



UNIT

1

A Healthy Foundation

Chapter 1

Understanding Health and Wellness



Taking Care of You

Chapter 2

Taking Charge of Your Health



Making Decisions About Your Personal Health



UNIT PROJECT

Building Healthy Communities

Using Visuals **America on the Move Foundation** is a national nonprofit organization dedicated to promoting healthful eating and active living among individuals, families, and communities. Every year during the month of September, America on the Move sponsors *Steptember*, a campaign promoting physical activity and good nutrition.



To learn more about America on the Move, go to the Unit Web Project at glencoe.com.

Get Involved. Conduct research to identify nonprofit organizations that work to promote healthy living in your community. Contact one organization and find out how teens can volunteer to help.



***“Health is a state of complete physical, mental and social well-being,
and not merely the absence of disease or infirmity.”***

— from the constitution of the World Health Organization





CHAPTER

1

Understanding Health and Wellness

Lesson 1

Your Total Health

BIG Idea *Being in the best of health throughout your life means making healthy choices and practicing healthful behaviors.*

Lesson 2

What Affects Your Health?

BIG Idea *Understanding how heredity, environment, and other factors affect your health can help you make healthy decisions.*

Lesson 3

Health Risks and Your Behavior

BIG Idea *Risk behaviors can harm your health, but there are steps you can take to avoid or reduce these risks.*

Lesson 4

Promoting Health and Wellness

BIG Idea *Staying healthy takes knowledge, a plan, and practicing healthful behaviors.*



Activating Prior Knowledge

Using Visuals Look at the picture on this page. Write three sentences beginning with the words *These people appear healthy because . . .* Discuss your ideas about what makes someone healthy.

Chapter Launchers

Health in Action

Discuss the **BIG** Ideas

Before beginning this chapter, think about how you would answer these questions:

- ▶ What is *health*?
- ▶ Why would you want to be healthy?
- ▶ Who is most responsible for your health?

Watch the **Health eSpotlight** Video Series



Taking Care of You

What do you consider “healthy” activities? How could you promote healthy living in your school or community?

Assess Your Health



Visit glencoe.com and complete the Health Inventory for Chapter 1.



LESSON 1

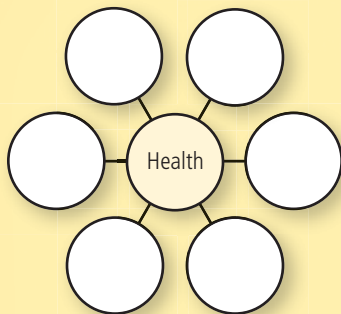


GUIDE TO READING

BIG Idea *Being in the best of health throughout your life means making healthy choices and practicing healthful behaviors.*

Before You Read

Create a Cluster Chart. Draw a circle and label it “Health.” Use surrounding circles to define and describe this term. As you read, continue filling in the chart with more details.



New Vocabulary

- ▶ health (p. 6)
- ▶ spiritual health (p. 8)
- ▶ wellness (p. 9)
- ▶ chronic disease (p. 10)

Your Total Health

Real Life Issues

Being Healthy. On the first day of spring semester, Keisha comes home thinking about the challenge her health teacher had presented during class: What does *health* mean to you and your future? Keisha opens her journal and pauses. There are so many things to write about. She starts thinking about what she wants to accomplish in life, and the role that good health will play in helping her achieve her goals.



Writing *Write Keisha's journal entry for this day.*



Take Charge of Your Health

Main Idea You are responsible for your own health.

You probably have several ideas about what makes somebody healthy. Do you picture a healthy person as someone who is physically active and involved in sports? Do you think that a healthy individual gets along well with others and generally feels good about himself or herself? These images are all part of the “big picture” of **health**, *the combination of physical, mental/emotional, and social well-being*. Every day, you make decisions that shape your health. That’s what this book is all about: giving you the knowledge and skills you need to take charge of your health for a lifetime.

Your Health Triangle

Main Idea It’s important to balance your physical, mental/emotional, and social health.

When you are in good health, you have the energy to enjoy life and pursue your dreams. So, what can you do to stay healthy? Start by understanding the three areas of health.



These include your physical health, mental/emotional health, and social health. It's important to pay attention to all three areas of your health triangle. If you concentrate too much or too little on one area, the triangle can become unbalanced.

Physical Health

Physical health is all about how well your body functions. Having a high level of physical health means having enough energy to perform your daily activities, deal with everyday stresses, and avoid injury.

What does it take to get and keep a healthy body? Here are five important actions you can take:

- Get eight to ten hours of sleep each night.
- Eat nutritious meals and drink eight cups of water each day.
- Engage in 30 to 60 minutes of physical activity every day.
- Avoid the use of tobacco, alcohol, and other drugs.
- Bathe daily, and floss and brush your teeth every day.



I keep hearing that we should try to walk 10,000 steps every day. So my best friend and I wear pedometers and walk as much as possible. Instead of taking a bus, we walk. We also use the stairs rather than an escalator or elevator. We've been doing this for three months now, and we feel great! For more physical activity ideas, visit the Online Fitness Zone at glencoe.com.

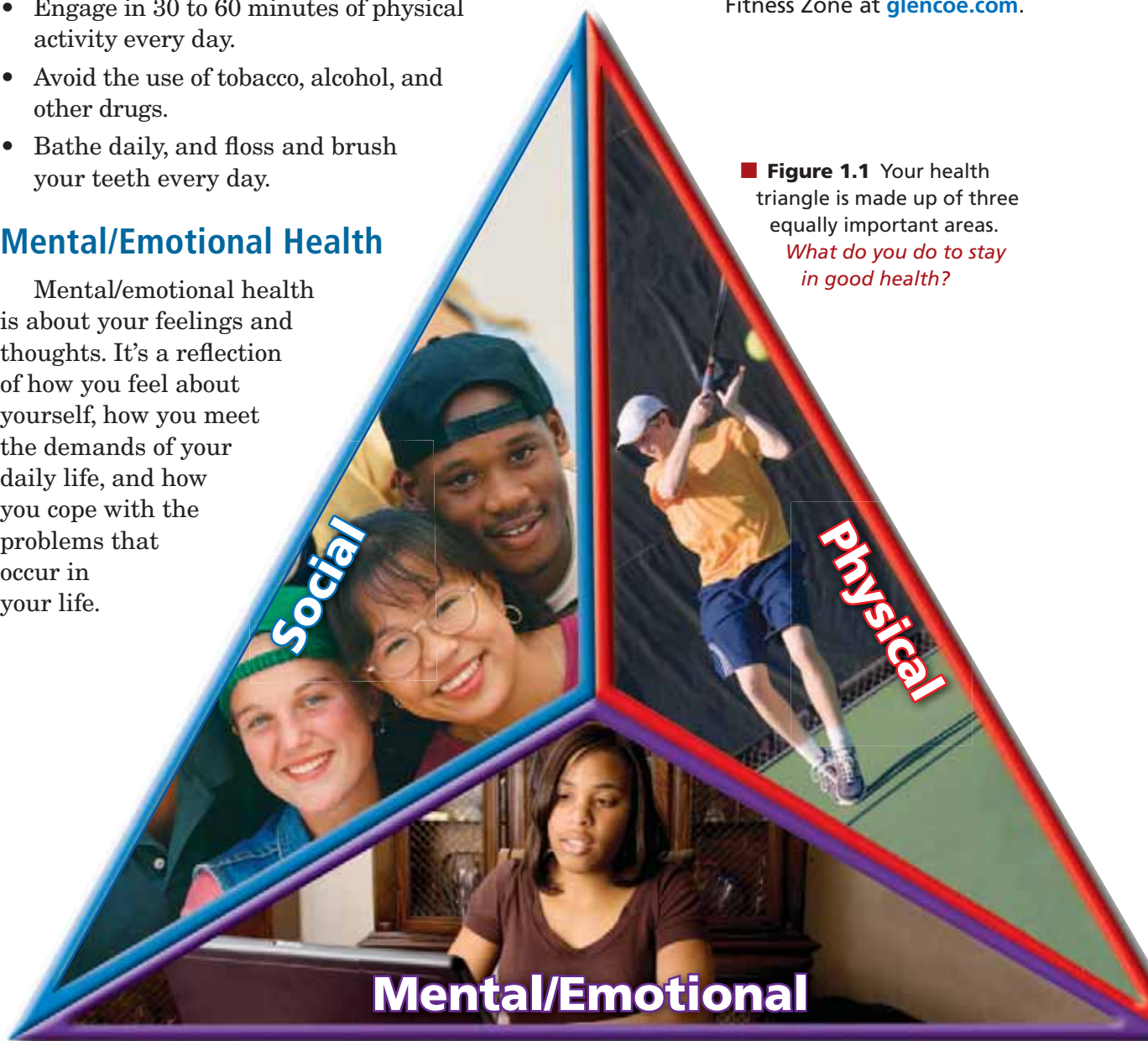


Mental/Emotional Health

Mental/emotional health is about your feelings and thoughts. It's a reflection of how you feel about yourself, how you meet the demands of your daily life, and how you cope with the problems that occur in your life.

Figure 1.1 Your health triangle is made up of three equally important areas.

What do you do to stay in good health?





■ **Figure 1.2** Each person strives to keep his or her health triangle in balance throughout life. *How might the health triangles of these two individuals be alike or different?*



PhotoStock/Asia Images Group (RF)

Academic Vocabulary

appropriate (adjective):
proper or fitting

People who are mentally and emotionally healthy

- enjoy challenges that help them grow.
- accept responsibility for their actions.
- have a sense of control over their lives.
- can express their emotions in **appropriate** ways.
- usually can deal with life's stresses and frustrations.
- generally have a positive outlook.
- make thoughtful and responsible decisions.

Spiritual Health Mental/emotional health also includes **spiritual health**, a deep-seated sense of meaning and purpose in life. Being spiritually healthy does not necessarily mean that you belong to a religious group, although it could include being a member of a spiritual community. Spiritual health involves having a feeling of purpose and a sense of values.



Social Health



READING CHECK

Identify List the three components of health.

Getting along with others, also known as *social health*, is as important to your overall health and wellness as having a fit body and mind. Your social network includes your family, friends, teachers, and other members of your community. You don't need to have lots of friends to have good social health. Sometimes just having a few special people with whom you can share your thoughts and feelings is enough. Maintaining healthy relationships is one way of caring for your social health. This involves

- seeking and lending support when needed.
- communicating clearly and listening to others.
- showing respect and care for yourself and others.



Scott Tysick/Scott Tysick (RM)

Keeping a Balance

When your health triangle is balanced, you have a high degree of **wellness**, *an overall state of well-being or total health*. Wellness comes from making decisions and practicing behaviors that are based on sound health knowledge and healthful attitudes. Maintaining wellness means keeping a balance among the three components of health.

Think about someone whose friends are the most important part of her life. She enjoys spending a lot of time with them, but she doesn't always get the rest she needs. Her social health is fine, but her physical and mental/emotional health are suffering.

What about a teen who spends all his time working out? He may be physically fit, but he doesn't have many friends, so he sometimes feels lonely and depressed. This teen pays too much attention to his physical health at the expense of his mental/emotional and social health.

Ignoring any area of your health triangle affects your total health. To keep a balance, you need to pay equal attention to all three areas of your health. Throughout this book, you will learn how to make responsible decisions and practice healthful behaviors that will help you keep a balance and maintain your wellness.



■ **Figure 1.3** When you feel your best, you perform at your best. *Which areas of this teen's health triangle are receiving attention?*



The Health Continuum

Main Idea Healthful behaviors will promote your wellness.

Your health and wellness are always changing. For instance, you may feel great one day and catch a cold the next. Your health at any moment can be seen as a point along a *continuum*, or sliding scale, such as the one in **Figure 1.4** on page 10. The continuum spans the complete range of health, from a loss of health and wellness at one end to high-level wellness at the other.



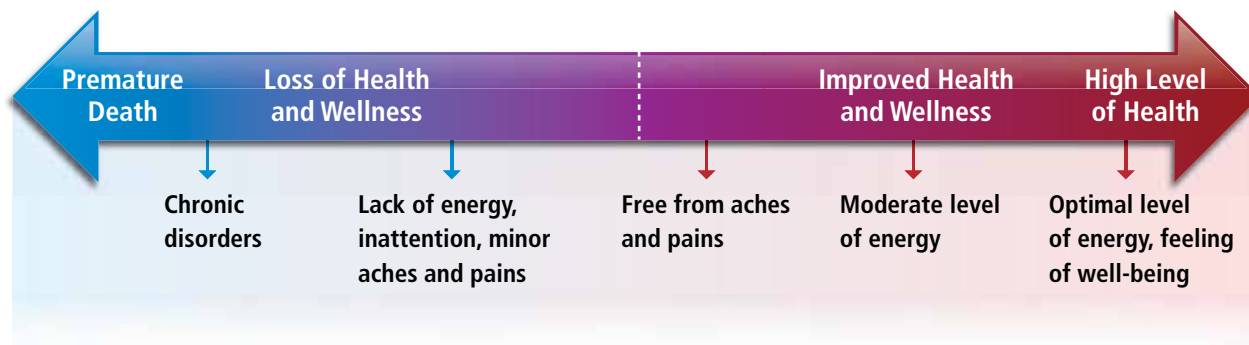
READING CHECK

Explain What is a continuum?

Figure 1.4

The Health Continuum

Your health can be measured on a sliding scale. *Where would you place your health along the continuum right now?*



As you mature, your position on the continuum continues to change. Many Americans, unfortunately, start moving toward the lower end of the continuum. One-half of all American adults live with a **chronic disease**, *an ongoing condition or illness* such as heart disease, obesity, and cancer. The leading risk factors for many chronic diseases are smoking, lack of physical activity, poor nutrition, being overweight, and lack of health screenings. However, by making a lifelong commitment now to practice healthful behaviors, you will be more likely to maintain a high level of wellness and stay at the higher end of the continuum.

LESSON 1

ASSESSMENT

After You Read

Reviewing Facts and Vocabulary

1. Define the word *health*.
2. List important steps you can take to promote your physical health.
3. What is the health continuum? Describe the continuum's endpoints.

Thinking Critically

4. **Relate.** How can poor mental/emotional health affect physical health?
5. **Predict.** How might your behaviors today affect your health now? How might they affect your health in the future?

Applying Health Skills

6. **Communication Skills.** Create a poster that explains the three areas of health to fourth or fifth graders.

Writing Critically

7. **Persuasive.** Write an editorial for the school newspaper about why each person is responsible for his own health, and why this is important.



Visit glencoe.com and complete the Interactive Study Guide for this lesson.



LESSON 2

Ken Kaminsky Photography/Brand X/Corbis (RF)

What Affects Your Health?

Real Life Issues

Too Much Sun. Jason enjoys being outdoors, and he spends a lot of time in the sun as a member of the cross-country team. He always uses sunscreen. During the summer months, he and his friends enjoy swimming and boating at the lake. He has invited his cousin Sean to come to the lake for a week. The first day, when Jason offers Sean some sunscreen, Sean says no. He tells Jason he doesn't like the sticky feeling it leaves on his skin.



Writing Write a brief dialogue between Jason and Sean. Have Jason try to convince Sean to protect his health by using sunscreen.

GUIDE TO READING

BIG Idea Understanding how heredity, environment, and other factors affect your health can help you make healthy decisions.

Before You Read

Create a K-W-L Chart.

Make a three-column chart. In the first column, list what you know about influences on your health. In the second column, list what you want to know about this topic. As you read, use the third column to summarize what you learned.

K	W	L



Influences on Your Health

Main Idea Heredity, environment, attitude, behavior, media, and technology can all influence your health.

It is your responsibility to make healthy decisions and take actions to ensure your well-being. Factors such as heredity, environment, attitude, behavior, media, and technology can influence how you live. Understanding these influences will help you make informed decisions about your health.

Heredity

Your **heredity** refers to *all the traits that were biologically passed on to you from your parents*. LaToya inherited her brown eyes, black hair, and tall body type from her parents. LaToya also inherited genes that put her at risk for diabetes, a serious disorder that prevents the body from converting food into energy. Both of LaToya's parents have diabetes.



New Vocabulary

- ▶ heredity (p. 11)
- ▶ environment (p. 12)
- ▶ peers (p. 13)
- ▶ culture (p. 13)
- ▶ media (p. 14)
- ▶ technology (p. 14)



They have taken steps to control their diet and started an after-dinner walking program to keep their condition from getting worse. By watching her parents, LaToya has learned to eat healthfully, maintain a normal weight, get adequate rest, and stay active. She's learned from her parents' example that these healthful behaviors may help her avoid getting diabetes herself.

It's important to understand the influences heredity has on your health. Ask your parent or grandparent questions about what health conditions and diseases run in your family. Knowing this information can help you take actions to stay well and healthy.

age Fotostock/SuperStock



Environment

Your **environment** is *the sum of your surroundings*, including the physical places in which you live and the people who make up your world. The culture you live in is part of your environment as well.

Physical Environment You may not have much control over your physical environment at this time in your life. However, it's still important to recognize how your physical environment can impact all aspects of your health. Some environmental factors that can affect your health include

- neighborhood and school safety.
- air and water quality.
- availability of parks, recreational facilities, and libraries.
- access to medical care.

There are some things in your environment over which you *do* have control. For instance, you can keep your room clean and help reduce litter at your school. How else can you improve your physical environment?

■ **Figure 1.5** Your physical environment influences your health in several ways. *Identify some positive and negative influences in your physical environment. How do you use the positive influences to protect your health? How can you overcome the negative influences?*





■ **Figure 1.6** These teens are being influenced by their physical and social environments. *What are some environmental influences that affect you physically? What are some that affect you socially?*

Social Environment Your social environment is made up of all the people around you, including your family and peers. Your **peers**, *people of the same age who share similar interests*, also include your friends. All these people can be positive role models who support your healthful decisions, or they can increase your health risks. For example, Brandon promised his dad that he wouldn't drink. Hanging out with peers who drink, though, made it hard to keep that promise. Ultimately, Brandon decided to honor his commitment to his dad and found a new group of friends. Peers can have a positive influence on you, too. If your friends are involved in community service, chances are good that you'll join them in such activities.

Culture **Culture** refers to *the collective beliefs, customs, and behaviors of a group*. This group may be an ethnic group, a community, a nation, or a specific part of the world. Culture may include the language you speak, the foods you eat, your spiritual beliefs, and the traditions you practice. These **factors** can be a big influence on your health. For instance, some cultures enjoy a diet based on vegetables, fruits, grains, and very little meat. People from these backgrounds may be less likely to develop high cholesterol and may be better able to maintain their weight than those who eat a higher-fat diet.

Academic Vocabulary

factor (*noun*): an element that contributes to a particular result



Attitude

Your attitude, or the way you view situations, can have a big effect on your health. If you believe that adopting healthful habits will influence your health in positive ways, then you're more likely to make the decision to practice them.



READING CHECK

Analyze Why is it important to understand the influences on your health?

In addition, optimists—people who “see the glass as half full”—are usually in better health than pessimists, who “see the glass as half empty.” Even if you have a natural tendency toward pessimism, you can remind yourself to look at challenging situations positively.

Behavior

Although you can’t choose your heredity and may have only limited control over your environment, you have total control over your own behaviors. You can choose to avoid high-risk behaviors in favor of healthful behaviors, like choosing low-fat, nutritious foods and participating in daily physical activity.



Visit glencoe.com and complete the Student Web Activity on how the media influences your health and wellness.



Media and Technology


Every day you encounter one of the most powerful influences on your health—the media. **Media** are the *various methods for communicating information*. This content is delivered via **technology**, such as *radio, television, and the Internet*, and through print media, like newspapers and magazines. The constant presence of media messages has a significant influence on your decisions.

Media personalities and celebrities might be seen as role models because they get a lot of attention. Sometimes this attention is related to positive achievements, such as excelling in athletics or contributing time and money to help others in need. Sometimes the attention is related to negative behaviors. For example, some actors or models may practice unsafe eating habits in an attempt to maintain an extremely thin appearance. You also know about athletes who take drugs to help them perform better. Characters in movies or TV programs may drive dangerously, use alcohol, smoke, or engage in sexual activity. They never seem to face any consequences associated with these behaviors. When you see these behaviors in the media, you may get the false impression that everyone is doing it.

More powerful and far reaching than radio, television, newspapers, and magazines is the Internet, which surpasses all other forms of media as an information source. Thousands of pages of health information from all over the world are available at the click of a mouse. Unfortunately, not all health messages and sources are valid. Some Web sites are sponsored by advertisers who only want you to buy their products. For valid health information, stick to Web sites that have *.gov* and *.edu* in their addresses, or sites maintained by professional health organizations, such as the American Medical Association and the Centers for Disease Control and Prevention (CDC).

■ **Figure 1.7** The HONcode seal tells you that a Web site’s information is of high quality. *Why is it important to know whether media messages are trustworthy?*





One way to tell whether a Web site has reliable information is to look for the HONcode. HONcode is run by the Health On the Net Foundation, which is dedicated to improving the quality of online health information. Web sites accredited by the HONcode must follow a strict code of conduct.

Understanding Your Influences

Main Idea You can take control of your health by understanding the factors that influence it.

Think about all the factors that influence your health, including your heredity, your physical and social environments, your culture, your attitudes, your behaviors, and the media. Understanding these influences and committing to a healthy lifestyle are the first steps toward taking charge of your health.

In the pages that follow, you will learn more about risks and behaviors that are harmful to your health. You will gain the knowledge and skills you need to take responsibility for promoting your own health by avoiding these risks. You will also learn ways to promote the health of others. Learning these health skills and knowledge will help you achieve and maintain wellness.



READING CHECK

Explain How would understanding the influence of media and technology make a difference in your health?



LESSON 2



ASSESSMENT

After You Read

Reviewing Facts and Vocabulary

1. What does *heredity* mean?
2. Define *environment*. Identify three types of environment.
3. List two ways that media and technology may influence your health.

Thinking Critically

4. **Evaluate.** How does the environment in which you live affect your health?
5. **Synthesize.** Oliver's family has a history of heart disease. What steps might he take to protect his health?

Applying Health Skills

6. **Communication Skills.** With a classmate, role-play a scenario in which a teen tries to persuade a friend to adopt a positive health behavior.

Writing Critically

7. **Narrative.** Write a short story about Jesse, who just moved from a small town to a large city. Choose one of the possible influences on his health and describe how his well-being might be affected by this influence.



Visit glencoe.com and complete the Interactive Study Guide for this lesson.

LESSON 3



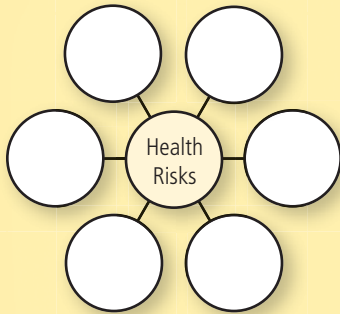
GUIDE TO READING

BIG Idea Risk behaviors can harm your health, but there are steps you can take to avoid or reduce these risks.

Before You Read

Create a Cluster Chart.

Draw a circle and label it "Health Risks." Use surrounding circles to define and describe this term. As you read, continue filling in the chart with ways to reduce these risks.



New Vocabulary

- ▶ risk behaviors (p. 16)
- ▶ cumulative risks (p. 18)
- ▶ prevention (p. 18)
- ▶ abstinence (p. 19)
- ▶ lifestyle factors (p. 20)

Health Risks and Your Behavior



Real Life Issues

Worrying About a Friend. Jenna and her best friend, Madison, are discussing their plans for the weekend. Jenna is excited because Jackson, a classmate, has invited her to a party on Saturday night. The party is at the home of a classmate whose parents will be away. Madison suspects there will be alcohol at the party and no adult supervision. Jackson has a reputation for being wild, and Madison is worried for Jenna.



Writing Write a dialogue in which Madison discusses with Jenna the potential dangers of going to the party.



Identifying Health Risks

Main Idea Engaging in risk behaviors can harm your health.

Every day you are faced with some degree of risk. Simple events, such as crossing a street or using electrical appliances, carry a degree of risk. Being aware of certain risks to your health is part of becoming an adult.

Risk behaviors are actions that can potentially threaten your health or the health of others. It's important to recognize that you can control most risk behaviors. By understanding the risks associated with certain behaviors, you can make safe and responsible decisions about which risks to avoid. In this way, you actively protect and promote your health.

Recognizing Risk Behaviors

The Centers for Disease Control and Prevention (CDC) has identified six risk behaviors that account for most of the deaths and disability among young people under age 24.



These risk behaviors can lead to heart disease, cancer, and other serious illnesses later in life:

- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Alcohol and other drug use
- Sexual behaviors that may result in HIV infection, other sexually transmitted diseases, and unintended pregnancies
- Behaviors that contribute to unintentional injuries and violence



Real World CONNECTION

Teen Risk Taking

To track patterns of risk taking among teens, the CDC developed the Youth Risk Behavior Survey (YRBS). It is administered every two years to a sample of high school students across the country. The information gathered in this survey is used in a variety of ways to influence change and improve the health and well-being of teens. Some of the major risk behaviors, with key findings in each category, appear in the graph below. When you analyze the data, you may be surprised. Despite the headlines, most teens are not drinking or using drugs. Most wear automobile safety belts, and two-thirds are physically active.

Activity

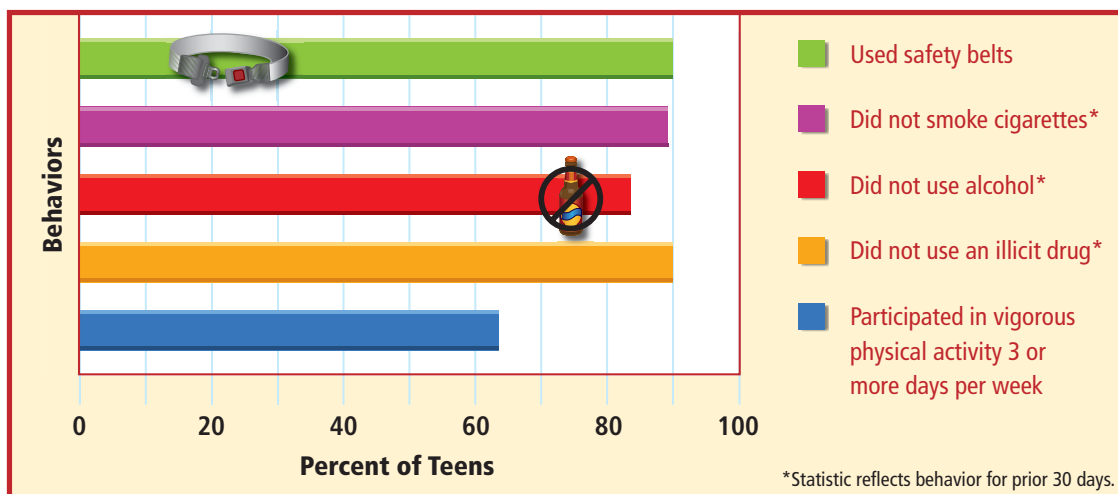
Mathematics

Use the graph to answer these questions.

1. Approximately what percent of teens did *not* participate in vigorous physical activity three or more days per week?
2. Which risk behaviors did 90 percent of teens avoid?
3. **Writing** Write a paragraph explaining how you think these statistics can be used to promote teens' health and well-being.

Concept Data Analysis: Interpreting

Graphs A bar graph represents data using shaded bars to show each value. The legend explains what each shade represents.





Risks and Consequences

Risk behaviors can have a serious impact on your health. In other words, these behaviors carry significant consequences. Both the short-term and long-term consequences can harm your health and well-being. Some risk behaviors can even be fatal. Before you engage in risk behaviors, it's important to evaluate the consequences. For example, smoking can have immediate health consequences, such as bad breath, yellow teeth, and headaches. If a person continues to smoke, the long-term consequences can include lung cancer, emphysema, and heart disease.

Risks can also add up over time. **Cumulative risks** are *related risks that increase in effect with each added risk*. Eating an occasional high-fat meal at a fast-food restaurant probably won't permanently affect your overall health. If you regularly eat high-fat meals, though, the negative effects accumulate over time and may lead to serious health problems.

Cumulative risks also increase when several risk factors are combined. For example, using a cell phone while driving carries risks. So does speeding. If an individual engages in both of these risk behaviors, the chances of getting into a car accident becomes even greater. The more risk behaviors you participate in, the more likely you are to experience negative consequences.



READING CHECK

Evaluate Why is it important to understand risk behaviors?



How to Avoid or Reduce Risks

Main Idea You can take action to reduce your exposure to health risks.

You can protect your health and minimize the possibility of risk by practicing positive health behaviors. Many of your automatic safety checks—wearing a safety belt when you get into a car, checking the depth of water before diving, or wearing a helmet when riding a bike—are positive health behaviors. Another way to reduce health risks is through **prevention**.

■ **Figure 1.8** Avoiding high-risk behaviors and choosing friends who do so is one of the best ways to achieve and maintain wellness. *How might friends help you avoid risk behaviors?*





■ **Figure 1.9** Participating in positive health behaviors benefits all three sides of your health triangle. *What are some positive health behaviors you and your friends enjoy?*

This means *taking steps to keep something from happening or getting worse*. Prevention includes getting regular medical and dental checkups. Checkups can detect health problems early, thus preventing them from getting worse.

Abstaining from High-Risk Behaviors

One of the most effective strategies for protecting your health is practicing abstinence. **Abstinence** is a *deliberate decision to avoid high-risk behaviors, including sexual activity and the use of tobacco, alcohol, and other drugs*.

All areas of your health triangle benefit when you choose to abstain from high-risk behaviors. For example, when you avoid tobacco, alcohol, and other drugs, you protect yourself from the chronic diseases associated with using these substances. You also feel good about yourself, which strengthens your mental/emotional health and your social relationships.

When you abstain from high-risk behaviors, you show that you value your well-being. You demonstrate maturity by taking responsibility for your health and playing an active role in maintaining your wellness.



Promoting Your Health

Main Idea Regularly participating in health-promoting behaviors will help you reach a high level of wellness.

Every day you make decisions, large and small, that **affect** your health. For example, if you choose to play a sport after school, you are likely to have fun and feel energized. If you choose to play video games instead, you may end up feeling sluggish because you didn't get enough physical activity. Understanding how your decisions impact your health will inspire you to adopt healthful behaviors that can promote wellness and prevent the development of disease.

Academic Vocabulary

affect (verb): to produce an effect upon



READING CHECK

Identify List three lifestyle factors that can promote your health.

Lifestyle Factors

Lifestyle factors are the personal habits or behaviors related to the way a person lives. Scientists have found that these habits make a difference in people's overall health, happiness, and longevity. In other words, people who practice positive health habits regularly tend to be healthier and live longer. Lifestyle factors that can improve a person's level of health include

- getting eight hours of sleep each night.
- starting each day with a healthy breakfast.
- eating a variety of nutritious foods each day.
- being physically active for 30 to 60 minutes most days of the week.
- maintaining a healthy weight.
- abstaining from smoking or using other tobacco products.
- abstaining from the use of alcohol and other drugs.

Think about your daily habits. Do you regularly practice the lifestyle factors listed above? Can you think of ways to incorporate more of these behaviors into your daily routine? Remember, you have control over your lifestyle. By making the best possible decisions for yourself, you can achieve a high level of wellness now and into adulthood.



LESSON 3



ASSESSMENT

After You Read

Reviewing Facts and Vocabulary

1. Define the term *risk behavior*.
2. Why is cumulative risk a serious concern?
3. How might changes in lifestyle factors influence your health in positive ways?

Thinking Critically

4. **Explain.** How might monitoring risk behaviors affect the well-being of teens?
5. **Synthesize.** Consider a risk behavior teens are exposed to, and predict how lifestyle factors can positively influence teens to avoid that risk.

Applying Health Skills

6. **Accessing Information.** Research organizations that offer after-school programs to help teens avoid risk behaviors. Write a short description of one such organization in your community.

Writing Critically

7. **Expository.** Using the data shown on page 17, write an article about the results of recent research on how many teens avoid risk behaviors.



Visit glencoe.com and complete the Interactive Study Guide for this lesson.

LESSON 4

Promoting Health and Wellness



Real Life Issues

Learning from Experience. Taylor is taking an elective class called Intergenerations. Students in this class are paired with older adults. Taylor's "classmate" is an active 89-year-old man named Harry. Harry remembers riding in a horse-drawn cart from his family farm to church on Sunday mornings. He also remembers there was no television while he was growing up, and that his family ate what they grew on the farm. Taylor's assignment is to interview Harry about his secrets to a long, healthy, and happy life.



Writing Write a short questionnaire listing what Taylor might ask Harry. Cover all the factors you think might contribute to a long, healthy life.



The Importance of Health Education

Main Idea Individual, family, community, and national health require planning and responsible behavior on everyone's part.

Achieving a high level of wellness means a higher quality of life for each individual. It means more time in which to feel physically and mentally healthy, to enjoy family and friends, and to achieve your personal goals.

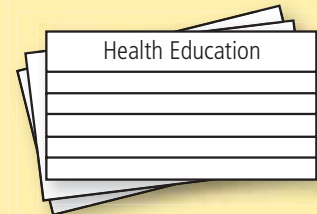
Keeping people healthy is also a good investment. Today, America spends \$1.9 trillion each year on health care, or \$6,280 per person. Much of that expense could be avoided if people made healthier decisions about the way they live, adopted health-promoting habits, and took responsibility for maintaining their wellness.

GUIDE TO READING

BIG Idea Staying healthy takes knowledge, a plan, and practicing healthful behaviors.

Before You Read

Create Vocabulary Cards. Write each new vocabulary term on a separate note card. For each term, write a definition based on your current knowledge. As you read, fill in additional information related to each term.



New Vocabulary

- ▶ health education (p. 22)
- ▶ *Healthy People* (p. 22)
- ▶ health disparities (p. 23)
- ▶ health literacy (p. 25)



Battling the Bulge

Analyze. Go to glencoe.com and watch the video *Battling the Bulge*. As a group, discuss the different kinds of weight management options that are available and decide which are the most beneficial to your overall health. Write a paragraph supporting your choice or choices.

Educating the public is the key to creating a healthier nation. **Health education** includes *providing accurate health information and teaching health skills to help people make healthy decisions*. Understanding health information and learning health skills empower people to live healthfully and improve their quality of life.

The Nation's Health Goals

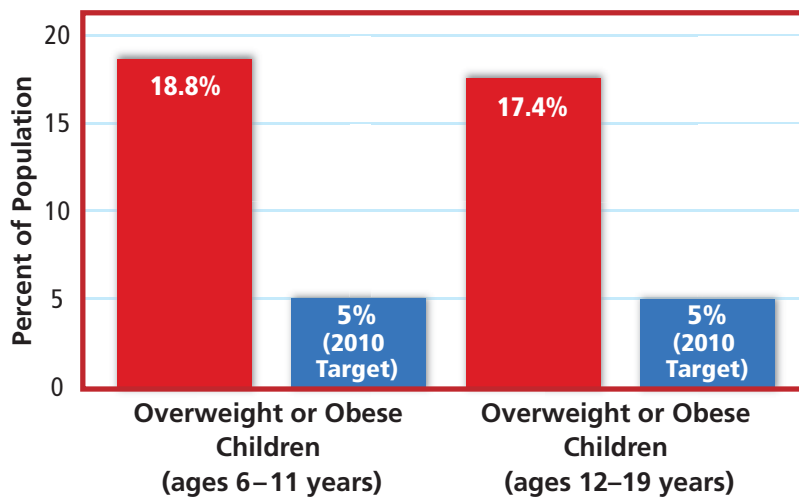
Good health is such an important goal that the federal government has established national health goals and objectives. **Healthy People** is a nationwide health promotion and disease prevention plan designed to serve as a guide for improving the health of all people in the United States. The plan is revised every ten years. Its title changes according to the year to which the plan's goals apply: *Healthy People 2010* has objectives for the year 2010. As you can see in **Figure 1.10**, one of the goals of *Healthy People 2010* is to reduce the overweight and obesity rates in America.

By developing programs to promote health and prevent disease, *Healthy People* provides a common plan for everyone to follow. National, state, and local health agencies across the country carry out programs based on the plan's goals. The government tracks health behaviors and outcomes to measure their progress in achieving the national objectives.

Figure 1.10

Overweight and Obesity Rates

This table shows that 18.8% of children and 17.4% of adolescents in the United States were overweight or obese in 2003–04. The nation has set a goal of reducing these percentages to 5% of children and adolescents. *Why do you think health is important enough to set national health goals?*

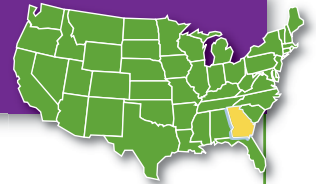


Source: Centers for Disease Control and Prevention, *National Health and Nutrition Examination Survey (NHANES) 2003–04*.



TEENS

Making a Difference



"I'm helping to make things happen."

Mentoring Others

Matt M. from Georgia has found a way to save teens from boredom. "I heard about the Youth Council of Fayette County (YCFC) and their mission . . . to change the lives of teens in our county."

YCFC schedules all kinds of events, including the Battle of the Bands competition, holiday caroling at a nursing home, monthly trivia nights at a local pizzeria, and volunteering at the local thrift store.

Since joining YCFC three years ago, Matt has had little time to be bored. "Our long-term goal is to build a teen center where middle school students can go after school to get help with homework and play games. High school students would be mentors," says Matt. "Instead of complaining about my town, I'm helping to make things happen."



Write your answers to the following questions in your personal health journal.

- 1 What is the purpose of the Youth Council of Fayette County?
- 2 How will the teen center help teens become leaders?
- 3 What steps would you take to create a Youth Council in your community?



Goals of Healthy People. *Healthy People 2010* established two general goals for the future: increase the quality and length of a healthy life for all Americans, and remove differences in health outcomes that result from factors such as gender, race, education, disability, and location. These *differences in health outcomes among groups* are called **health disparities**. Working toward these two goals will ensure that more people can enjoy the benefits of a healthy life.

Planning is under way for *Healthy People 2020*, the blueprint that will shape the nation's health priorities for the next ten years. The health goals that are guiding early development of *Healthy People 2020* include the following:

1. Promote the best possible health in order to end preventable death, illness, injury, and disability.
2. Eliminate health disparities.
3. Make wellness a way of life and enhance quality of life for individuals and communities.
4. Promote healthy places and environments.



READING CHECK

List What are some of the goals for *Healthy People 2020*?



Becoming Health Literate

Main Idea A health-literate person knows how to find and use reliable health information.



Explore glencoe.com and complete the Student Web Activity on what health literacy is and how it can affect your health.

Every day people all across the country have to make important decisions that affect their health. To become an informed individual who can make sound health decisions, one must

- know where to find health information.
- decide if the information is correct.
- assess the risks and benefits of treatment.
- figure out how much medicine to take.
- understand test results.

What You Can Do

In order to increase your knowledge and take steps to improve your wellness, you need to develop health literacy.

■ **Figure 1.11** People who are informed know how to interpret the information they need to make good health decisions.
Where do you find information to make your daily health decisions?





Health literacy refers to a person's capacity to learn about and understand basic health information and services, and to use these resources to promote one's health and wellness. Experts believe that poor health literacy influences a person's health more than age, income, and education.

Qualities of a health-literate individual include being

- **a critical thinker and problem solver**—a person who can develop evaluation criteria for health information before making decisions. This person knows how to apply these criteria to make responsible, healthy choices.
- **a responsible, productive citizen**—someone who acts in a way that promotes the health of the community. This person chooses safe, healthful, and legal behaviors that are **consistent** with family guidelines and that show respect for the individual and others.
- **a self-directed learner**—someone who searches for health information to make health-related decisions. This person knows how to evaluate health information to determine if it is reliable, accurate, and current. Such information is available on television and radio, on the Internet, and from health care professionals.
- **an effective communicator**—a person who is able to express health knowledge in a variety of ways.



READING CHECK

Explain What are the attributes of a health-literate person?

Academic Vocabulary

consistent (adjective):
free from variation or contradiction



LESSON 4



ASSESSMENT

After You Read

Reviewing Facts and Vocabulary

1. Why is health education important?
2. What are *health disparities*?
3. List three criteria that are needed for an individual to make sound health decisions.

Thinking Critically

4. **Analyze.** How does *Healthy People* hope to help the United States become a healthier country?
5. **Synthesize.** What are some steps you can take to become a health-literate individual?

Applying Health Skills

6. **Accessing Information.** Work with classmates to compile a list of resources in your community that support healthy lifestyle behaviors. Examples might include parks, libraries, and health organizations.

Writing Critically

7. **Expository.** Write an essay explaining what individuals, families, and communities can do to promote wellness.



Visit glencoe.com and complete the Interactive Study Guide for this lesson.



The Cutting EDGE

HIGH-TECH DOCTORS GIVE NEW MEANING TO LONG-DISTANCE RELATIONSHIPS.

Doctor Mehran Anvari is a specialist in laparoscopy. In this medical procedure, a doctor inserts long-handled instruments and a special camera through tiny incisions in a patient's body. That way, a surgeon can perform an operation while viewing the inside of the body on a video screen. Laparoscopy reduces recovery time from many different types of operations. "For example, gallbladder surgery is now an outpatient operation," Anvari says. "It used to mean three or four days in the hospital."

Telerobotic Surgery

In recent years, Anvari has also used live, long-distance videoconferencing with surgeons while they perform operations. The "telementoring" allows the expert to see what's going on and advise the surgeon through the procedure. Anvari is taking that process a giant step further with a "telerobotics" program. It lets faraway experts physically assist in operations, using a three-armed robotic device. "The goal is not to replace local surgeons but enhance care by increasing the level of support for them," Anvari says.

Telerobotic surgery uses electronic impulses to transmit the movements of a surgeon's hand, wrist, and fingers across space. High-tech robots

mirror the surgeon's movements, thus allowing the robot to perform the same operations across the room—or much farther away.

Robotic surgery is common in more than one hundred hospitals around the globe, but only recently has the world's first long-distance operation taken place. Surgeons at a New York City lab successfully removed the gallbladder of a 68-year-old woman in Strasbourg, France.

Anvari's work has caught the attention of NASA, which is looking for ways to deal with any astronaut who needs emergency surgery in space. "Improving in-flight medical capabilities is more important with astronauts flying ever-longer missions," says one NASA researcher. Even the sky may not be Anvari's limit. ■

TIME
to THINK...

About
Telerobotics

Astronauts are just one group of people who might benefit from the growing technology of telerobotics. Brainstorm at least five other types of workers who might also benefit. List one specific way that each type of worker might find telerobotics useful on the job.



To download quizzes and eFlashcards to your PDA, go to glencoe.com and click on the Study to Go icon.

LESSON 1**Your Total Health****Key Concepts**

- ▶ Health is the combination of physical, mental/emotional, and social well-being.
- ▶ It is important to balance the three components of health.
- ▶ Making a lifetime commitment to practice healthful behaviors can improve your long-term well-being.

Vocabulary

- ▶ health (p. 6)
- ▶ spiritual health (p. 8)
- ▶ wellness (p. 9)
- ▶ chronic disease (p. 10)

**LESSON 2****What Affects Your Health?****Key Concepts**

- ▶ Your heredity plays a role in your health and wellness.
- ▶ You cannot always control your physical environment, but you can look for ways to overcome its negative influences.
- ▶ A positive attitude and healthful behaviors promote wellness.

Vocabulary

- ▶ heredity (p. 11)
- ▶ environment (p. 12)
- ▶ peers (p. 13)
- ▶ culture (p. 13)
- ▶ media (p. 14)
- ▶ technology (p. 14)

**LESSON 3****Health Risks and Your Behavior****Key Concepts**

- ▶ Risk behaviors can harm your health and the health of others.
- ▶ Risk behaviors that contribute to illness and disability include tobacco use, unhealthy dietary behaviors, inadequate physical activity, and alcohol and other drug use.
- ▶ Abstaining from high-risk behaviors will protect your health.

Vocabulary

- ▶ risk behaviors (p. 16)
- ▶ cumulative risks (p. 18)
- ▶ prevention (p. 18)
- ▶ abstinence (p. 19)
- ▶ lifestyle factors (p. 20)

**LESSON 4****Promoting Health and Wellness****Key Concepts**

- ▶ Health education is the key to creating a healthier nation.
- ▶ The national health goals of *Healthy People* provide guidelines for promoting health and preventing disease.
- ▶ A health-literate person has the necessary skills to function in today's health promotion and disease prevention environment.

Vocabulary

- ▶ health education (p. 22)
- ▶ *Healthy People* (p. 22)
- ▶ health disparities (p. 23)
- ▶ health literacy (p. 25)



LESSON 1

Vocabulary Review

Use the vocabulary terms listed on page 27 to complete the following statements.

- _____ is the combination of physical, mental/emotional, and social well-being.
- _____ provides people with a deep-seated sense of meaning and purpose in life.
- A person with a balanced health triangle is said to have a high degree of _____.

Understanding Key Concepts

After reading the question or statement, select the correct answer.

- Which of the following is *not* an aspect of physical health?
 - Eating well and drinking water
 - Making and keeping friends
 - Being physically active
 - Getting enough sleep
- Which statement is true about a person who is in good social health?
 - She spends a lot of time alone.
 - She has few friends at school.
 - She may not be in good physical health.
 - She gets along with others.
- You are likely to move in a negative direction on the health continuum if
 - you engage in physical activity daily.
 - you accept responsibility for your health.
 - you fail to practice healthful behaviors.
 - you regularly eat a healthful diet.
- Which of the following is *not* true of someone with good mental/emotional health?
 - He dwells on negative thoughts.
 - He is not overwhelmed by life's frustrations.
 - He likes to try new challenges.
 - He can stand up for his beliefs when necessary.

Thinking Critically

After reading the question or statement, write a short answer using complete sentences.

- Describe.** What are some characteristics of a person with good mental/emotional health?
- Explain.** How can your health triangle become unbalanced, and how can this imbalance affect your health?
- Identify.** List specific actions that teens can take to improve their wellness.
- Explain.** How do your health behaviors affect your position on the health continuum?



LESSON 2

Vocabulary Review

Correct the sentences below by replacing the italicized term with the correct vocabulary term.

- Your *environment* consists of traits that are biologically passed on to you by your parents.
- A person's ethnicity, religion, and language are part of her *peers*.
- Technology* personalities may become our role models for how to behave.

Understanding Key Concepts

After reading the question or statement, select the correct answer.

- What technique can you use to locate valid health information on the Internet?
 - Find sites that are the most popular.
 - Use only sites belonging to manufacturers of health care products.
 - Locate sites that use .gov or .edu in their addresses.
 - All of the above



Assessment

16. Cultural influences on your health include
 - a. biologically inherited traits.
 - b. beliefs, customs, and behaviors.
 - c. the health continuum and triangle.
 - d. all of the above.
17. The media is a powerful influence because it
 - a. encourages teens to live healthy lives.
 - b. is constantly present.
 - c. provides healthy role models.
 - d. warns the audience of risk behaviors.

Thinking Critically

After reading the question or statement, write a short answer using complete sentences.

18. **Describe.** What are some ways that peers can influence your health both positively and negatively?
19. **Analyze.** Think about your own culture, including your ethnic background, spirituality, language, and community. What are some practices within your culture that influence your health?
20. **Describe.** What are some ways that your attitudes influence your health?



LESSON 3

Vocabulary Review

Choose the correct term in the sentences below.

21. *Risk behaviors/Prevention* means taking steps to keep something from happening or getting worse.
22. *Resiliency/Abstinence* is a deliberate decision to avoid high-risk behaviors.
23. *Cumulative/Serious* risks are risks that add up over time.

Understanding Key Concepts

After reading the question or statement, select the correct answer.

24. Which of the following statements is true?
 - a. Risk behaviors are illegal for everyone.
 - b. Risk behaviors can harm your health.
 - c. Most teens engage in risk behaviors.
 - d. There is no way to avoid risk behaviors.
25. A person who practices multiple risk behaviors at the same time is likely to
 - a. be unaware of what he is doing.
 - b. be a role model for his friends.
 - c. face more negative consequences.
 - d. show sound judgment.
26. Personal habits and behaviors that relate to the way a person lives are called
 - a. negative consequences.
 - b. risk participation.
 - c. health promotion.
 - d. lifestyle factors.



Thinking Critically

After reading the question or statement, write a short answer using complete sentences.

27. **Identify.** What are two risk behaviors that pose a threat to the health of teens today?
28. **Discuss.** How are teens' perceptions of risk behaviors influenced by what they believe others are doing?
29. **Synthesize.** What is abstinence, and what are the effects of practicing abstinence?

LESSON 4

Vocabulary Review

Use the vocabulary terms listed on page 27 to complete the following statements.

30. _____ empowers people to live healthfully and improve their quality of life.



Assessment

31. Health goals for the United States may be found in _____.
32. A person who lacks _____ finds it difficult to obtain, understand, and use valid health information.

Understanding Key Concepts

After reading the question or statement, select the correct answer.

33. Health education provides
 - a. medical health coverage.
 - b. accurate health information.
 - c. a wellness guarantee.
 - d. none of the above.
34. Experts think that poor health literacy influences a person's health more than
 - a. critical thinking and problem solving.
 - b. attitude, environment, and income.
 - c. education, income, and attitude.
 - d. age, income, and education.

Thinking Critically

After reading the question or statement, write a short answer using complete sentences.

35. **Explain.** Why is it a good investment for the United States to keep its citizens healthy?
36. **Evaluate.** What role does the individual play in helping the nation achieve the goals of *Healthy People*?
37. **Describe.** How can health education help the nation achieve the *Healthy People* goals?
38. **Analyze.** How does being a self-directed learner affect a person's health literacy?



Project-Based

ASSESSMENT

A Health Initiative

Background

Healthy People is an initiative set forth by the Department of Health and Human Services. The initiative establishes specific guidelines and goals that various people, states, communities, and professional organizations can use to improve the health of all Americans.

Task

Research the goals and guidelines of the initiative, and prepare an oral presentation that applies the guidelines to your school.

Audience

Students at your school

Purpose

Create a set of specific recommendations that can help the students in your school be healthier.

Procedure

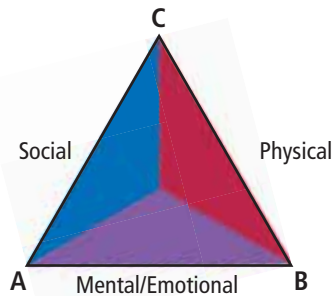
- 1 Review the information in Chapter 1 regarding general health and wellness.
- 2 With a small group of three to four students, develop a policy for improving school health and a script for an oral presentation.
- 3 Divide the main task into smaller tasks, including research, writing, and delivering the presentation.
- 4 After the research is complete, meet as a group to discuss the possible applications for your school of *Healthy People*.
- 5 Meet with an administrator to discuss what role the school can play in the initiative.
- 6 Create a formal policy and a presentation, sharing the policy with your school.



Standardized Test Practice

Math Practice

Analyze Geometric Properties. Read the passage, and use the equilateral triangle ABC to answer the questions.



Natalie is doing a report on the health triangle. She sketched a model, but now she needs to make a larger version on poster board so that everyone in the classroom can see it. In her sketch, side AC is 9.5 cm long. Natalie decides to make the triangle on the poster board 3.25 times larger than her scale model.

1. When Natalie finishes drawing the large triangle on the poster board, what will be the approximate measure of side BC? Round to the nearest centimeter.
2. Side AB of the health triangle measures $5x$. Side BC measures $x + 20$. Which of the following statements explains why the equation $5x = x + 20$ can be used to solve for x ?
 - A. The angle measures of an equilateral triangle are never equal.
 - B. Equilateral triangle have unequal sides.
 - C. All sides of an equilateral triangle are always equal.
 - D. Only two sides of an equilateral triangle are equal.
3. How might Natalie visually represent the health triangle of someone who neglects one or more aspects of health?



For more test practice, visit glencoe.com and complete the Online Quizzes for Chapter 1.

Reading/Writing Practice

Understand and Apply. Read the passage below, and then answer the questions.

(1) Veronica was late for her soccer game. (2) On her way to the field, she realized she had forgotten to pack her water bottle. (3) She did not think to get a drink from a nearby water fountain. (4) Near the end of the first half, Veronica's leg cramped up. (5) After resting and drinking a bottle of water, she began to feel better. (6) But her coach told her that she had become dehydrated and refused to let her back into the game. (7) Veronica hadn't even felt thirsty before she got the cramp. (8) Veronica didn't recognize you cannot count on thirst for knowing when you need water. (9) People can become dehydrated without feeling thirsty. (10) Before playing any sport, make sure you drink plenty of noncarbonated fluids.

1. Which sentence includes details that support the author's point of view?
 - A. Sentence 2
 - B. Sentence 7
 - C. Sentence 9
 - D. Sentence 10
2. How does the writer show that the purpose of this essay is to persuade?
 - A. The writer emphasizes the use of proper-fitting protective gear.
 - B. The writer contrasts the different types of soccer gear people use.
 - C. The writer explains that soccer's increasing popularity has led to more injuries.
 - D. The writer describes what happened to someone who did not drink enough water.
3. Write a paragraph explaining the importance of drinking plenty of water before, during, and after sports activities.

National Education Standards

Math: Number and Operations, Geometry
Language Arts: NCTE 1, NCTE 3, NCTE 4