# Lesson 1.1: Exploring Health and Wellness

## Vocabulary Review Worksheet

1. healthy
2. wellness
3. illness
4. diagnosis
5. preparation
6. Heredity
7. quality
8. disease

## Note-Taking Guide

**Health and Wellness**

1.

Health = being free of illness or disease

Wellness = the active pursuit of making healthy choices in all parts of your life—includes social, physical, intellectual, spiritual, and mental and emotional

Illness = not feeling well or not being fully healthy

Disease = something that causes the body not to function properly

**Influences on Health and Wellness**

2.

|  |  |  |  |
| --- | --- | --- | --- |
| Social Determinants | Environmental Determinants | Individual Determinants | Health Lifestyle Determinants |
| Relationships | Light and sunlight | Sex | Genetics |
| Family | Structures and spaces | Genetics | Stress management |
| Friends | Pollution |  | Personal health practices |
|  | Access to healthy foods |  | Personal safety |
|  | Access to recreational or exercise facilities |  | Avoiding smoking, vaping, drugs, and alcohol |

**Understanding Behavior Change**

3.

Stage 1: Precontemplation; b

Stage 2: Contemplation; d

Stage 3: Preparation; a

Stage 4: Action; e

Stage 5: Maintenance; c

# Lesson 1.2: Developing Skills for Healthy Living

## Vocabulary Review Worksheet

1. habit
2. identify
3. short
4. measurable; timely
5. .org
6. interests
7. logical

## Note-Taking Guide

**What Are Health Skills?**

1. Health literacy is the ability to find and understand basic health information and then using that information to make good health decisions.

2. A habit is something you do without noticing it. Having health literacy means you would form healthy habits. You are able to make healthy choices automatically.

3. Analyzing what influences your health, Accessing valid and reliable health information and services, Making healthy decisions, Advocating for good health for yourself and others.

**Accessing Valid and Reliable Health Information and Services**

4. Valid information is logical and factually accurate.

Reliable information is consistent across sources and is dependable.

**Types of Web Domains**

5.

.gov is for government use

.edu is for use by education institutions

.org is for individual or organizational use

.com is for commercial use

.net is for use by network providers

.biz if for business

**Communicating Your Health Needs**

6. refusal skills; active listening skills; *I* messages; conflict resolution

**Making Healthy Decisions**

7. Friends; beliefs; culture; traditions

**Setting Healthy Goals**

8. Short-term goals create smaller targets that can be reached in a shorter time frame (usually one day to one month). Example: I will drink one less sugary soda per week by the end of the month.

Long-term goals are larger goals that take longer to achieve (usually one to six months or longer). Example: I will quit drinking sugary sodas completely by the end of the year.

**Advocating for Good Health for Yourself and Others**

9. Research the facts

Identify the audience

How can you keep your message simple and clear?

Reflect on the process

# Lesson 1.3: My Immune System

## Vocabulary Review Worksheet

1. pathogen
2. virus
3. Bacteria
4. spleen
5. white
6. vaccination
7. allergen
8. skin

## Note-Taking Guide

**Your Immune System**

1. Left side from top to bottom: thymus, stomach and intestines, skin, white blood cells. Right side from top to bottom: lymph nodes respiratory system, spleen, bone marrow. See also figure 1.11 in the text.

**Types of Pathogens**

2. Virus: hepatitis A and B, HPV, HIV, influenza, measles, polio, and rabies

Bacteria: Lyme disease, tuberculosis, syphilis, strep throat, and salmonella

**Keeping Invaders Out and Launching an Attack**

3.

**What Influences Your Immune System?**

4.

* Environment: You could be exposed to more germs or pollution from external factors.
* Stress: Stress can raise blood pressure, upset digestion, release specific hormones. All of these can weaken the immune system.
* Genetics: Genetics can influence how strong your immune system is and influence your likelihood of getting diseases of the immune system like autoimmune disorders.
* Lifestyle: Exercise, a healthy diet, and adequate sleep can all help make your immune system function at its best.

**Problems With the Immune System**

5. Immune deficiency disorders, such as HIV; autoimmune disorders, such as arthritis; allergic disorders; cancers of the immune system

* description of the disease,
* how common the disease is,
* who is most likely to get the disease,
* what things might impact the disease, and
* what treatments exist for the disease

# Lesson 1.4: Communicable Diseases

## Vocabulary Review Worksheet

1. communicable
2. airborne
3. universal precautions
4. toxins
5. symptom
6. fungus
7. Vector-borne

## Note-Taking Guide

**Communicable Diseases**

1. Infectious diseases are diseases caused by a pathogen that enters your body.

Communicable diseases are those that can spread between people.

**Methods of Transmission**

2.

Direct: Exchange of bodily fluids through kissing, sharing straws, or sexual contact

Indirect: From touching an object, such as a cell phone, keyboard, or doorknob

Airborne: When pathogens are found in water droplets in the air, such as when you sneeze

Host: From an infected animal or insect that bites, such as a mosquito, or from eating infected foods

**Preventing Communicable Diseases**

3.

2. Cover your nose and mouth with a tissue when sneezing.

5. Prepare food safely.

7. Don’t share personal items like spoons and cups.

9. Wash clothing, towels, and bedding regularly.

11. Wear appropriate protective equipment during outbreaks of airborne pathogens

**Universal Precautions**

4. Health care workers like nurses, doctors, and emergency responders should always use universal precautions.

5.

a. Disposing of needles and sharp objects safely, using approved containers.

b. Wearing protective clothing such as gowns, masks, goggles, and gloves.

**Symptoms of Communicable Diseases**

6. Any five of the following: runny nose, coughing, sneezing, an upset stomach, vomiting, diarrhea, sore throat, headache, and fever

**Common Communicable Diseases**

7. Any one of the following examples for each type:

Virus: flu, common cold, SARS, norovirus, rotovirus, measles, rubella, smallpox, warts, herpes, hepatitis, polio, meningitis, rabies, Ebola, yellow fever

Bacteria: strep throat, Lyme disease, bacterial meningitis, tuberculosis

Fungi: athlete’s foot

Protozoa: malaria

Other types of pathogens: lice, mites, and some worms can carry diseases.

# Lesson 1.5: Noncommunicable Diseases

## Vocabulary Review Worksheet

1. Noncommunicable
2. sleep
3. heart
4. Hypertension (High blood pressure is also an acceptable answer.)
5. Osteoporosis
6. dementia
7. cancer

## Note-Taking Guide

**What Are Noncommunicable Diseases?**

1.

Noncommunicable disease: a disease that cannot be transmitted from one person to the next.

Chronic disease: a disease that lasts three months or longer.

**Cardiovascular Diseases**

2.

Coronary heart disease: When the arteries in your heart become clogged and hardened

Stroke: When your brain does not get enough blood and part of it dies

High blood pressure: When your arteries are stiff or clogged and the blood moves under too much force, causing damage

3.

Chest discomfort; pain or discomfort in one or both arms, the back, neck, jaw, or stomach; shortness of breath; and cold sweat, nausea, or lightheadedness.

**Diabetes**

4. Type 1 diabetes: when the body does not make insulin; Type 2 diabetes: When the body is unable to use the insulin it makes, or it doesn’t make enough insulin to keep up with the body’s demand.

**Cancers**

5. Two from each of the following:

Breast cancer: Increasing age, early first menstrual period, family history of breast or uterine cancer, being overweight, physical inactivity, high alcohol consumption, genetics

Colon cancer: Family history of colon cancer, history of polyps, being over the age of 50, smoking, high-fat diet

Lung cancer: tobacco smoke, family history, asbestos and radon exposure, and being over 65

Melanoma: Accumulated sun exposure or tanning bed use, severe sunburns that blister (especially before age 18)

Prostate: being over age 65, family history of prostate cancer, being African American, genetics

Leukemia: genetics, exposure to radiation, smoking, certain related disorders and diseases

**Osteoporosis**

6. Options include being over 50, smoking, being underweight, being sedentary, low calcium and vitamin D in diet, and being Caucasian and female.

**Arthritis**

7. One in every 250 individuals under the age of 18 has some variation of the disease. Juvenile rheumatoid arthritis (JRA) is the most common among those under 18.

**Lung Disease**

8. Any three of the following:

Asthma: Inflammation of the lungs.

COPD: Difficulty in exhaling air from the lungs.

Pneumonia: Bacterial infections in the lungs.

Tuberculosis: Bacterial infections in the lungs.

Lung cancer: One of the most common cancers in the U.S., most commonly associated with smoking.

**Alzheimer’s and Dementia**

9. Alzheimer’s disease is the most common form of dementia.

# Test Your Knowledge

1. a. intellectual health
2. c. action
3. a. Heredity
4. d. .gov
5. d. foreign invader
6. c. allergens
7. a. flu
8. d. mononucleosis
9. d. chronic
10. c. osteoporosis