

Notes

August 28, 2014

session id 1561

on the docket

1. define health and wellness
2. identify and explore the different dimensions of wellness

review

emails: include t/th in subject heading so he knows which session to look at

clicker question: what team is ndsu playing? textbook is? an invitation to health

what does health and wellness look like?

rhetorical, stupid waste of time slides...

health

who definition:

health is a state of complete physical, mental and social wellbeing and not merely the absence of

book: a state of complete well-being including physical, psychological, spiritual social intellectual and enviromental dimensions

difference between health and wellness

state vs a trait

health is the outcome

wellness is a verb

health:

- sense of control
- energy and freedom from serious illness
- personal satisfaction
- fitness
- other?

wellness:

- intentional
- lifestyle
- process
- integrates body, mind, spirit

elevator discussion

dimensions of health

what do you do regularly

dimensions of health

as per ndsu:

emotional, environmental, spiritual, physical, social, occupational, intellectual

test as per book:

physical, psychological, spiritual, social, intellectual, environmental

the national wellness institute also has a list of dimensions, but we are rolling with book

physical

diet and exercise, self-care, sleep, risky behaviors

psychological

emotional awareness, self-efficacy, coping, stress

spiritual

purpose and meaning, perspective, giving and receiving

social

relationships, roles, identity, community involvement

intellectual

problem solving, learning, goal setting, resilience

key concept is resilience, confidence in problem solving ability, handling out of control situations

environmental

harmful elements, occupational health, natural resource stewardship

'murica

key areas of disparity in u.s.: race and ethnicity, gender, socio-economic status

clicker: highest rate of diabetes: american indian

clicker: greater risk for chronic disease such as arthritis or an autoimmune disease: women

clicker: adults in us with highest bmi in any developed country is 20-34

health disparity in u.s.

race and ethnicity

cancer mortality, diabetes, cvd (cerebro vascular disease) and stroke

gender/sex

overweight, mental health, mortality, life expectancy

socioeconomic status

obesity, tobacco use/alcohol abuse, overall life expectancy

u.s. lags behind where?

- birth outcomes
- life expectancy
- injuries and homicides
- teen pregnancy and sexually transmitted infections
- hiv and aids
- mortality and morbidity of metabolic conditions and cvd

places where we are going up or down. this is not improving, but literally up or down, aka weight is increasing over time.

- up: fitness, people are getting more fit but weight is going up?
- down: weight
- down: overall health
- down: medical conditions
- down: health care
- up mortality

top causes of death in young adults in u.s.?

1)accidents, 2)violence(homicide/assaultt), 3)suicide

american college health association

healthy people 2020

health on campus

impediments to academic performance

stress, sleep, anxiety, infectious disease, work

other objectives

campus safety, mental health, sti prevention, reduced risky behavior, pa(physical activity) and nutrition

healthy campus 2020

making a change

modifiable vs. non-modifiable.

cant control

age, sex, race/ethnicity, family history, genetics

can control

diet, physical activity, inactivity, risky behaviors

risky behaviors

binge drinking, smoking, unprotected sex, poor diet, lack of exercise, lack of sleep

life extending behaviors

not smoking, eating lots of fruits and vegetables (whole foods), exercising regularly, drinking alcohol in moderation

predisposing, reinforcing, enabling factors

predisposing

knowledge, attitude, beliefs, values, perceptions

reinforcing

praise from others, rewards, encouragement, recognition, sense of achievement

enabling

skills, resources, accessible facilities, physical capabilities, mental capabilities

behavioral theories of change

health belief model, self-determination model, transtheoretical model

health belief model

people believe they can make a change if...

- 1) feel they can avoid a negative consequence (locus of control)
- 2) expect a positive outcome (optimism)
- 3) believe that they can successfully take action (self-efficacy)

locus of control

continuum from stuff happens to me to master of my own fate