* Components of a "healthy person"
  + stable
  + fit
  + free of illness
* Conditions which contributed to premature deaths in early 1900's
  + susceptibility to infectious disease
* Dimensions of health, various aspects of each
  + physical - ADL (activities of daily living), fitness
  + social - social network, friends, give and receive love
  + intellectual - thinking clearly, learning
  + emotional - express emotions appropriately
  + spiritual - meaning and purpose in life
  + environmental - effects of the environment on health
* Definition of "prevention"
  + actions and behaviours to keep from ever getting sick
* Purpose of the "Healthy People" documents
  + improve
    - quality of life
    - years of life
* Characteristics of a mentally healthy student
  + feel good about themselves and others
  + control tension and anxiety
  + meet demands of life
  + curb hate and guilt
  + positive outlook
  + value diversity
  + appreciate nature
* Common signs of depressive disorder
  + interfere with work, study, sleep, relationships
  + sadness and despair
  + apathy
  + concern about what others think
  + difficulty concentrating
  + loss of sex drive
  + fatigue
  + worthlessness
  + change in appetite
  + suicide
* The role laughter plays in maintaining positive health
  + increases heart and respiration
  + reduces stress hormones
* Characteristics of various mental health disorders
  + mood
    - major depression
    - dysthymic - mild major depression, lack energy, fatigue, orney, pessimistic
    - bipolar - mood swings from mania to depression
    - seasonal affective (sad) - depression in winter months, apathy, eating, increased sleep time, sadness
  + anxiety
    - generalized anxiety (gad) - restlessness, obsessive anxiety
    - panic - “panic attack”, acute anxiety, intense physical reaction
    - OCD - intrusive thoughts, rituals
    - phobic - irrational fear
    - PTSD - past memories, dissociation
* Distress vs. Eustress
  + distress - extreme discomfort, anxiety, “bad stress”
  + eustress - positive feelings, fulfillment, accomplish, “bad stress”
* Phases and characteristic of "GAS"
  + general adaptation syndrome - reaction to stress
    - alarm - fight or flight, ANS prepares body, sympathetic ns (hypothalamus), counteracted with parasympathetic, releases epinephrine (adrenaline)
    - resistance - return to homeostasis by resisting alarm
    - exhaustion - if cannot return, allostatic load (wear and tear), immunocompetence
* Characteristics of the various nervous systems
  + autonomic nervous system - regulates body functions not conscious of (heart rate, etc)
    - sympathetic ns - stress arousal
      * epinephrine
    - parasympathetic - counteracts above
* Stress management and coping strategies
  + reduce mental work
  + support network
  + spiritual side
  + manage emotional responses
  + physical action
  + manage time
  + manage finances
  + downshift
  + relaxation
* Sleep needs
  + physical health - immune system, reduce cvd, metabolism, heal
  + ability to function - neurological function, improves motor skills
  + promotes psychosocial health - cerebral cortex needs rest, happens in sleep
* sleep deprivation
  + stress, immune system, type II diabetes, cognitive ability
* Stress impact on health and medical condition
  + cvd - direct relation
  + diabetes - type II, alters blood sugar levels
  + digestive problems - inflammation, illness, etc
  + impaired immunity - psychoimmunology
  + libido - decreases it
* Issues and aspects associated with anger
  + hostile, makes people violence, etc
* What would constitute a hate crime?
  + against a person, property or group of people
  + religion, disability, sexual orientation, ethnicity
* Factors which may increase a person's involvement in a gang
  + low self-esteem, academic problems, low socioeconomic status, alienation, history of family violence, living in gang area
* Factors involved with international terrorism
  + unlawful use of force or violence against persons or property to intimidate or coerce a government, the civilian population, or any segment thereof in furtherance of political or social objectives
* Characteristics involved with rape and acquaintance rape
  + penetration without victim’s consent
    - aggravated - physical beatings
    - simple - perpetrate known, no physical beatings or use of weapon
    - acquaintance - person knows the other
      * alcohol and drug abuse
* Components of intimacy
  + intimacy - we can share feelings with, close
  + attachment
    - emotional - share feelings
    - spiritual - share beliefs
* Communication patterns and differences between men and women
  + men - frown, no eye contact, direct, 3 (vs 5) speech tones, space, gesture away, forceful gestures, difficulty expressing intimate feelings, fewer compliments, apologize less
  + women - vice versa
* Aspects associated with self-disclosure
  + disclosing information to others, double edged sword
  + know yourself, accept, be willing, safe context to talk in
* Gesture, body language, non-verbal communication, sexual intimacy
  + gesture - body movements (thumbs up), symbols
  + body language - position of body
  + non-verbal communication - all unwritten and unspoken messages, vibes
  + sexual intimacy
* Characteristics of jealousy
  + aversive reaction evoked by real or imagined relationship with someone and a third
  + irrational fears, suspicions
  + inadequacy, insecurity
* Describe the term "Gender Identity"
  + personal sense or awareness of being masculine or feminine, male or female
* Methods of contraception and birth control, various types, limiting failure
  + barrier
    - condom
    - jellies and creams (spermicidal) - kill sperm
      * used with condoms
      * messy
      * do not prevent STIs
    - diaphragm - latex and cup-shaped, used with jellies
    - cervical cap - latex or silicone, used with jellies
    - sponge
* Reasons a person may select on contraceptive method over another
* Fertility awareness methods of birth control
* Characteristics of the stages of birth
  + 1. dilation of cervix
    - contractions
  + transition (end of 1)
    - fully dialoted, baby’s head moves to vagina; 30 minutes
  + 2. expulsion
    - uterus pushes baby through birth canal; 1-4 hours
  + 3. placenta delivered
    - placenta pushed out through birth canal 30 minutes after
* Male infertility
  + low sperm count - under 20 million per mL
    - mumps virus
    - extreme temperatures
* Drug use
  + tolerance - higher dosages to maintain desired effects
  + withdrawal - physical and psychological symptoms that occur by abstaining from addictive chemical
* Aspects of "enabling" behavior as it relates to substance abuse
  + enablers - people protecting addicts for the natural consequences
  + makes people not see the destructive nature of their addiction
  + not intentional
* Side effects associated with various drugs
  + stimulants - increase activity of central ns
    - cocaine - slows heart rate (small), increased heart rate and blood pressure, loss of appetite, relief from depression
    - amphetamines - small doses: improve alertness, lessen fatigue, elevate mood; repeated use: insomnia, heart rate, blood pressure increase; hallucinations, delusions
      * methamphetamine (meth) - short: increased physical activity, tremors, decreased appetite; long: weight loss, cv damage
  + cannabis
    - marijuana - THC substance, dilate eyes and blood vessels, coughing, dry mouth, appetite, lower blood pressure, anxiety, panic
  + depressants - slow down central ns
    - opioids (narcotics) - drowsiness, relieve pain, produce euphoria, vomiting
      * heroin - mood swings, drowsiness to euphoria highs,
    - benzodiazepines
    - barbiturates
* Categorizing various drugs
* Changes in marijuana potency through the years
  + not popular until 1960s
  + most common illicit
  + 41% have used it
* What constitutes binge drinking for males and females
  + drinking to bring BAC to > 0.08, < 2 hours
  + males: 5+
  + females: 4+
* How to determine alcohol "proof"?
  + double the percentage of alcohol in the drink
* Factors which affect alcohol absorption
  + concentration - more rapid
  + amount of alcohol - long absorption period
  + amount of food
  + metabolism - rate at which absorbed
  + weight - bac levels
  + bmi - bac levels
  + mood - rate at which dumped into small intestine
* Effects of nicotine in the body
  + addictive stimulant, in tobacco, cns, adrenal glands release adrenaline (increased heart rate, constricts blood vessels)
* The truth about smokeless tobacco and misconceptions
  + just as addictive, contains more nicotine
  + dental problems, tooth decay, receding gum line
* Fetal Alcohol Syndrome (FAS)
  + mental retardation, slowed nerve reflexes, small head size
  + pregnant women creaking alcohol, fetus absorbs
* Calorie conception in the typical American diet, changes over the years
* Characteristics of fiber
  + indigestible portion of plan that helps food move through the digestive system, soften stools by absorbing water
  + dietary: parts of plant (seed, leaves, stem)
  + functional: carbohydrates (health benefits)
  + total: sum of both
* Protein quality, complete vs. incomplete protein or amino acids
  + quality depends on amino acids obtained (9 essential, body makes other 11)
  + complete: provides all 9
  + incomplete: not all essential (must use complementary sources to get missing)
* Cholesterol issues and cholesterol ratios recommendations
  + fat circulating in blood that accumulates on the inner walls of vessels, restricts blood flow
  + HDL good, transport from blood to liver, metabolize, eliminate
* What protects humans from free radical damage?
  + antioxidants, neutralize unbalanced charge
* Food safety considerations
  + foodborne illness - bacteria and viruses in food, uncooked meat, salmonella, etc
  + food sensitivities
    - allergy - abnormal response to food by immune system
    - celiac disease - attack on small intestine triggered by gluten
    - intolerance - lacking digestive enzymes
  + GMO food crops - genetically altered to improve crops, weeds, etc
* Proportion of Americans that are overweight
  + 63% overweight and obese;
* When would a college age male or female be considered obese, what body fat percentage?
  + males: > 22%
  + females: > 35%
* What contributes to the global obesity epidemic?
  + greater access to high calorie foods
  + each generation exercises less than the previous one
  + working more
  + lacking physical activities
* Energies sources the body can draw on as energy sources become scarce (when fasting)?
  + uses fat storages - ketogenesis (supply brain with ketones), ketosis (increased ketones in blood), ketoacidosis (more acidic)
* Use of over-the-counter diet pills, recommendations
  + generally not recommend, found that when people stop using them gain weight back
  + Alli - first over the counter
  + for very obese
* Definition of "body image"
  + how one sees and feels about themself in their mind
* The health-related components of physical fitness, definitions
  + cardiorespiratory fitness - ability to sustain aerobic whole-body activity for a long amount of time
  + muscular strength - maximum force able to be exerted by one contraction
  + muscular endurance - ability to perform muscle contractions repeatedly
  + flexibility - move joints freely through their full range of motion
  + body composition - relative proportions of fat mass and fat-free mass
* Fitness recommendations from ACSM/CDC
  + cardiorespiratory
    - vigorous (70-90%) 20 minutes
    - moderate (50-70%) 30 minutes
  + muscular strength and endurance
    - single join and multiple-joint (muscle strength)
* Determining exercise intensity of cardio respiratory fitness activities
  + percentage based on maximum heart rate
  + maximum: 220 males, 226 females
* Heat cramps, heat exhaustion, heat stroke
  + heat cramp - involuntary and forcible muscle contractions
  + heat exhaustion - significant dehydration; nausea, headache, fatigue, dizziness, goosebumps, chills
  + heat stroke - core body temperature rises, fatal
* Aspects associated with hypothermia
  + hypothermia - low body temperature
  + shivering above 93.2, stops 87-90, death around 75-80
* Atherosclerosis - deposits of fatty substance in an artery
* Angina - chest pain due to reduced oxygen in heart
* Modifiable and non-modifiable risk factors of CVD
  + modifiable
    - avoid tobacco
    - avoid saturated fats and cholesterol
    - maintain healthy weight
    - exercise
    - control diabetes
    - control blood pressure
  + non-modifiable
    - race and ethnicity
    - hereditary
    - age
    - gender
* Symptoms of a stroke
  + One side of the victim's face is either drooping of looks numb.
  + One arm appears to be weak and numb.
  + The victim is unable to speech clearly. They may be hard to understand
  + Dizziness and loss of balance, difficulty walking
* Obesities implication with strain on the heart
  + increases blood pressure, makes heart work harder
  + coronary heart disease
    - blockages in veins and arteries
* Behaviors which increase risk of cancer
  + tobacco use
  + poor nutrition, physical inactivity and obesity
  + stress and psychosocial risks - unclear
* Characteristics of benign vs. malignant tumors
  + malignant - cancerous, not capsulated, spread to other organs (metastasis)
  + benign - noncancerous, ordinary-looking, capsulated
* Side-effects of chemotherapy
  + nausea, nutritional deficiencies, hair loss, fatigue; health cells destroyed, cv system damage
* Characteristics of diabetes
  + elevated blood glucose levels
  + thirst, excessive urination, weight loss, fatigue, nerve damage, blurred vision, poor wound healing, increased infections
  + I - pancreas unable to make insulin
  + II - not able to make enough or ineffective
    - abundance of fatty acids
    - produces ineffective insulin
* Primary action of insulin
  + hormone needed for body cells to uptake and store glucose
* Definition of pathogen
  + disease causing agent
* Factors that contribute to infectious disease, epidemiology factors
  + controllable
    - stress
    - inadequate nutrition
    - low fitness level
    - lack of sleep
    - drugs
    - alcohol
  + non-controllable
    - heredity
    - aging
    - environmental conditions
    - virulence and resistance
* Methods to decrease risk of chronic disease
  + keeping yourself from becoming infected (inflammatory side effects causes chronic diseases)
* Behaviors that compromise the strength of your immune system
  + engaging in high-risk behaviours
  + casual attitude
* Symptoms associated with waterborne illness acquired hiking
  + protozoans (giardia) suffer intestinal pain and discomfort
    - protect water supplies
* STI's and fertility concerns
  + diseases that cause pid in women and low semen count in males
  + gonorrhea, chlamydia
* Infectious disease and cervical cancer risk
  + herpes
  + human papillomavirus (HPV)
* Transmission issues associated with HIV
  + must have direct contact and break mucous membrane
  + high risks behaviour
    - body fluids
    - injecting drugs
  + blood transfusions before 1985
  + mother to child (perinatal) - pregnancy, labor, breastfeeding
    - 25% chance
* COPD risks, chronic bronchitis
  + chronic bronchitis - bronchial tubes inflame and scar
    - restricts airflow
  + emphysema - gradual destruction of alveoli
    - maximum gas exchange
    - barrel shaped chest
* Chronic fatigue – how it is determined
  + chronic fatigue, headaches, fever, depression, nausea
  + used to be thought by Epstein-Barr virus
  + may be psychosocial roots
    - heightened awareness causes amplification
  + determining: fatigue more than 6 months or absence of other illnesses that cause similar symptoms
* Definition of Gerontology
  + study of individual and collective aging processes
* Factors associated with successful aging
  + stay active - regular exercise
  + maintain normal weight range
  + eat healthy - low saturated fats, fruits vegetables and whole grains
* Most common forms of progressive brain impairment, dementia
  + dementias - progressive brain impairments, interfere with memory and intellectual functions
  + Alzheimer's (AD) - most common; two deaths: 1) loss of personhood 2) loss of independent functioning
    - tangle of nerve cells -> death of cells
* Role of hospice care - form of palliative care
  + end-of-life care designed to maximize quality of life
    - relieve pain and suffering
  + helps people dying have peace, comfort, dignity
* Ecological footprint... countries which make the largest
  + USA 22%
    - 43% by 2025
* Components of motor vehicle emissions
  + carbon monoxide - interferes with blood’s oxygen capabilities
* Sources of lead in your home
  + aping, batteries, pipes, toys
* Definition of ozone
  + O3 - ground: electrical equipment, NO2 + UV + O -> O3 upper: absorbs UV rays
* Issues when selecting a physician, board certified vs. board eligible
  + training - board:
    - certified - passed the nation for exam for speciality
    - eligible - eligible to take the exam
  + affiliated with accredited medical facility
  + open to complementary and alternative strategies
  + informative
  + practices consistent with scientific theory
  + respect you
* Characteristics of Doctor of Osteopathy or and MD
  + osteopath - receive training similar to MD but place special emphasis on:
    - skeletal and muscular system
    - manipulate muscles and joints
  + md - 4 undergraduate, 4 graduate, 8 additional training
* Terms associated with health insurance
  + premium - payment made to insurance carrier
    - monthly
  + major medical - hospital costs
  + managed care - coordination of care and cost-reduction strategies
    - health education
    - prevention
    - Health Maintenance Organization (HMO) - wide range; setup
    - Preferred Provider Organization (PPO) - independent
    - Point of Service (POS) - mix
  + medicare - 65+
  + medicaid - low income, handicap, disabled, etc
* Health insurance coverage for individuals in varying circumstances
* Examples of conventional medical treatment
  + surgeries, normal things
  + medication
    - prescription drugs, over the counter
* Ayurveda or Ayurvedic medicine
  + ancient india
  + body, mind, spirit
  + body’s innate ability
  + diet, exercise, meditation, herbs, massage, sun exposure, controlled breathing
* Aspects of Tradition Chinese medicine
  + proper balance of chi
  + acupuncture, herbal therapies, massage, qigong (energy therapy)
  + bodies natural healing
* Characteristics of Chiropractic Medicine
  + manipulation of spine to allow proper energy flow
  + back and neck pain, headaches
  + federally regulated