

Health and Wellness

1. Compare the terms *health*, *wellness*, *illness*, and *disease* by defining each one in its box.

Health:

Wellness:

Illness:

Disease:

Influences on Health and Wellness

2. Many things can influence your health. Identify some of them by filling in the empty boxes.

Social Determinants	Environmental Determinants	Individual Determinants	Healthy Lifestyle Determinants
	Noise	Age	Physical activity
			Healthy diet
Social media			

Understanding Behavior Change

3. Our health and wellness are directly related to our choices and behaviors. Complete the table below by naming the stage of health behavior change in the column on the left. Using the five stages of health behavior change, draw a line connecting the stage of health behavior on the left to the coordinating health behavior on the right or enter the letter from the right by the correct stage on the left.

Health Behavior: *Smoking Cigarettes*

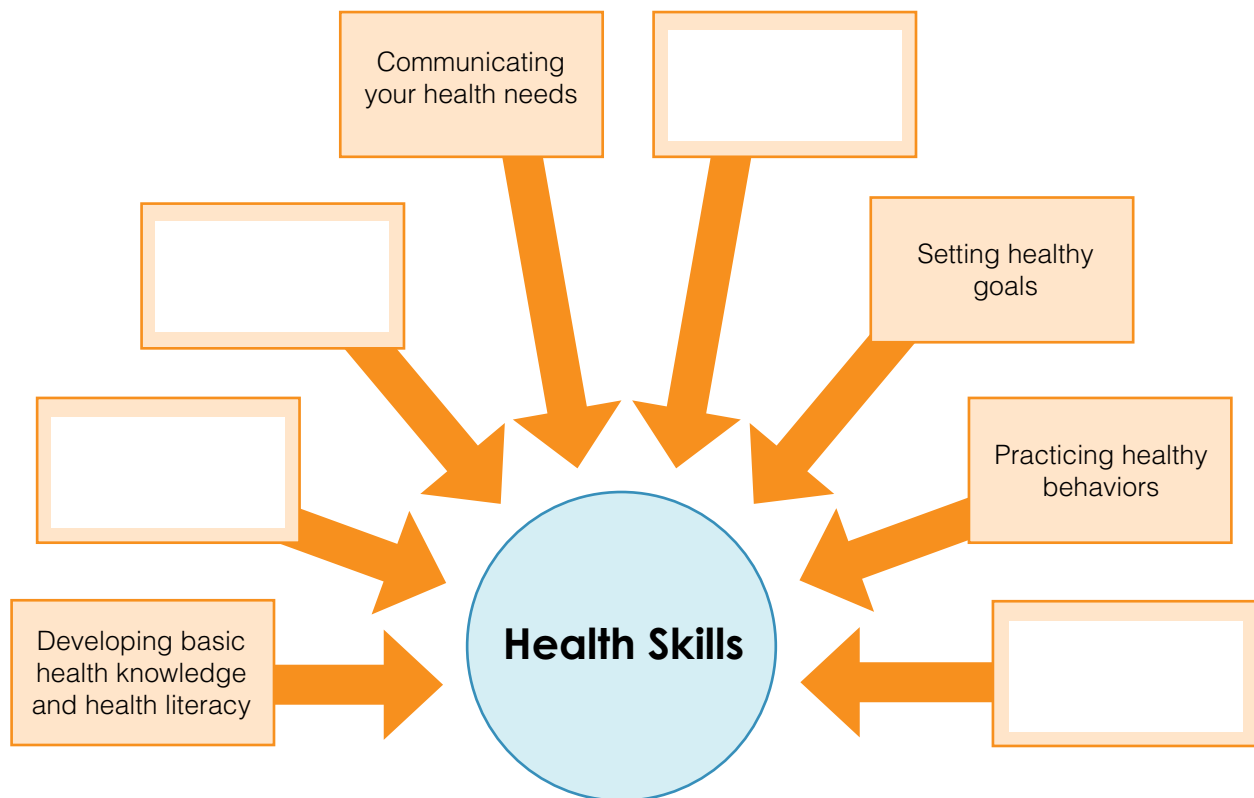
Stage 1: <div></div>	a. A person has thought about quitting smoking and is taking steps toward making a change.
Stage 2: <div></div>	b. A person says "I have no intention to quit smoking."
Stage 3: <div></div>	c. A person has made a definitive behavior change and is sticking with it.
Stage 4: <div></div>	d. A person says, "I'm thinking about quitting smoking."
Stage 5: <div></div>	e. A person has made some changes but still needs to make more to change their behavior.

What Are Health Skills?

1. What is health literacy?

2. How are habits related to health literacy?

3. Fill in the remaining four health skills in the empty boxes.



Accessing Valid and Reliable Health Information and Services

4. Information should be both valid and reliable. Explain the difference between these terms by defining them in the spaces.

Valid:

Reliable:

Types of Web Domains

5. Briefly explain each web domain listed below.

.gov is for _____

.edu is for _____

.org is for _____

.com is for _____

.net is for _____

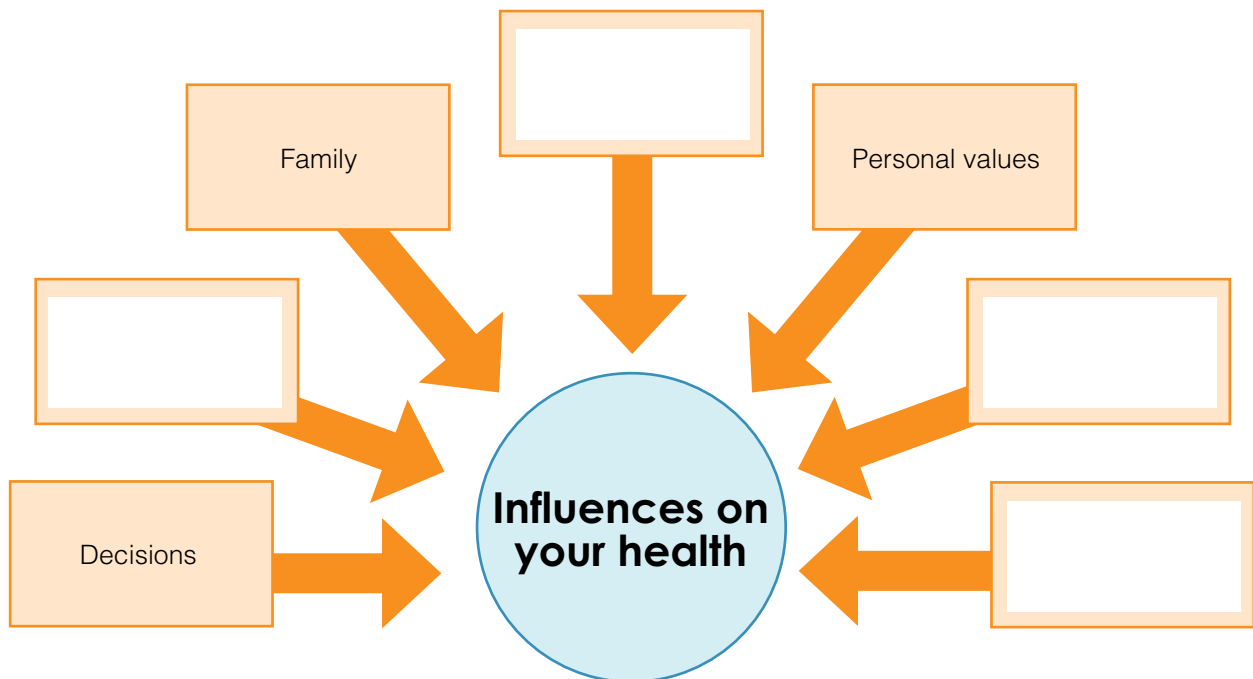
.biz is for _____

Communicating Your Health Needs

6. Identify four common communication skills you need to be healthy.

Making Healthy Decisions

7. Identify influences on your health by completing the chart below.



Setting Healthy Goals

8. SMART goals can be short or long term. Explain the difference between short- and long-term goals, and provide an example of each.

Short-term goal:	
Long-term goal:	

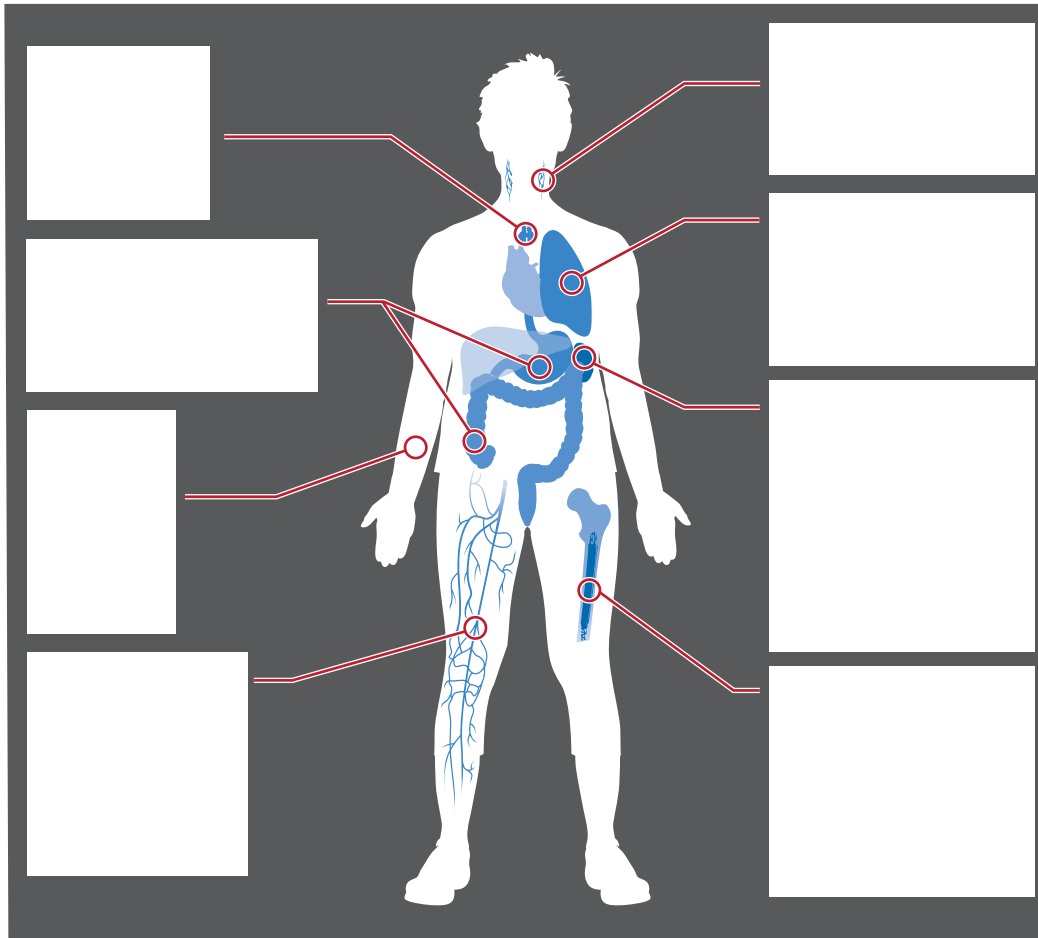
Advocating for Good Health for Yourself and Others

9. To advocate for good health, you should follow these steps. Fill in the empty boxes to complete the steps and identify what question each step asks.

Identify behavior	• What do you want to do or change?
	• What information will help your message?
	• Whom are you trying to reach or affect?
Develop the message	
	• Did it work? What was the outcome?

What is an Immune System?

1. Label the diagram with the following items: bone marrow, lymph nodes, respiratory system, skin, white blood cells, spleen, stomach and intestines, and thymus.



Types of Pathogens

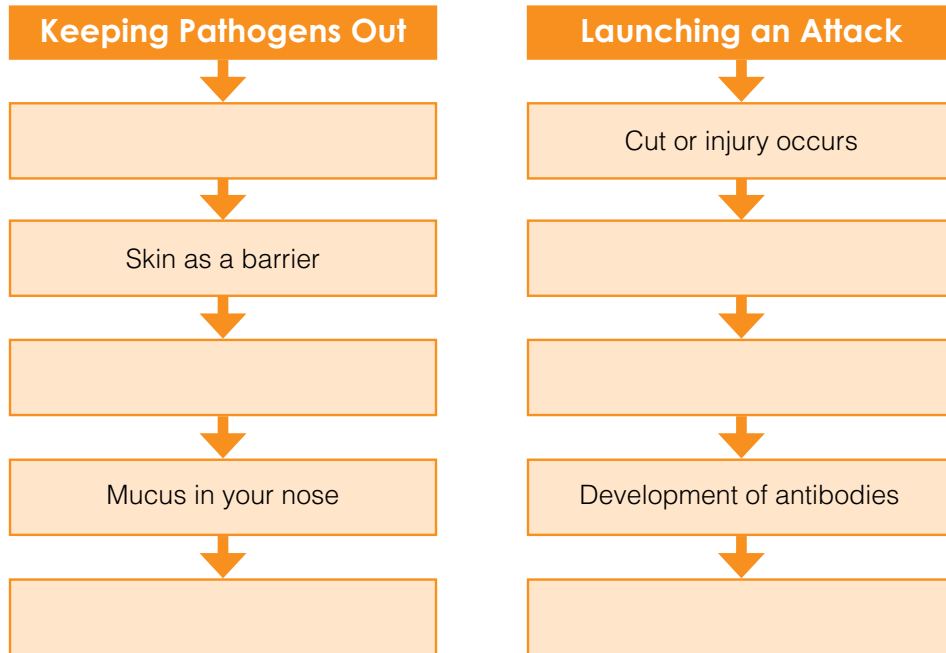
2. Anything foreign that enters your body and can cause a disease is called a pathogen. Fill in the boxes by providing examples of each type of pathogen.

Virus

Bacteria

Keeping Invaders Out and Launching an Attack

3. Your body has several ways it tries to keep pathogens out. Describe how the body works to keep pathogens out and how your body launches an attack by completing the table below.



What Influences Your Immune System?

4. List and describe four ways stress might affect your immune system.

- _____
- _____
- _____
- _____

Problems With the Immune System

5. List four problems you might have with your immune system.

_____	_____
_____	_____

Communicable Diseases

1. Define the terms *infectious diseases* and *communicable diseases* in the spaces provided.

Infectious diseases:	
Communicable diseases:	

Methods of Transmission

2. Describe the ways that a contagious disease can be spread.

Direct	
Indirect	
Airborne	
Host	

Preventing Communicable Diseases

3. Complete the list of ways you can prevent communicable diseases.

1. Wash your hands with soap and water.
2. _____.
3. Get vaccinated.
4. Stay home if you are sick.
5. _____.
6. Abstain from sexual activity.
7. _____.
8. Keep your environment clean, especially surfaces in the kitchen and bathroom.
9. _____.
10. Use bug repellent when spending time outdoors.
11. _____.

Universal Precautions

4. Who uses universal precautions?_____.

5. Name two universal precautions used by these professionals.

a. _____

b. _____

Symptoms of Communicable Diseases

6. What are five of the common symptoms of communicable diseases?

1.

2.

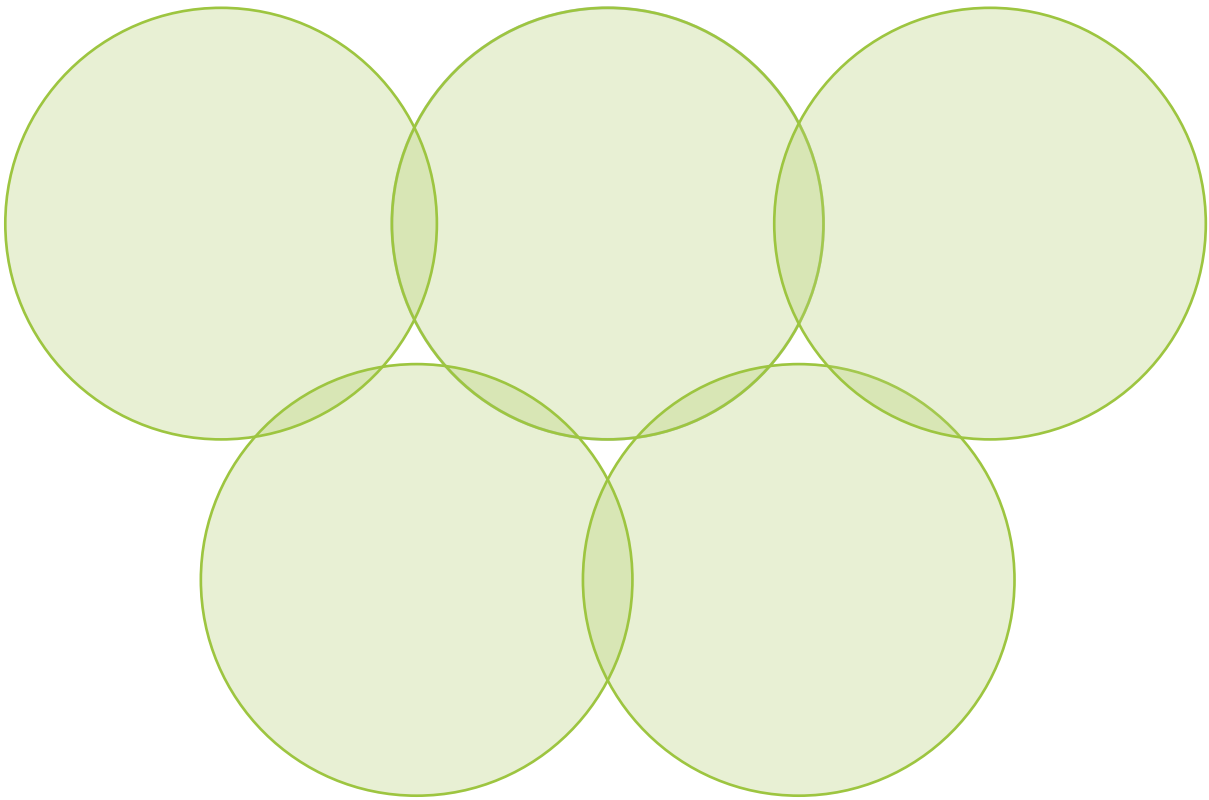
3.

4.

5.

Common Communicable Diseases

7. Identify one example of a disease caused by each of the following categories of pathogens: virus, bacteria, fungi, protozoa, and other types of pathogens. Label the top of each circle with the category, and write the example inside the appropriate circle.



What Are Noncommunicable Diseases?

1. Define noncommunicable disease and chronic disease.

Noncommunicable disease:	
Chronic disease:	

Cardiovascular Diseases

2. Briefly describe each of the cardiovascular diseases listed.

Coronary heart disease:	
Stroke:	
High blood pressure:	

3. What are the signs and symptoms that someone may be having a heart attack?



Diabetes

4. Describe the two types of diabetes in the chart below.

Type 1 Diabetes	

Type 2 Diabetes	

Cancers

5. Identify two risk factors for each type of cancer listed.

Breast	Colon	Lung

Melanoma	Prostate	Leukemia

Osteoporosis

6. What things put a person at risk for osteoporosis?

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Arthritis

7. Can arthritis affect children under the age of 18? How?

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Lung Disease

8. Name and describe three lung diseases.

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Alzheimer's and Dementia

9. Describe how Alzheimer's disease and dementia are related.

