**Making Healthy Decisions**

I. Health and Wellness

A. Health – Well being of your ­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, mind, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with others.

1. Quality of Life – Degree of overall \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a person gets from life.

2. Life Expectancy – How long a person will \_\_\_\_\_\_\_\_\_\_\_.

a. Improved due to Health care, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, working conditions, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

II. Aspects of Health

1. Health Triangle – Overall well being is based on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, mental/emotional, and \_\_\_\_\_\_\_\_\_\_\_\_ health.
2. Physical Health - Carry out everyday tasks with becoming overly \_\_\_\_\_\_\_\_\_\_\_\_\_.
3. DIET, \_\_\_\_\_\_\_\_\_\_\_\_, MEDICAL AND DENTAL CARE ARE IMPORTANT.
4. Mental Health
5. Your feelings about \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. FACING DAILY \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. DEAL WITH DAY TO DAY \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. Emotional Health
9. How you react to events in your \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
10. Sharing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with others.
11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. Social Health
13. How we get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with others.
14. Making new \_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. Keeping \_\_\_\_\_\_\_\_\_\_\_\_\_
16. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with others.

III. Health Continuum

A. Gradual progression through many \_\_\_\_\_\_\_\_\_\_\_\_\_ between one extreme to another.

B. Wellness

1. A Stat of \_\_\_\_\_\_\_\_\_\_\_ level of health.

a. Your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ affect your health continuum.

b. Disability – Physical or mental \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

c. Inherited Conditions – Unavoidable by child. (Muscular Dystrophy)

IV. Influences on Health

1. Factors
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ – Traits that are passed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from parent to child.

a. GENDER

2. Physical Environment – Anywhere you live, this can be \_\_\_\_\_\_\_\_\_\_\_\_\_ and outdoor.

3. Social Environment – People you spend time with like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. Culture - Beliefs passed from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Language, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and religion.

5. MEDIA

6. TECHNOLOGY

7. HEALTH CARE

8. Behavior

a. The decisions you make often have the greatest affect on your \_\_\_\_\_\_\_\_\_\_\_\_.

1. Habits – \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that becomes automatic.

V. Risk Factors

A. Action or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that increases the likelihood of \_\_\_\_\_\_\_\_\_\_\_\_\_\_, disease, or other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ outcome.

B. Controlled Risk Factors

1. You can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ risk factors related to your \_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Prevention –Taking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to avoid disease, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, and other negative health outcomes.

VI. Changing Health Behaviors

A. Awareness – Recognizing the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B. Knowledge – Finding facts.

C. Decision Making - Taking action

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – Standards and beliefs important to you

a. Guides for how you \_\_\_\_\_\_\_\_\_\_\_\_\_.

b. What you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is right and \_\_\_\_\_\_\_\_\_\_\_\_\_.

VII. The Decide Process

1. Define the \_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ alternatives

3. Consider the \_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Identify your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Decide and \_\_\_\_\_\_\_\_\_\_\_

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ the results