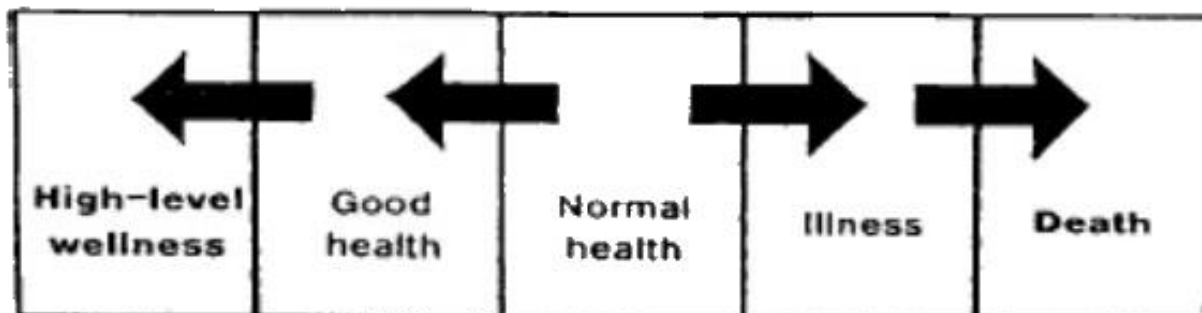


Health Final Study Guide

7 Dimensions of Health

Category	Description	Example
Physical	Healthy body functions	8-10 hrs. sleep
Emotional	Ability to manage emotions, and deal with life	Sense of belonging
Social	Maintaining healthy relationships	Communicating and listening to others
Spiritual	Sense of meaning and purpose in life	Not necessarily religious groups
Occupational	Having a job (could be a club or sport)	Participating in School sports
Environmental	Living in a healthy beneficial environment	Not living next door to a nuclear power plant
Intellectual/Mental	Ability to accept yourself and deal with life	No sense of depression

Health Continuum



7 Different Lifestyle factors

1. Getting 8 Hours of sleep a night
2. Starting each day with a healthy breakfast
3. Eating a variety of nutritious foods each day
4. Being physically active 30-60 minutes each day
5. Maintaining a healthy weight
6. Abstaining from tobacco
7. Abstaining from alcohol and other drugs

Healthy People 2010 Plan:

To increase quality and length of life for Americans, and remove differences in health outcomes

5 Key Points for Health Literate Decisions:

1. Know where to find Health information
2. Decide if information is correct
3. Assess the risks and benefits of treatment
4. Figure out how much medicine to take
5. Understand test Results

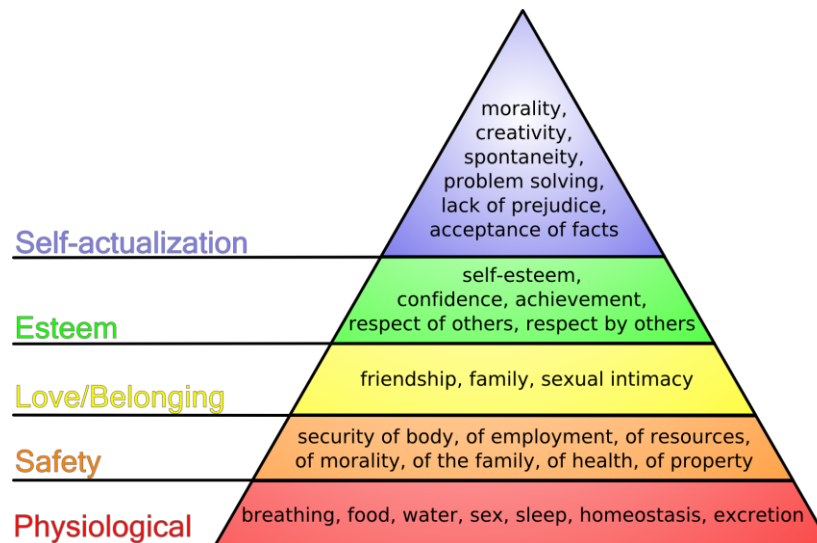
CDC:

“Center for Disease Control”- Attempt to control and prevent disease in America

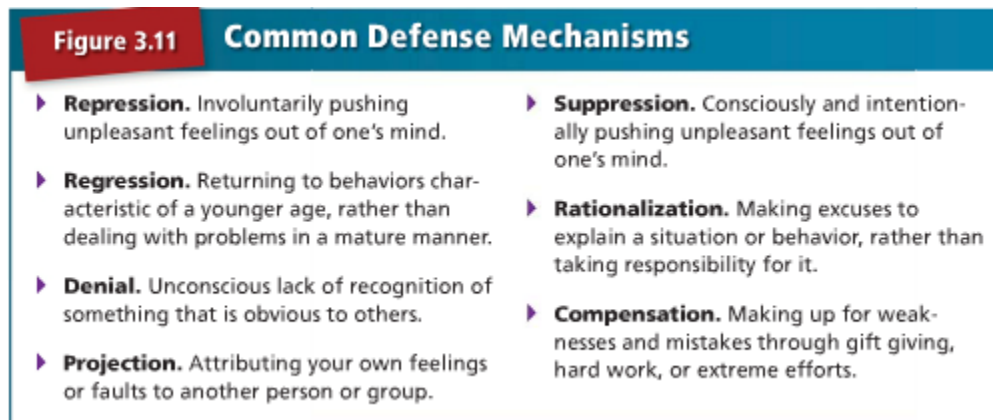
5 Characteristics of Mental/Emotional Health:

1. **Sense of Belonging**-Feeling close to family members, friends, teachers, and others
2. **Sense of Purpose**-Recognizing you have value
3. **Positive Outlook**-Seeing the Brightside of life
4. **Self-Sufficiency**-Having Confidence to make decisions
5. **Healthy Self-Esteem**-Ability to accept and recover from difficulties and failures

Maslow's Hierarchy of Needs:



Defense Mechanisms:



3 Most Common Emotions:

Handling Fear Most people are afraid of something. You can overcome some fears by recognizing that you're afraid and figuring out what is causing this fear. For example, you may be afraid to speak in front of a group, but need to give a presentation as part of a group assignment. For this type of fear, try talking to a friend or an adult who can suggest ways to organize your material and prepare for the presentation.

Other fears, such as the fear of going to college or learning to drive a car, may require the help of **resources** within your community. If you're unable to control your fears, consider seeking the help of a mental health professional.

Dealing with Guilt Guilt is another very destructive emotion. If it is not managed, it can harm your self-esteem. If you feel guilty about something, think about the cause. Have you hurt someone? Admitting a mistake, apologizing, and promising to be more thoughtful in the future can help manage feelings of guilt. Keep in mind that you may not be able to control some situations. Look at the circumstances realistically and honestly. Some situations are out of your control. For instance, if your parents are divorcing, it may upset you, but it's not your fault.

Managing Anger Anger is one of the most difficult emotions to handle. As with guilt, it is best to figure out what is causing your anger, and then deal with it in a healthy way. When you first feel anger building up inside you, take time to calm down. You might try deep breathing or slowly repeating a calming word or phrase. If this doesn't work, physically remove yourself from the situation. Then try one of these strategies:

4 Traits of A healthy Relationship:

- **mutual respect.** You treat other people with respect, and they respect you in return. You accept each other's opinions, tastes, and traditions, even if they are different. At times you may agree to disagree instead of trying to force your opinions on each other.
- **caring.** You treat other people with kindness and consideration. During difficult times, you show empathy and support. You're also willing to help out others.
- **honesty.** You are honest and open with others, rather than concealing your thoughts, feelings, or actions.
- **commitment.** You contribute to the relationship and work to keep it strong, even if it means making some sacrifices. You deal with problems in a positive way and are able to overcome them.

3 C's For Building Relationships:

Communication As you learned in Chapter 2, *interpersonal communication* is the exchange of thoughts, feelings, and beliefs between two or more people. In relationships, people need to understand each other. It's important to learn effective communication skills so you can express your thoughts, feelings, and expectations to others and understand theirs in return. You will learn more about how to communicate well with others in Lesson 3.

Cooperation Have you ever had to move a heavy desk or other large piece of furniture? Tasks like this are nearly impossible without **cooperation**, *working together for the good of all*. Cooperating with others to reach a common goal can strengthen your relationships. For example, when Jonah and his mom worked together to build a set of shelves for his room, they learned to interact better together and shared a sense of accomplishment in the project.

Compromise Sometimes, when people in relationships want different things, they may decide to compromise. **Compromise** is a *problem-solving method in which each participant gives up something to reach a solution that satisfies everyone*.

The give-and-take of effective compromise strengthens relationships. It allows you to resolve disagreements in a way that everyone can accept. Remember, though, that compromise works only when all the people involved are happy with the solution. You should *not* compromise on things that really matter to you, like your values and beliefs. The art of getting along with others involves knowing when it's appropriate to compromise and when you need to stand your ground.

Hazing:

Making others perform a task to join a group. EX: Yelling, Screaming, Swearing

Abuse:

Physical, Mental, Emotional, or Sexual Mistreatment of one person by another. (Spousal Abuse, Child Abuse, Elder Abuse)

STD's:

STD	Symptoms in Males	Symptoms in Females	Possible Long-Term Effects
Genital HPV Infection	Genital warts on the penis, scrotum, groin, anus, or thigh	Genital warts in or around the vagina, vulva, cervix, or anus	Development of cervical cancer in females
Chlamydia	Penis discharge; burning during urination; itching or burning sensations around penis	Lower abdominal or back pain; nausea; fever; bleeding between periods; pain during intercourse; muscle ache; headache; abnormal vaginal discharge; burning sensation when urinating	In males, inflammation of urethra In females, inflammation of cervix, damage to fallopian tubes, chronic pelvic pain, infertility
Genital Herpes	Blisters on or around genitals or rectum; sores that can take weeks to heal; flu-like symptoms, including fever and swollen glands	Blisters on or near vagina or rectum; sores that can take weeks to heal; flu-like symptoms, including fever and swollen glands	Psychological distress; can cause life-threatening infection in baby born to mother with the disease
Gonorrhea	Burning sensation when urinating; green, yellow, or white discharge from penis; painful, swollen testicles	Pain or burning when urinating; increased vaginal discharge; vaginal bleeding between periods	In males, painful condition of testicles leading to infertility if untreated (epididymitis) In females, chronic pelvic pain and infertility
Trichomoniasis	Temporary irritation inside penis; mild burning after urination or ejaculation	Thick, gray or yellowish green vaginal discharge with strong odor; painful urination; vaginal itching	Discomfort; higher susceptibility to other STDs; premature or low-birth-weight babies born to infected pregnant females
Syphilis	Single sore on the genitals (sores disappear but infection remains); skin rash	Single sore on the vagina (sores disappear but infection remains); skin rash	Serious damage to internal organs, including brain, heart, and nerves

STD	Diagnosis Method	Treatment/Cure
Genital HPV Infection	Pap test in females; genital warts diagnosed by a physical examination	No cure; warts may clear up without medication or by using medications applied by patient; or may clear up with treatments performed by a health care provider
Chlamydia	Urine tests; tests on specimen collected from the infected site	Treated and cured with antibiotics
Genital Herpes	Visual inspection by a health care professional; testing of infected sore; blood tests	No cure; antiviral medication can shorten and prevent outbreaks
Gonorrhea	Laboratory test (Gram's stain); urine test	Treated and cured with antibiotics; successful treatment becoming difficult due to increase of drug-resistant strains; medication stops infection but cannot repair damage done by disease
Trichomoniasis	Physical examination and laboratory test	Prescription drug, metronidazole, given by mouth in a single dose; both partners should receive treatment at same time
Syphilis	Physical examination; blood test	Curable with penicillin or other antibiotics; treatment will not repair damage already done

My Food Pyramid:



Nutrients:



*Calories Found In Fat, Protein, and Carbs.

**Simple Carb-Carb easily broken down

***Main Fuel-Carbs

****Complex Carb-Carb that takes time to break down

2 Types of Proteins:

1. Complete
 - a. Contains all proteins not made by humans
 - i. EX: Meats, animal products
2. Incomplete
 - a. Contains Some proteins not made by humans
 - i. EX: Peanuts, bread, etc.

3 Types of Fats:

1. Saturated
2. Unsaturated
3. Trans

Calories per Gram:

1. Fat-9/gram
2. Proteins-4/gram
3. Carbs-4/gram

Vitamins:

Vitamin/Amount Needed Per Day by Teens Ages 14 to 18	Role in Body	Food Sources
Fat-Soluble Vitamins		
A Teen female: 700 mcg Teen male: 900 mcg	needed for night vision; stimulates production of white blood cells; regulates cell growth and division; helps repair bones and tissues; aids immunity; maintains healthy skin and mucous membranes	carrots, sweet potatoes, tomatoes, fortified cereals, leafy green vegetables, fish, liver, fortified dairy products, egg yolks
D (calciferol) Teen female: 5 mcg Teen male: 5 mcg	helps body use calcium and phosphorus (needed for building bones); aids immune function; helps regulate cell growth	fortified cereals and dairy products, fatty fish such as salmon and tuna Note: Your skin naturally produces vitamin D when exposed to sunlight.
E Teen female: 15 mg Teen male: 15 mg	protects cells from damage; aids blood flow; helps repair body tissues	fish, milk, egg yolks, vegetable oils, fruits, nuts, peas, beans, broccoli, spinach, fortified cereals
K Teen female: 75 mcg Teen male: 75 mcg	essential for blood clotting, aids bone formation	green leafy vegetables, vegetable oils, cheese, broccoli, tomatoes
Water-Soluble Vitamins		
B₁ (thiamine) Teen female: 1.0 mg Teen male: 1.2 mg	helps the body use carbohydrates for energy; promotes health of nervous system	enriched and whole-grain cereal products, lean pork, liver
B₂ (riboflavin) Teen female: 1.0 mg Teen male: 1.3 mg	helps the body process carbohydrates, proteins, and fats; helps maintain healthy skin	lean beef, pork, organ meats, legumes, eggs, cheese, milk, nuts, enriched grain products
B₃ (niacin) Teen female: 14 mg Teen male: 16 mg	helps body process proteins and fats; maintains health of skin, nervous system, and digestive system	liver, poultry, fish, beef, peanuts, beans, enriched grain products
B₆ Teen female: 1.2 mg Teen male: 1.3 mg	helps body use proteins and fats; supports immune and nervous systems; helps blood carry oxygen to body tissues; helps break down copper and iron; prevents one type of anemia; helps maintain normal blood sugar levels	organ meats, pork, beef, poultry, fish, eggs, peanuts, bananas, carrots, fortified cereals, whole grains
B₁₂ (cobalamin) Teen female: 2.4 mcg Teen male: 2.4 mcg	maintains healthy nerve cells and red blood cells; needed for formation of genetic material in cells; prevents one type of anemia	liver, fish, poultry, clams, sardines, flounder, herring, eggs, milk, other dairy foods, fortified cereals
C (ascorbic acid) Teen female: 65 mg Teen male: 75 mg	protects against infection; promotes healthy bones, teeth, gums, and blood vessels; helps form connective tissue; helps heal wounds	citrus fruits and juices, berries, peppers, tomatoes, broccoli, spinach, potatoes
Folic acid (folate) Teen female: 400 mcg Teen male: 400 mcg	helps body form and maintain new cells; reduces risk of birth defects	dark green leafy vegetables, dry beans and peas, oranges, fortified cereals and other grain products

Eating Disorders:**Eating Disorders Comparison Chart**

	Anorexia	Bulimia	Binge Eating Disorder
Weight	Significantly underweight; BMI of less than 17.5	Varies, usually normal weight or overweight	Usually overweight
Eating Habits	Takes in few calories, may eat only a limited variety of foods and may have odd food rituals	Binges by eating large amounts of food in a short period of time, then purges by vomiting and/or abusing laxatives	Binges by eating large amounts of food in a short period of time, may restrict food in between binges
Body Image	Believes she is fat even when she is really underweight; obsessed with weight and appearance	Obsessed with weight and appearance	May be overly focused on weight and appearance
Physical Symptoms	Extreme weight loss, low blood pressure, heart problems, kidney problems, hair loss, lanugo*, weakness, fatigue, nutritional deficiencies, cessation of menstruation	Changes in weight, ulcers, sores in the mouth, sore throat, dehydration, dental problems, weakness, fatigue	Excessive weight gain, high blood pressure, diabetes, joint pain, fatigue
Emotional Symptoms	Depression, anxiety, obsessive-compulsive behaviors, denial that there is a problem, fear of gaining weight	Depression, anxiety, feelings of guilt, self-destructive behavior	Depression, feelings of guilt or self-hatred
Relationships	Withdrawn, may refuse to eat in front of others	May be withdrawn but able to develop relationship with others	May be withdrawn, may seem overly sensitive

*Eating Disorders-Mental Issue

Fad Diet:

A diet that has high claims and is only popular for a short amount of time. EX:

1. Miracle Foods
2. Magic Combos
3. Liquid Diets
4. Diet Pills
5. Fasting

4 Steps for Food Preparation:

1. Clean
2. Separate
3. Cook
4. Chill

Herbal Supplements-Dietary supplements containing plant extracts

3 Main Chemicals in Tobacco:

1. Nicotine
2. Tar
3. Carbon Monoxide

Smoking while pregnant- Smoking during pregnancy affects you and your baby's health before, during, and after your baby is born. The nicotine (the addictive substance in cigarettes), carbon monoxide, and *numerous* other poisons you inhale from a cigarette are carried through your bloodstream and go directly to your baby.

ETS-Air contaminated by tobacco smoke

Quitting Tobacco

People who want to quit can try the following strategies:

- **Prepare for the quit day.** Set a target date, and stick to it. Prepare your environment and avoid tobacco triggers.
- **Get support and encouragement.** Tell everyone you know about your plan to quit. Support from family and friends will increase a person's chance of success.
- **Access professional health services.** Seek advice from a doctor, enroll in a **tobacco cessation program**—*a course that provides information and help to people who want to stop using tobacco*—or join a support group. Other helpful resources include the American Lung Association, the American Cancer Society, the Centers for Disease Control and Prevention (CDC), and local hospitals. Many high schools also sponsor tobacco cessation programs.
- **Replace tobacco use with healthy behaviors.** Try sugarless gum or carrots until cravings pass. Physical activity, good nutrition, avoiding drugs and alcohol, and using stress-management techniques can help you succeed.

Strategies for Avoiding Tobacco

The best way to avoid the negative consequences of tobacco use is never to start using tobacco products. With these strategies, you can stick to your decision to live tobacco-free:

- **Surround yourself with positive influences.** Being around people who share your healthy-living values and beliefs will strengthen your commitment to lead a tobacco-free life. Choose friends who do not use tobacco.
- **Reduce peer pressure.** By staying away from situations where tobacco products may be used, you reduce the chance of being pressured to use tobacco.
- **Be prepared with refusal skills.** Practice in advance what you will say if someone offers you tobacco. Be assertive, and leave the situation if the pressure continues. Be confident and stand up for your healthy choices.

Ethyl Alcohol-Alcohol in drinks

Withdrawal occurs when a person stops using a medicine on which he or she has become physiologically dependent. Symptoms of withdrawal can include nervousness, insomnia, severe headaches, vomiting, chills, and cramps which gradually ease in time. Talk to your health care provider if you experience withdrawal.

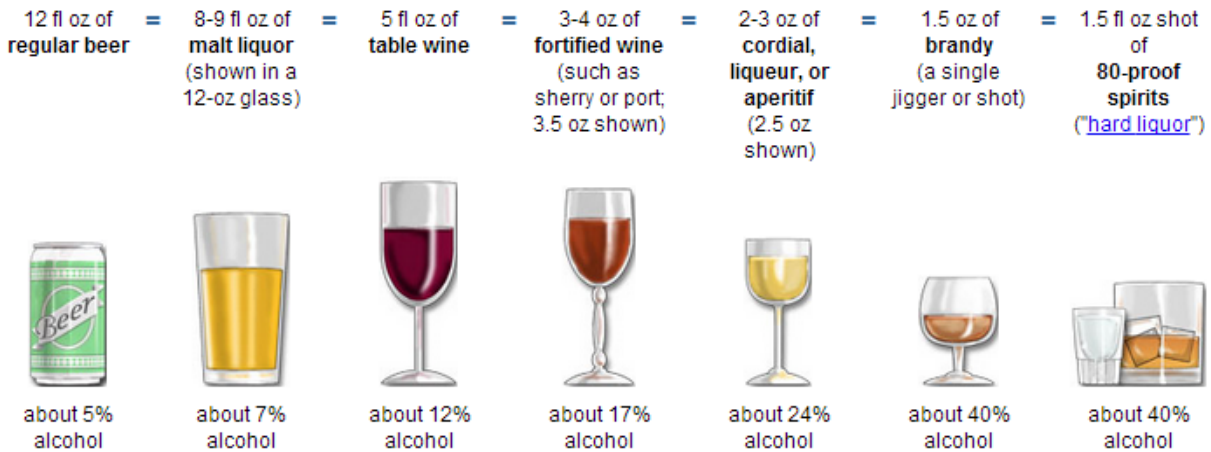
In IL you must be 21 to drink and you can drive with a BAC under .08

FAS-Fetal Alcohol Syndrome-Birth defects caused by alcohol

Effects of Fetal Alcohol Syndrome (FAS)

The effects of FAS are both severe and lasting. Infants born with FAS may have the following problems:

- Small head and deformities of face, hands, or feet
- Heart, liver, and kidney defects
- Vision and hearing problems
- Central nervous system problems, developmental disabilities, and poor coordination
- Difficulties learning and short attention span
- Hyperactivity, anxiety, and social withdrawal



Drug Category	Effect on body	3 Drugs
Steroids	Increases Muscle Mass	Depo-Testosterone Oxandrin Durabolin
Marijuana	Effects Vary	Hashish Cannabis Marijuana
Inhalants	Gives "high" Feeling	Felt Tip Pens Paint Thinner Nail Polish Remover
Club Drugs	Combo of hallucinogens and stimulants	Ecstasy GHB Rohypnol
Stimulants	Speed up Central Nervous System	Cocaine Meth Amphetamine
Depressants	Slows Central Nervous System	Barbiturates Alcohol Benzodiazepines
Hallucinogens	Visual distortions	LSD Peyote PCP

Look-A-Like Drug: Drug made to look like a popular drug for sale

5 Different Ways a Drug can enter the body:

1. Snort
2. Pill
3. Inject
4. Inhale
5. Ingest

Designer Drug- drug designed for a specific effect

Gateway Drug- drug that usually leads to use of stronger drugs