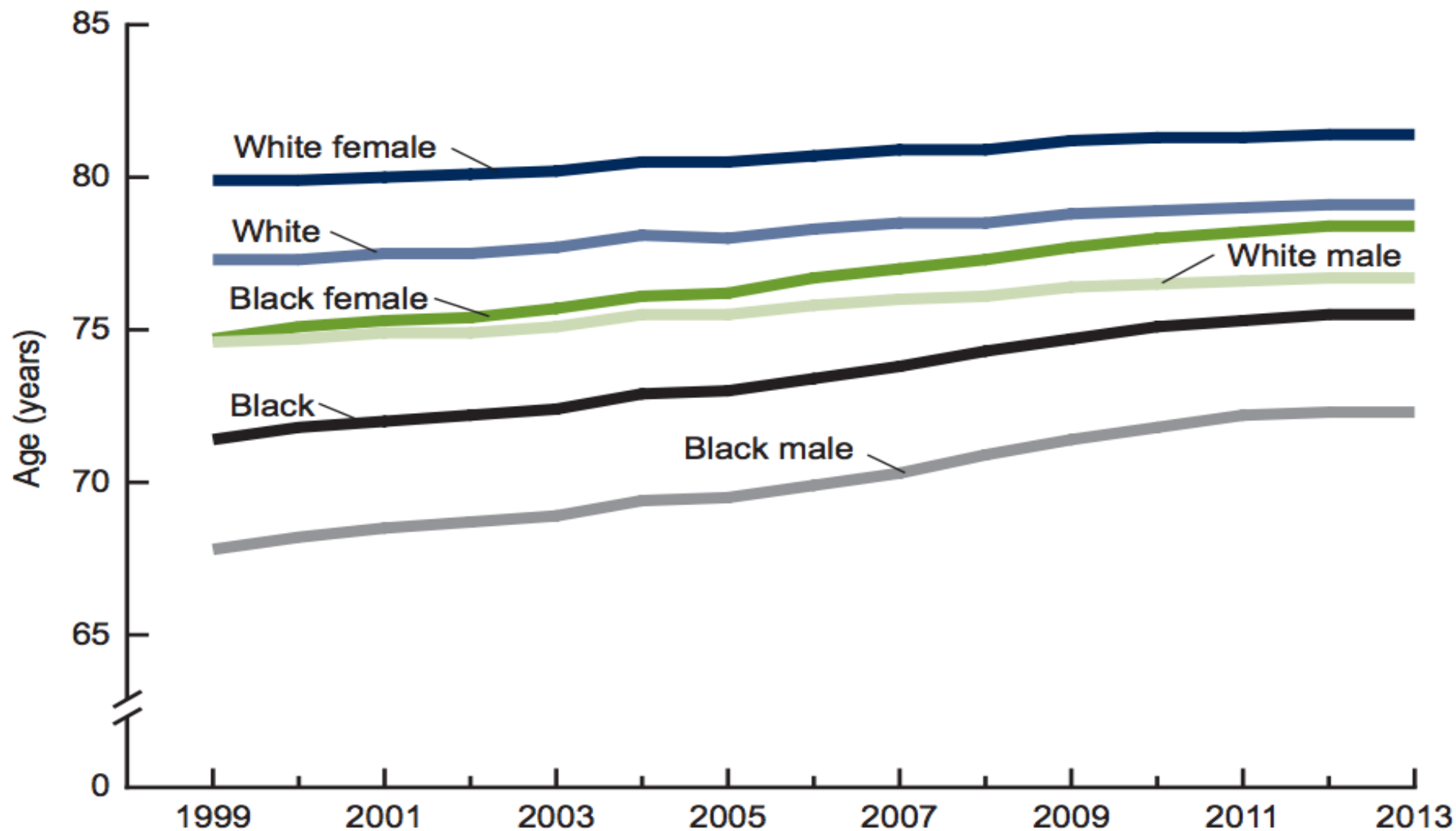
Life Expectancy is the average period that a person may expect to live.

Figure 1. Life expectancy at selected ages, by sex: United States, 2014 and 2015



NOTES: Life expectancies for 2014 were revised using updated Medicare data; therefore, figures may differ from those previously published. Access data table for Figure 1 at: http://www.cdc.gov/nchs/data/databriefs/db267_table.pdf#1.
SOURCE: NCHS, National Vital Statistics System, Mortality.

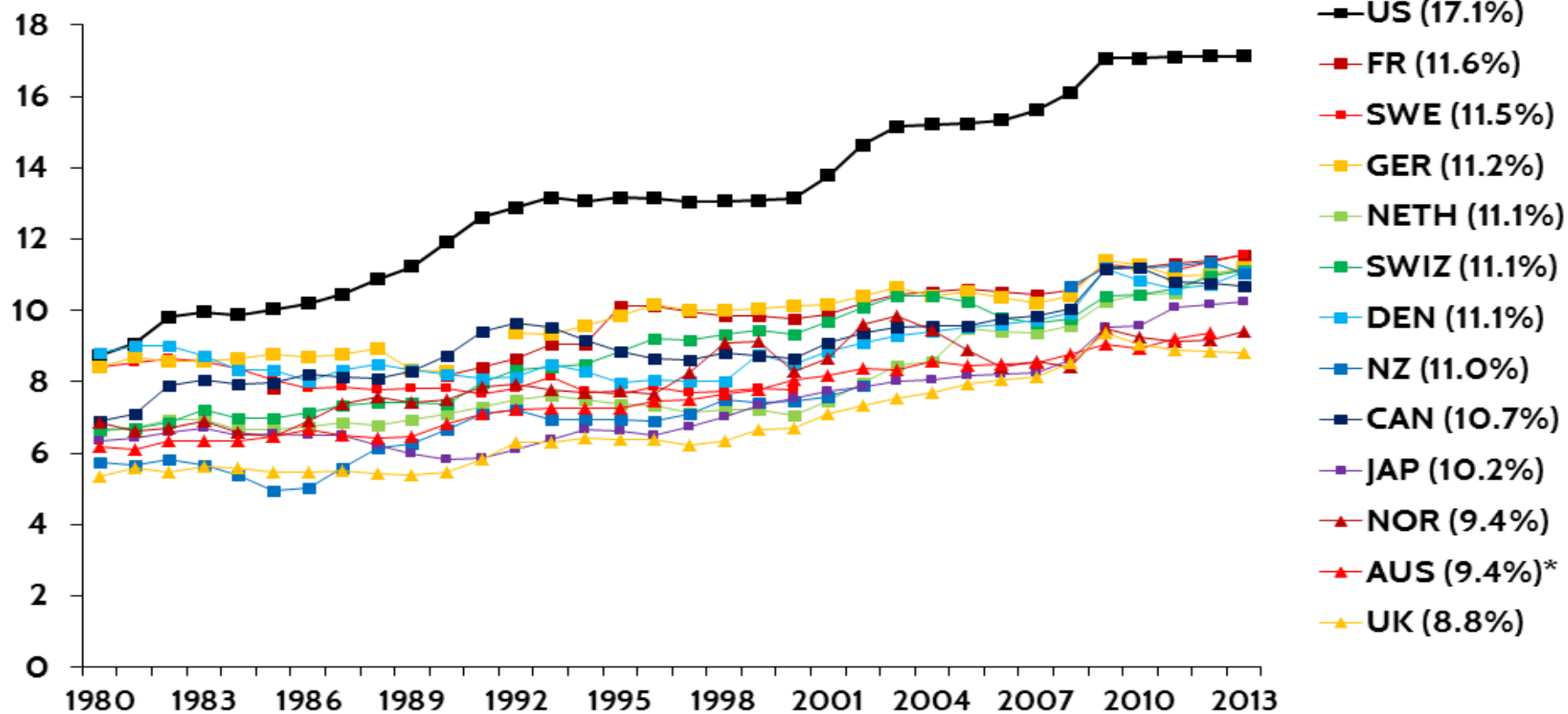
Life Expectancy by gender and race



Health Cost

Exhibit 1. Health Care Spending as a Percentage of GDP, 1980–2013

Percent



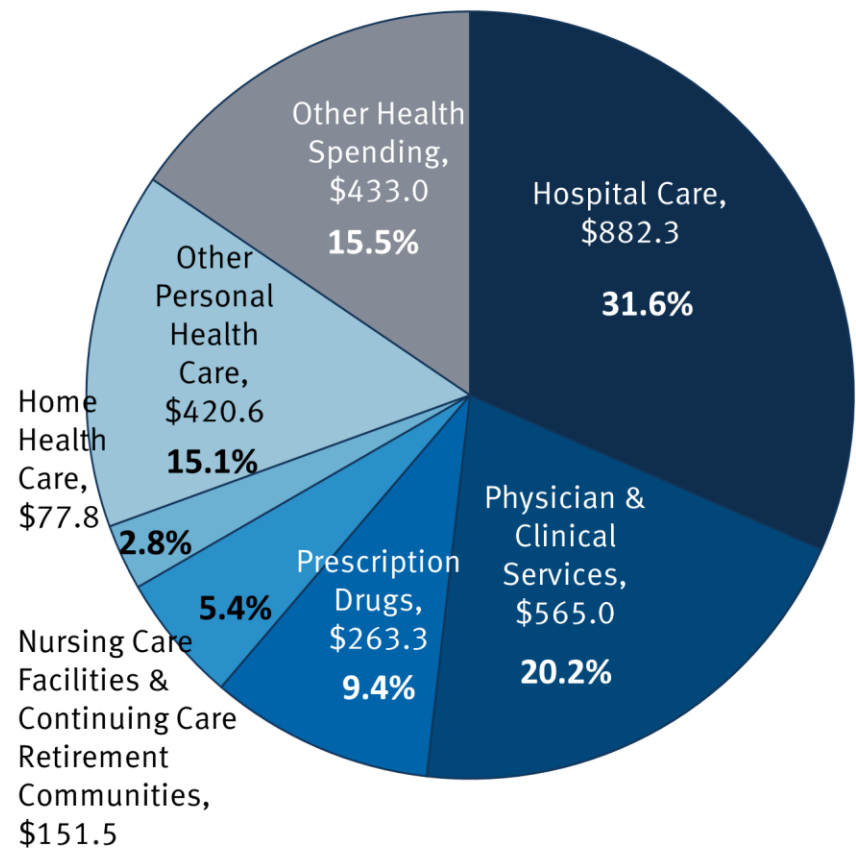
* 2012.

Notes: GDP refers to gross domestic product. Dutch and Swiss data are for current spending only, and exclude spending on capital formation of health care providers.

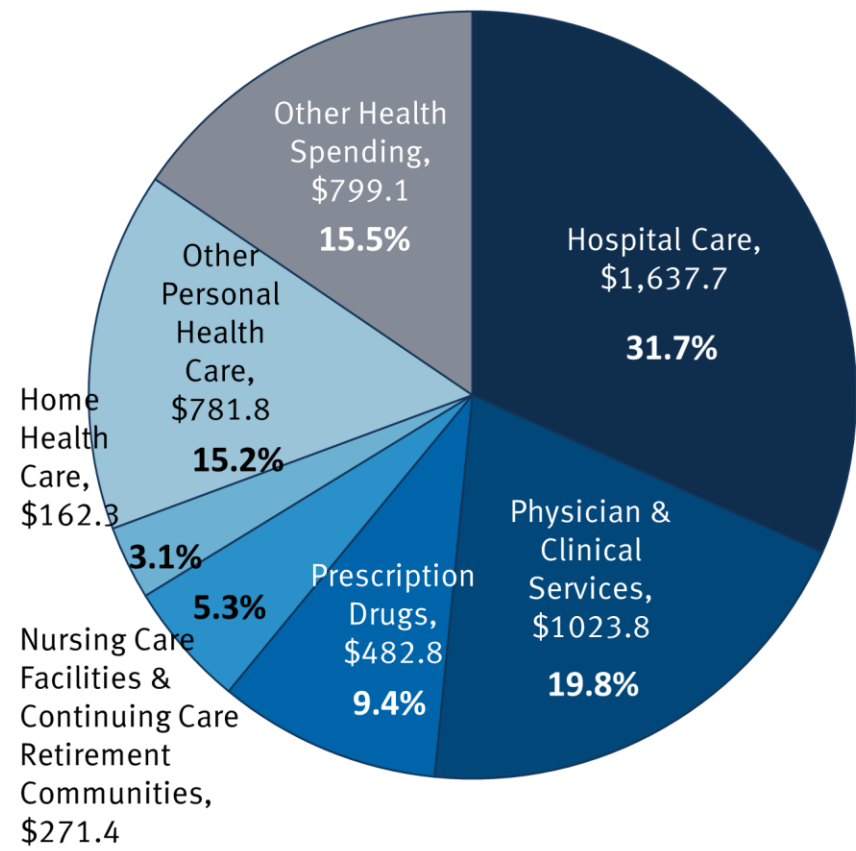
Source: OECD Health Data 2015.

Distribution of National Health Expenditures, by Type of Service (in Billions), 2012 and 2023

2012 NHE Total Expenditures:
\$2,793.4 billion



Projected 2022 NHE Total Expenditures:
\$5,158.8 billion



NOTE: Other Personal Health Care includes, for example, dental and other professional health services, durable medical equipment, etc. Other Health Spending includes, for example, administration and net cost of private health insurance, public health activity, research, and structures and equipment, etc.

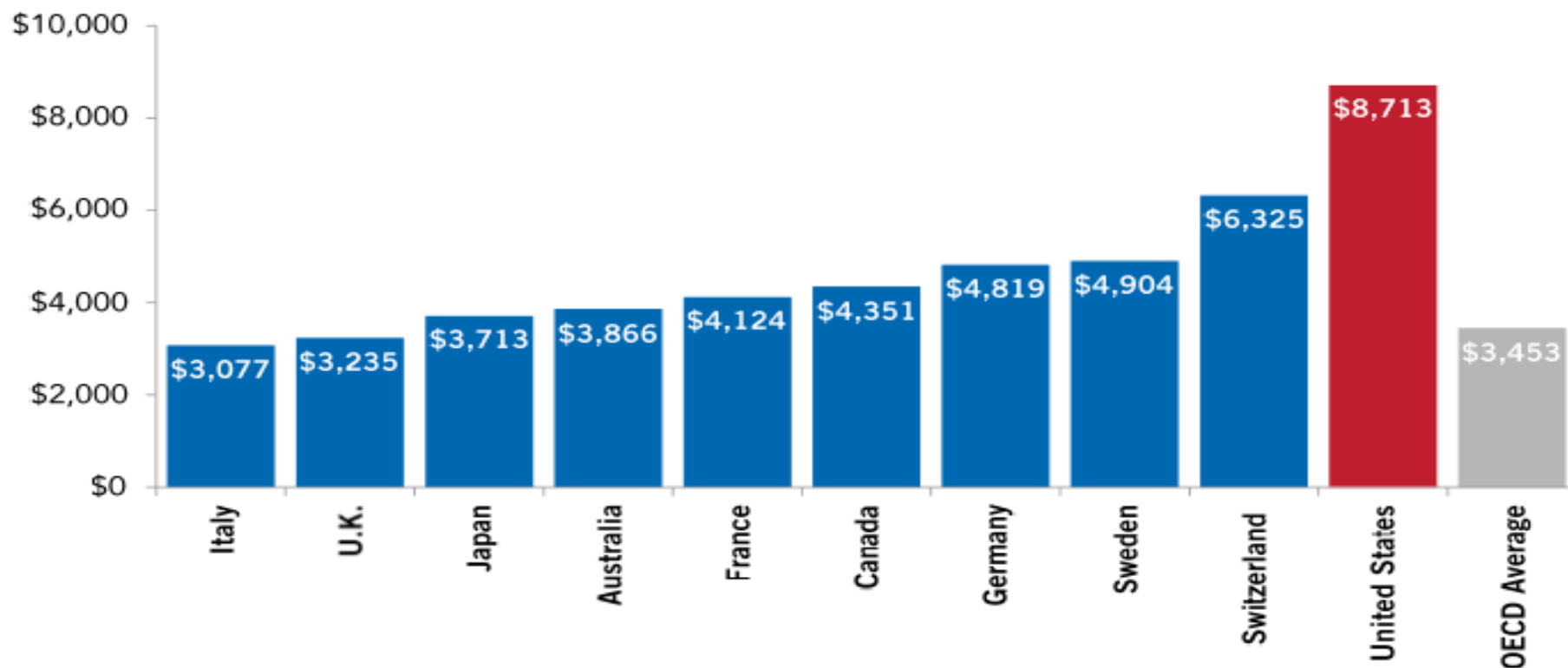
SOURCE: Kaiser Family Foundation calculations using NHE data from Centers for Medicare and Medicaid Services, Office of the Actuary, National Health Statistics Group, at <http://www.cms.hhs.gov/NationalHealthExpendData/> (For 2012 data, see Historical; National Health Expenditures by type of service and source of funds, CY 1960-2012; file nhe2012.zip. For 2023 data, see Projected; NHE Historical and projections, 1965-2023, file nhe65-23.zip).

U.S. Health Care Cost



United States per capita healthcare spending is more than twice the average of other developed countries

HEALTHCARE COSTS PER CAPITA (DOLLARS)



SOURCE: Organization for Economic Cooperation and Development, *OECD Health Statistics 2015*, November 2015. Compiled by PGPF.
NOTE: Data are for 2013 or latest available. Chart uses purchasing power parities to convert data into U.S. dollars.

Leading Causes of Death in the United States - by gender

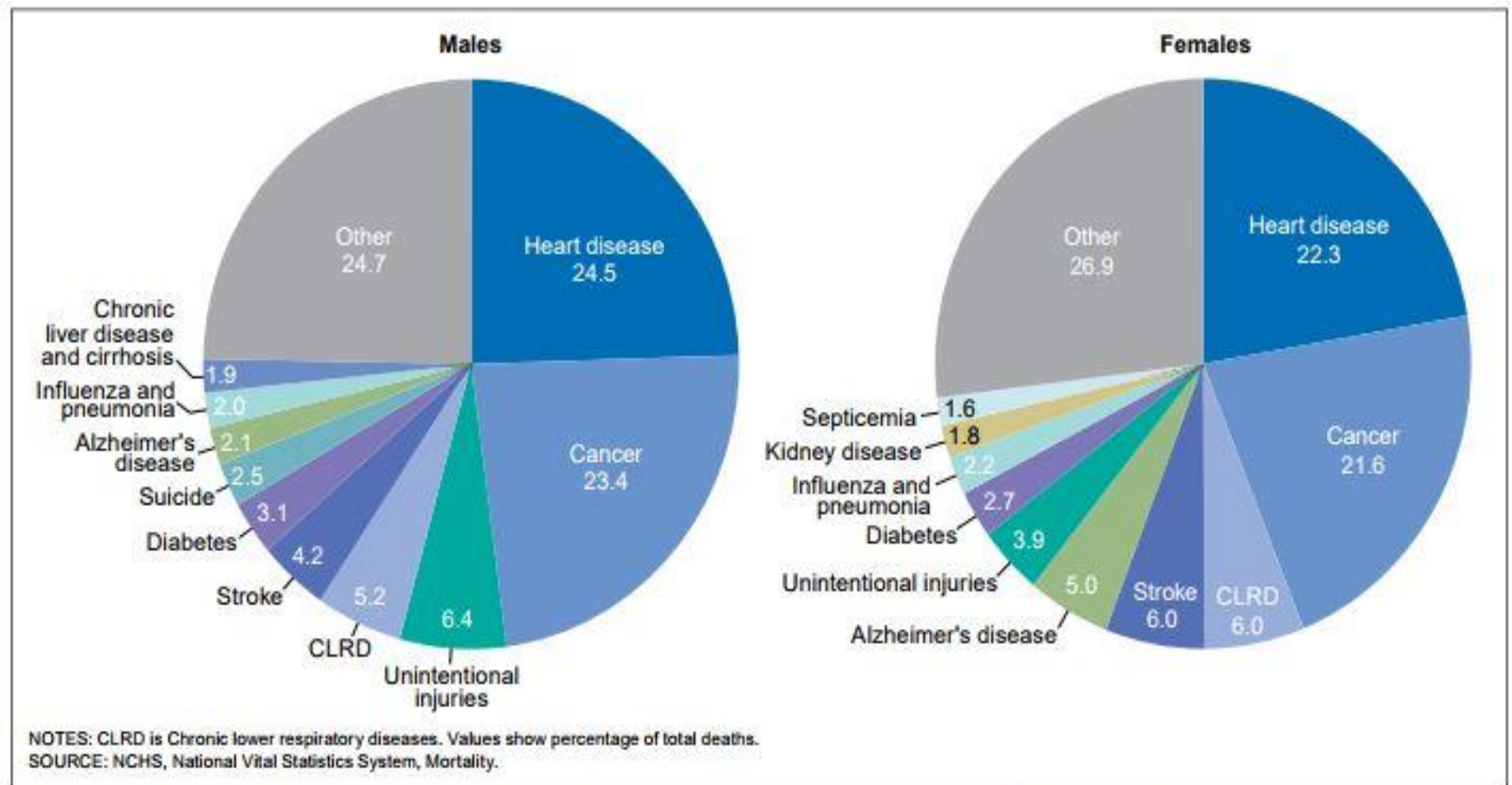


Figure 1. Percent distribution of the 10 leading causes of death, by sex: United States, 2014

Leading Causes of Death in the United States - By age

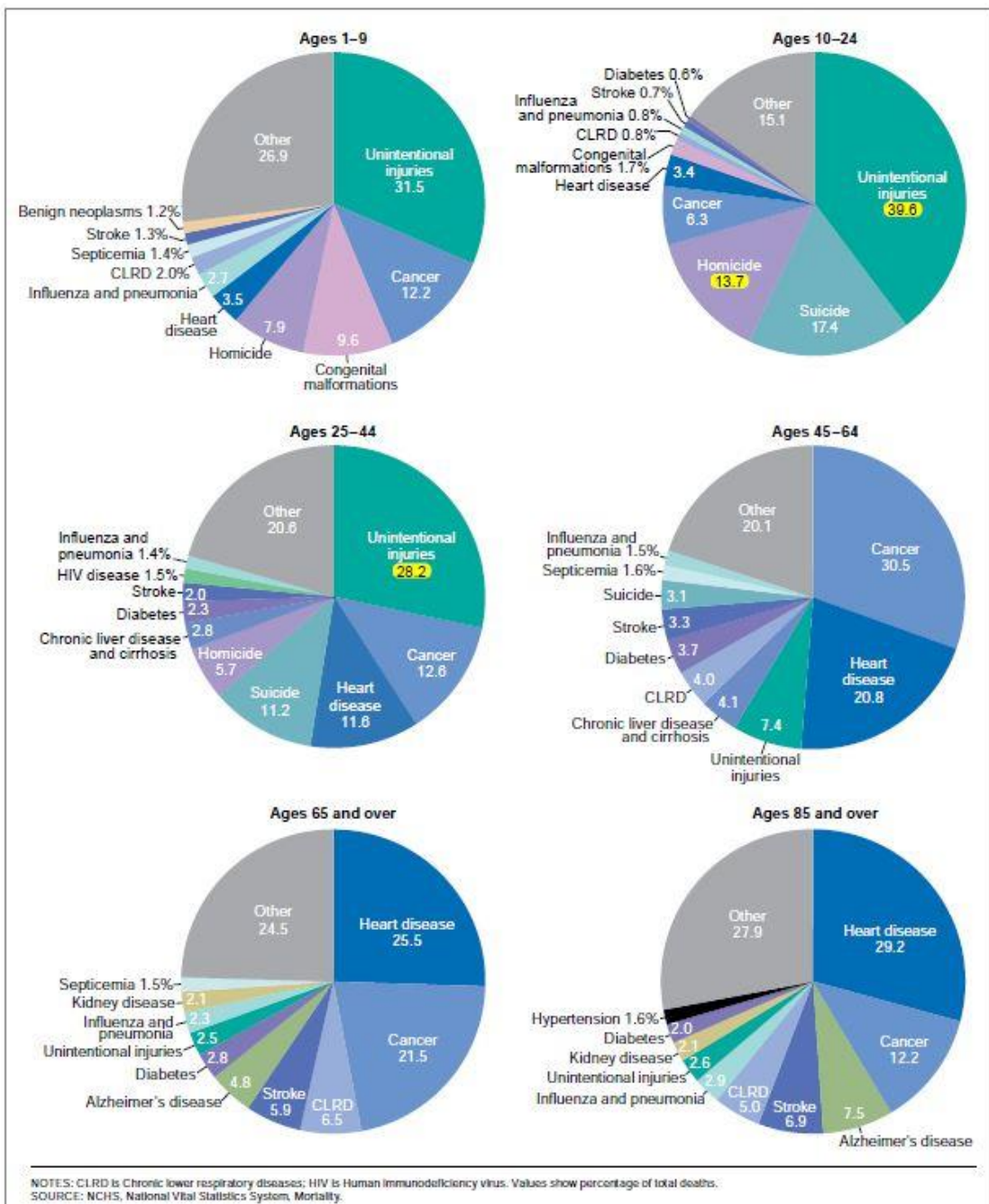
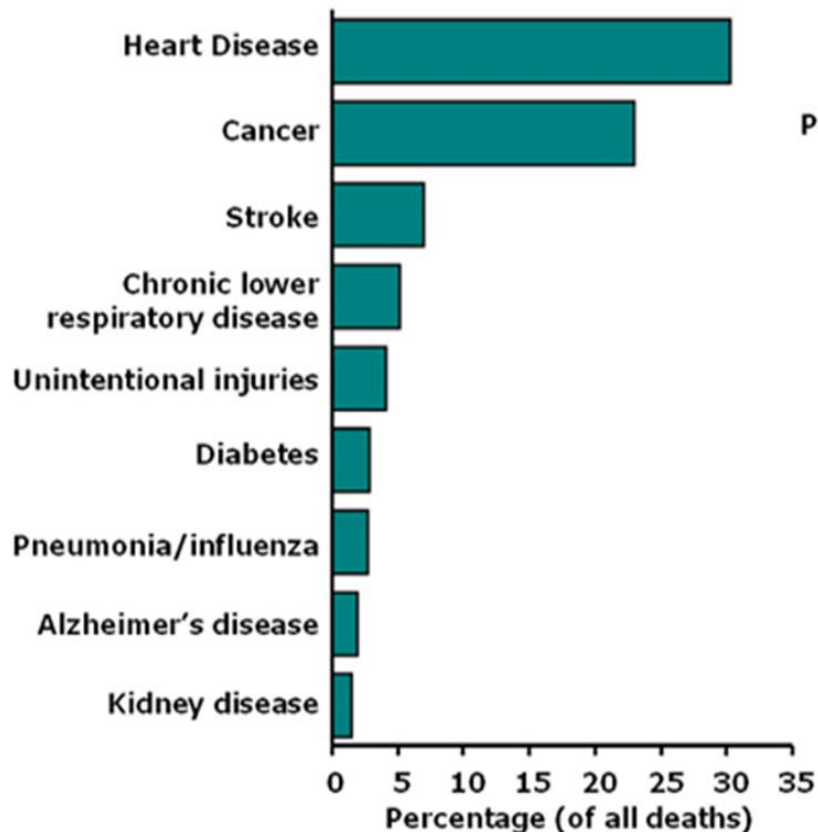


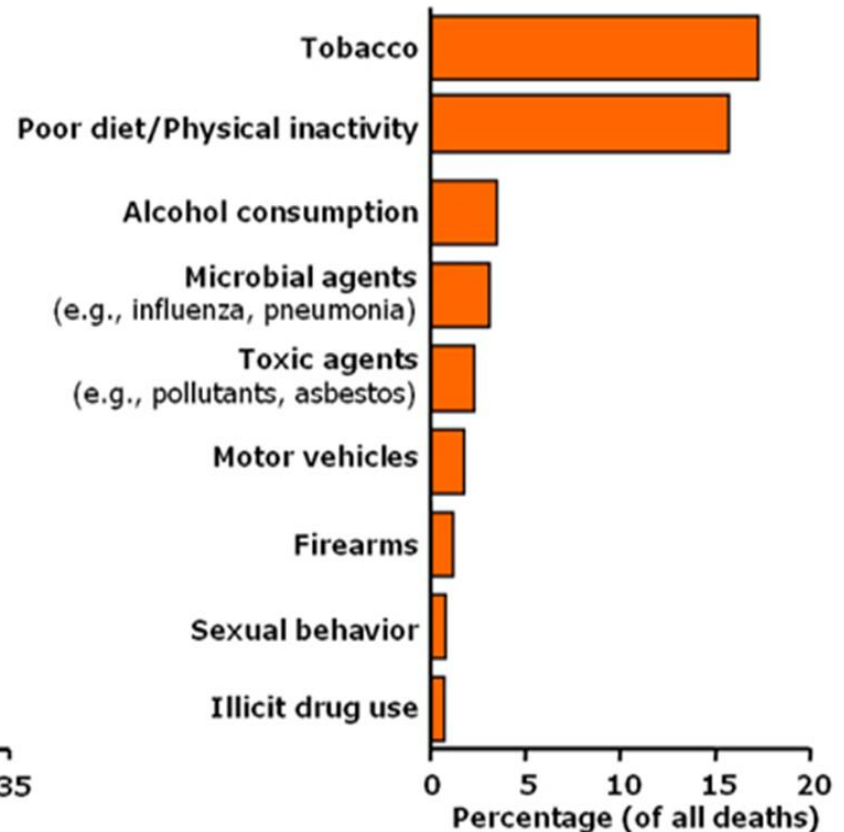
Figure 2. Percent distribution of the 10 leading causes of death, by age group: United States, 2014

Actual causes of death in the United States

Leading Causes of Death*
United States, 2000



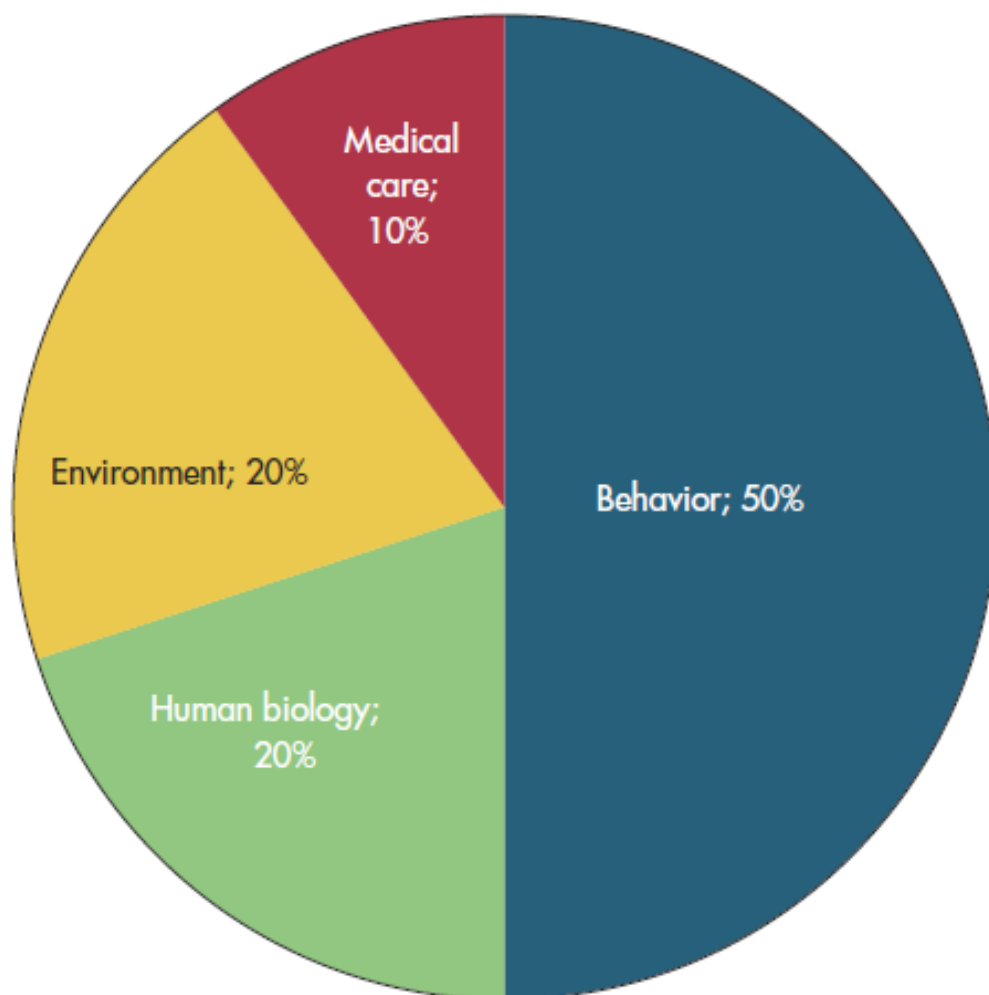
Actual Causes of Death†
United States, 2000



* Miniño AM, Arias E, Kochanek KD, Murphy SL, Smith BL. Deaths: final data for 2000. National Vital Statistics Reports 2002; 50(15):1-120.

† Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States, 2000. JAMA. 2004;291(10):1238-1246.

**Approximately half of premature mortality relates to behavior/lifestyle;
only 10 percent relates to medical care**



Major
determinants
of premature
mortality

Healthy lifestyle

“Almost 80% of deaths in the U.S.
today could be prevented
through a healthy lifestyle
program.”

Lifestyle as a Health Problem

- ▶ Over 50% of people who die in U.S. die because of what they do
 - ▶ More than half of disease is lifestyle-related
 - ▶ A fifth is attributed to the environment
 - ▶ A tenth is influenced by the health care the individual receives
 - ▶ Only 16% is related to genetics
- ▶ The individual controls as much as 84% of vulnerability to disease and quality of life
- ▶ 83% of deaths before age 65 are preventable

Lifestyle as a Health Problem

“In essence, most people in the United States are threatened by the very lives they lead today.”

Lifestyle Factors

- ▶ *Lifestyle factors are personal behaviors and habits that determine a persons level of health.*

Healthy lifestyle habits

1. *Participate in a lifetime physical activity program* - 30 to 60 minutes of non stop vigorous activity most days of the week.
2. *Do not smoke cigarettes or use tobacco products*
3. *Eat three nutritious meals each day from a various food groups - Start each day with a healthy breakfast*

Healthy lifestyle habits

4. *Avoid meaningless snacking*
5. *Maintain healthy weight*
6. *Get enough sleep - 8 hours*
7. *Control stress*
8. *Don't use alcohol or other drugs*

Healthy lifestyle habits

9. Surround yourself with healthy friendships

10. Be informed about the environment

11. Increase your education

12. Take personal safety measures

Prevention

- ▶ A key to your health and wellness is ***PREVENTION***.
- ▶ *Prevention - taking steps to keep something from happening or getting worst.*
- ▶ This class will emphasize PREVENTION as the key to good health.

Questions

12. What is a health continuum?
13. Define prevention.
14. What effect does behavior/choices have on a person's health?
15. Define wellness.
16. List 6 lifestyle factors that promote good health.

Health Education

- ▶ Is the providing of *accurate health information and teaching health skills* to *help people* make *healthy decisions.*

Being Health Literate

- ▶ *Health literate* is the *ability to learn ,*
basic health information and services
and to use these resources to *promote*
one's health and wellness.

Being Health Literate

1. ***A critical thinker and problem solver.***

Able to evaluate information from reliable sources before making a decision. Knows how to make responsible decision.

2. ***A responsible productive citizen.***

Acts in a way to promote the health of the community, nation and the world at large. Choose safe, healthful, and legal behaviors that keep with family guidelines and shows respect for others and him or her self.

Being Health Literate

3. *A self-directed learner.*

Able to gather and use accurate, current health information throughout life....Through a variety of sources.

4. *An effective communicator.*

The ability to express one's knowledge, belief and ideas in a variety of forms.

S.M.A.R.T.E.R



Goal Setting

- ***Specific***
- ***Measurable***
- ***Attainable***
- ***Realistic***
- ***Time-Bound***
- ***Exciting***
- ***Recorded***

Is Your Goal a SMART Goal?

A SMART resolution is not a basic statement or wish; it is a clearly drawn pathway to success, and a way to state not just what you want, but what you will do to accomplish it.



Clearly define your goal. Make it as specific as possible, and write down exactly why you want to achieve this goal.



Make your goal measurable. Whatever you want to achieve, make sure you have a way of measuring when you meet your goal.



Is your goal achievable in the allotted time? What steps must you take in order to achieve this goal?



Be realistic about how long it'll take to reach your goal, and the steps you're taking to get there.



Time sensitive goals are more likely to be achieved, whereas a loose thought will get piled behind a to-do list that keeps on growing.

S.M.A.R.T Goal Setting

Following are components of an effective goal – one that describes performance standards that will “tell us what good behavior looks like.” The SMART acronym can help us remember these components.

Specific - The goal should identify a specific action or event that will take place.

Measurable - The goal and its benefits should be quantifiable.

Achievable - The goal should be attainable given available resources.

Realistic - The goal should require you to stretch some, but allow the likelihood of success.

Timely - The goal should state the time period in which it will be accomplished.

Here are some tips that can help you set effective goals:

1. Develop several goals. A list of five to seven items gives you several things to work on over a period of time.
2. State goals as declarations of intention, not items on a wish list. "I want to apply to three schools" lacks power. "I will apply to three schools," is intentional and powerful.
3. Attach a date to each goal. State what you intend to accomplish and by when. A good list should include some short-term and some long-term goals. You may want a few goals for the year, and some for two- or three-month intervals.
4. Be specific. "To find a job" is too general; "to find and research five job openings before the end of the month" is better. Sometimes a more general goal can become the long-term aim, and you can identify some more specific goals to take you there.
5. Share your goals with someone who cares if you reach them. Sharing your intentions with your parents, your best friend, or your teacher will help ensure success.

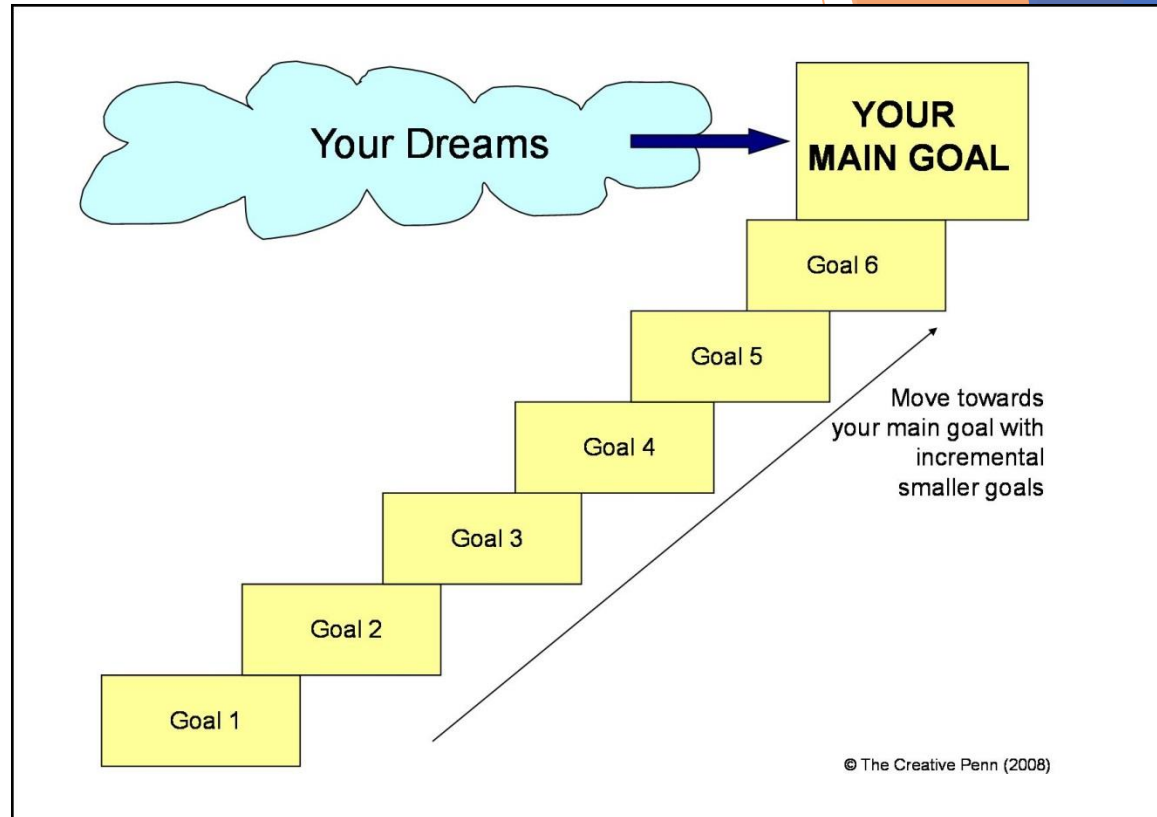
What is goal?

- ▶ *Goals consists of a projected idea or dream which a person plans to achieve*
 - a personal desired end-point.

Maximize goal setting success

Each step can be thought of as one of your short-term goals.

As you progress, you complete each short-term goal which moves you closer to your ultimate success.



How do you feel about the goal?

- Goals should have a Wow factor.
- If you are setting your goals yourself think through why you are setting the goal.
- How are you going to feel when you succeed?
- What will that give you?
- Write out your goal and keep it somewhere where you can refer to it every day.
- Keep track of progress.
- Re-plan how you are going to achieve your goal and go for it!

Assignment

Using the worksheet provided Set a goal for this semester...The goal can be from any of the following areas

- ▶ Family goals
- ▶ Diet & fitness goals
- ▶ Behavior goals
- ▶ Intellectual goals
- ▶ Financial goals
- ▶ Career goals
- ▶ Other areas

Assignment

Using the S.M.A.R.T. worksheet write a S.M.A.R.T.E.R. goal, in any area you would like, with a target date of January 11, 2018

- **Career** – What level do you want to reach in your career, or what do you want to achieve?
- **Financial** – How much do you want to earn, by what stage? How is this related to your career goals?
- **Education** – Is there any knowledge you want to acquire in particular? What information and skills will you need to have in order to achieve other goals?
- **Family** – Do you want to be a parent? If so, how are you going to be a good parent? How do you want to be seen by a partner or by members of your extended family?
- **Artistic** – Do you want to achieve any artistic goals?
- **Attitude** – Is any part of your mindset holding you back? Is there any part of the way that you behave that upsets you? (If so, set a goal to improve your behavior or find a solution to the problem.)
- **Physical** – Are there any athletic goals that you want to achieve, or do you want good health deep into old age? What steps are you going to take to achieve this?
- **Pleasure** – How do you want to enjoy yourself? (You should ensure that some of your life is for you!)
- **Public Service** – Do you want to make the world a better place? If so, how?