

CHAPTER 1:

Ecological Model of Health & Wellness:

- Individual Factors- sex, genetics, age & skills
- Interpersonal Factors- friends, family, coworkers, peers
- Community & Social Institutions- housing, health care access, education, employment, etc.
- Public Policy- National, State & Local Laws, CDC, Public Health Policy, Food & Drug Administration, etc.

Health: state of complete

- Mental
- Physical
- Emotional
- Spiritual

Wellness: process of adopting patterns of behavior that can lead to improved health & heightened life satisfaction

Public Health: discipline that focuses on health of populations of people rather than individuals.

- Health Promotion
- Disease Prevention

Health Belief Model:

- Perceived susceptibility
- Perceived seriousness of consequences
- Perceived benefits of the action
- Perceived barriers to taking action

Stages of Change Model:

1. Precontemplation: No motivation to change, may not realize you have a problem.
2. Contemplation: realize that you may have a problem, thinking about changing, looking for solutions, weighing pros & cons about change, believe that you can do it.
3. Preparation: making a plan for change, setting goals, look for tools to help support change, building skill set.

4. Action: actually doing and putting effort in better behavior, avoid environments or things that tempt you to go back to problem, lil rewards to encourage you to keep going.
5. Maintenance: new behavior for 6 months, doing things to prevent you from going back, this is a long stage, for some behaviors, lasting a lifetime!
6. Termination: new behavior has become major part of your life, no temptation to go back, 100% confidence that you will not go back.

**Was initially made for smoking but spread out for other addictions.

Social Determinants of Health: Societal conditions that affect health & can potentially be altered by social & health policies & programs.

**Ecological, social, cultural, physical conditions that contribute to or detract from the health of individuals & communities

Public Health: overall wellness of a population.

Culture: shared pattern of values, beliefs, language & customs within a group

Ethnicity: sense of identity individuals draw from a common ancestry, national, religious, tribal, language or cultural origin

Race: describes ethnic groups based on personal characteristics. Like skin color, facial features

Genetics:

Leading Causes of Death:

- In general Population:
 1. Heart Disease
 2. Cancer
 3. Chronic Low Respiratory
 4. Stroke
 5. Unintentional Injury
 6. Alzheimer's Disease
 7. Diabetes

- In age group 15-24:
 1. Accidents: motor vehicles & other
 2. Homicide
 3. Suicide
 4. Cancer
 5. Heart Disease

Health Disparities in Minority Populations:

- During the past 100 yrs medical technology has produced significant health gains in the general population except the minority populations.
- Many health problems are not due to race or color but social and economic conditions
- Reducing & eliminating these disparities is not only a critical challenge in the 21st century but a national health goal.

DNA & GENES:

- Chromosomes: tightly coiled molecules of DNA
- Allele: responsible for traits such as eye color
- Dominant: shown trait
- Recessive: hidden trait, requires 2 recessive alleles for trait to show
- Role of Mutations: Can be harmful, beneficial or neutral. Allow human diversity

Genetic Inheritance & Health:

- Single Gene Disorder: Autosome Dominant, Autosome Recessive, Sex-linked (X linked)
- Chromosomal Disorder: Extra chromosome, missing chromosome, additions, deletions, translocations. Ex: Down Syndrome (Mother is a HUGE contributor)
- Multifactorial Disorder: Conditions caused by interaction of genes and environment. Ex: Heart disease, cancer, obesity, schizophrenia, Depression/Bipolar Disorder, and Alzheimer's Disease

Family Health Tree: