

 **Subject: Physical and Health Education**

 **Class: JSS1**

 **Term: First Term**

 **Week 6**

 **Topic: Personal, School, and Community Health**

◆ **Subtopic: Determinants of Health (Hereditary, Environment, Lifestyle)**

Lesson Objectives

By the end of the lesson, students should be able to:

1. Define determinants of health.
 2. Identify the main types of health determinants.
 3. Explain how hereditary, environment, and lifestyle affect health.
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I. Meaning of Determinants of Health

Determinants of health are factors that influence the health and well-being of a person. These include things we inherit, our surroundings, and the way we live our lives.

II. Types of Determinants of Health

1. Hereditary (Genetic) Factors

These are health traits passed from parents to children through genes.

- Examples:
 - Sickle cell disease
 - Diabetes
 - Asthma
 - Certain forms of cancer

**Key Point:**

A person with a family history of a disease is more likely to inherit or develop that disease.

2. Environmental Factors

These refer to the physical and social surroundings where we live, learn, and work.

- **Examples of Environmental Factors:**

- Clean or dirty water
- Air pollution
- Overcrowding
- Sanitation and hygiene
- Noise and housing condition

**Key Point:**

A healthy environment helps prevent disease and promotes well-being.

3. Lifestyle (Behavioral) Factors

These are choices and habits people make that affect their health.

- **Examples of Lifestyle Choices:**

- Eating habits
- Exercise
- Smoking or drug abuse
- Sleep patterns
- Personal hygiene

**Key Point:**

Good lifestyle choices lead to better health, while bad habits increase the risk of illness.

**Summary Table**

Determinant	Description	Example
Hereditary	Traits passed from parents	Sickle cell, diabetes
Environment	Physical & social surroundings	Air, water, hygiene
Lifestyle	Daily habits and behaviors	Diet, rest, hygiene, exercise