

Chapter 1: Assessing Your Health

Major Impediments to Academic Performance

- Stress
- Sleep difficulties
- Anxiety
- Cold/flu/sore throat
- Internet use/computer games
- Work
- Concern for friends/family members
- Depression
- Relationship difficulties
- Extracurricular Activities

Dimensions of Health

- Physical Health: body sizing and functioning
- Emotional Health: ability to express emotions, and maintain a level of self-confidence
- Spiritual Health: a sense of meaning or purpose to one's life (God, peace)
- Social Health: ability to network and interact with others (interpersonal networks we build)

- Intellectual Health: ability to think clearly and make responsible decisions
- Environmental Health: appreciation of one's external environment (clean air, food)

"Health is the sum of all the components"

Determinants/Influence of Health

- Physical Environment
- Social Environment
- Health Services (Access to quality healthcare, eye care, counseling, mental health services)
- Individual Behavior (physical activity/nutrition/drug use, etc.)
- Biology and Genetics (genetically inherited traits/conditions/disease dispositions, etc)
- Economic Factors (quality of education, affording nutritious food, clothes, medicine, as well as employment and financial stressors)
- The built environment (supermarkets, pollutants, sidewalks for safety, etc.)
- Policy Making (banning smoking, enforcing helmet use while riding motorcycles, mandatory vaccinations, etc.)

Health Disparities: preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health

- Certain ethnic, race, uninsured, underinsured, men and women, economic status, gay, lesbian, bisexual

Challenges of Health Disparities:

- Dramatic health disparities exist among people of certain racial and ethnic backgrounds
- The number of people uninsured or underinsured is large and growing
- Men and women experience major differences in rates of disease and disability

- Economic status can influence health
- Gay, lesbian, bisexual, or transgender individuals may lack social support and may be denied health benefits due to unrecognized marital status
- Disabled individuals may lack services that would enhance their life quality

Models of Behavior Change:

- The Health Belief Model: What beliefs affect behavior change (focus on individual)
 - o Developed by Rosenstock in 1966
 - o Health behavior change is more likely if:
 - There is a perceived seriousness to the health problem
 - There is a perceived susceptibility to the health problem
 - There are cues to action
 - o Perceived barriers hinder change

The Social Cognitive Model- focuses on outside individual

- Three factors interact in a reciprocal fashion to promote behavior change
 - o Social environment in which we live
 - o Our inner thoughts and feelings
 - o Our behaviors
- We change our behavior in part by observing models in our environment

Transtheoretical Model- 6 Steps: