



CONCEPT: WHAT IS HEALTH?

Dimensions of Wellness

- ◆ **Health** is an overall conditional state of a person's _____ and _____ in the midst or absence of disease and injury.
- **Wellness** represents the ability to make decisions to obtain _____ health by an individual.
- The concept of wellness includes ____ Interconnected Dimensions that contribute to overall health.

Dimensions of Wellness			
	_____ Wellness Physical activity, nutrition, and actions impact the body.	_____ Wellness Mental engagement + critical thinking to pursue knowledge and curiosity.	_____ Wellness The ability to develop and apply coping mechanisms to life's challenges.
	 _____ Wellness Understanding of monetary systems and maintenance of expenditures.	_____ Wellness All encompassing aspects dealing with professional life in the workplace.	_____ Wellness Embracing one's culture, while appreciating and respecting others'.

EXAMPLE

Rachel is a big advocate in bettering her neighborhood. She wants to start a small recycling business, focusing mainly on collecting plastic bottles and pieces of discarded metal parts. Based on the choices below, which dimension of wellness is she using in her endeavor?

- a) Emotional. b) Physical. c) Financial. d) Environmental. e) Primary.

CONCEPT: WHAT IS HEALTH?

PRACTICE

A person who lost a leg after a catastrophic accident can never reach a peak level of health.

- a) False; wellness is the peak level of health attainable based on current physical constraints.
- b) True; an inability to walk would diminish a person's peak level of wellness.
- c) False; after rehab a person can regain the ability to walk and reobtain their peak level of health.
- d) True; after rehab a person can regain the ability to walk and reobtain their peak level of health.

PRACTICE

Jamie is a 59-year-old who has been smoking a pack a day for over 30 years while maintaining a very inactive lifestyle. What effect, if any, do these factors have on Jamie's health?

- a) They impact only emotional wellness.
- b) They impact only physical wellness.
- c) They would have no effect on Jamie's high-level wellness.
- d) They only impact wellness if Jamie had a genetic disposition to smoking-related diseases.
- e) They would impact physical, environmental, and emotional wellness.

PRACTICE

A small town is experiencing a sudden uptick in cancer cases, with no discernable pattern based on the reported incidences. Simon, the local doctor, investigates, analyzes the information provided, identifies potential vectors, and ascertains the cause is from polyfluorinated alkyl substances, aka PFAS. What dimension(s) of wellness would not be involved in Simon's analysis?

- I. Emotional Wellness
 - II. Environmental Wellness
 - III. Financial Wellness
 - IV. Intellectual Wellness
-

- a) I only
- b) I and III
- c) I, II, III
- d) I and IV

CONCEPT: WHAT IS HEALTH?

Life Expectancy

- ◆ Since 1850, life expectancy went from _____ to _____ in the advent of vaccines, antibiotics, and health policy initiatives.
 - **Life Expectancy:** _____ number of years a person is statistically expected to live.
 - **Life Span:** _____ number of years a person could theoretically live. (Oldest recorded age = _____ years old).
 - Life Span = _____ Life + _____ Life.

EXAMPLE

Which of the following could contribute to a higher life expectancy for a human population?

- a) Poor access to medical care.
- b) High levels of poverty.
- c) Avoidance of heavily processed foods.
- d) Detoxing through a juice cleanse and restrictive diet for 2 weeks.

- ◆ A person's life expectancy can be negatively impacted by injuries and/or diseases.
 - **Chronic Disease:** a _____ health condition that may require continuous medical attention.
 - **Infectious Disease:** a health condition caused by _____.
 - Some are communicable through _____ to _____ interactions and the _____.

Human Diseases	
_____ Disease	_____ Disease
Cardiovascular Diseases	Influenza
Cancer	E. Coli
Diabetes	Tuberculosis
Arthritis	Malaria
Alzheimer's Disease	HIV/AIDS

EXAMPLE

Which of the following characteristics is not associated with all infectious diseases?

- a) It may cause a deleterious effect on a person's quality of life.
- b) It is normally short lived and lasts from a few days to a few weeks.
- c) Impetigo, a skin infection caused by the streptococcus pyogenes bacterium, is an example of an infectious disease.
- d) Varicella-zoster or VZV, a virus that causes chickenpox, is an example of an infectious disease.

CONCEPT: WHAT IS HEALTH?

PRACTICE

Which of the following would not be a significant factor in influencing someone's life expectancy?

- a) Genetics
- b) Sex
- c) Economic status
- d) Hair color

PRACTICE

Hinato is a Japanese boy with no medical or underlying conditions who is 12 years old. The average life expectancy in Japan is approximately 84 years old. Does this mean that Hinato has a guaranteed 72 years of life remaining?

- a) Yes, the average life expectancy is the lower end of a population's life span.
- b) No, life expectancy is an average of the number of years a person is expected to live.
- c) Yes, life expectancy is the maximum number of years a person is expected to live.
- d) No, life expectancy is the maximum number of years a person is expected to live.

PRACTICE

Determine if each of the following statements is true (T) or false (F).

- a) ____ A person's socioeconomic status has no impact on their life expectancy.
- b) ____ Access to proper nutrition represents environmental wellness.
- c) ____ A lower rate of survival for infants means a higher rate for life expectancy.
- d) ____ Advancements in medical procedures has led to an increase in life expectancy.