

Chapter One

Invitation to Wellness

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- A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity
 - World Health Organization, 1948

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- the quality or state of being in good health especially as an actively sought goal.
 - lifestyles that promote *wellness*.
- Merriam-Webster online dictionary.*

Definition of Health Promotion

- **Health promotion** - proactive behavior to decrease the likelihood of illness (Hahn, 2002)
- Health promotion – “the science and art of helping people change their lifestyle to move toward a state of optimal health.” (O’Donnell, 1989).
 - Optimal health is defined as a balance of physical, emotional, social, spiritual, and intellectual health

Health Promotion & Wellness

Episodic
Medicine
vs.
Preventative
Medicine

Morbidity Rates
&
Mortality Rates

6 Dimensions of Health

Physical

Psychological

Spiritual

Social

Intellectual

Environmental

10 Leading Causes of Death United States 2002, All Races, Both Sexes

Cause of Death

- Heart Disease
- Cancer
- Cerebrovascular Disease
- COPD
- Accidents
- Diabetes mellitus
- Influenza & Pneumonia
- Alzheimer's Disease
- Nephritis
- Septicemia

Much of the illness in the U.S. is directly preventable.

- Over _____ of our nation's health expenditures are used for diagnosing and treating disease.
- **Preventable** illness responsible for _____ of burden of illness and associated costs.
- Leading causes of lifestyle-related death in U.S since 1990.
 1. Tobacco (400,000)
 2. Diet and activity patterns (300,000)
 3. Alcohol (100,000)

*Important Health and
Wellness Behaviors
What to Change
(students)*

*What to Change
(health professionals)*

MOST IMPORTANT FACTOR

The Longevity Quiz

- <http://www.livingto100.com/quiz.htm>