

Health Chapter 4

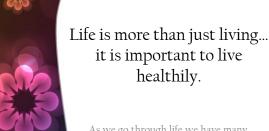
<u>Class Objectives</u> Factors that influence health:

- -Disease
- -Nutrition
- -Substance Abuse

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Bio-Psycho-Social Health Model

Health is best understood in terms of a combination of biological, psychological, and social factors

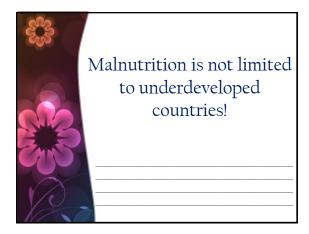


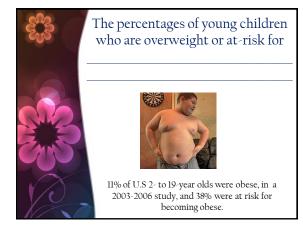
As we go through life we have many opportunities to engage in health-enhancing or health-compromising behaviors.

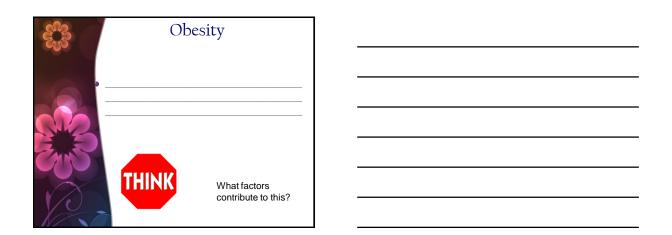
1	Children's Health
•	There are many important factors in children's health
•	Prevention of diseases and health problems

THINK	<u>Poverty</u>
ITIINK	• How does poverty effect health?
	•
VÕ,	Malnutrition causes poor resistance to disease









Turn off that TV!! The more time children spent watching television, One-third of children and adolescents watch 3 or more hours of television per day Lack of exercise 20% of US children participated in two or less vigorous physical activities per week



contribute to developing an inactive lifestyle

- Kids don't have a lot of good fitnessminded role models — less than 50 percent of Americans exercise 30 minutes a day, 5 days a week.
 - It's hard to be motivated without inspiration.



 Making them a reward may only make them more desirable, verbal praise is more effective.



Risks and Complications of Obesity	
 Increased risk of: Heart Disease Type II Diabetes High Blood Pressure Depression Anxiety Obsessive- compulsive disorder 	
Adolescents' Health	
• A recent study found that these two factors were linked to increased fruit and vegetable consumption by adolescents:	
SUS .	
Whether adolescents develop a health problem or become healthy depends on their own behavior	
• Improving adolescent health involves:	



Adolescent Girls and Weight Loss

• Intense concerns about their appearance and their weight may

an eating disorder that involves the relentless pursuit of thinness through starvation

an eating disorder in which the individual consistently follows a binge-purge eating pattern





Chronic Disorders and Osteoporosis

Most common chronic disorders

Women: arthritis, hypertension, and sinus problems

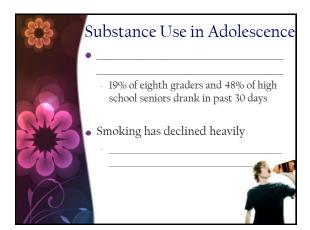
 $\underline{\textit{Men}}$: hypertension, arthritis, hearing impairments, and heart disease

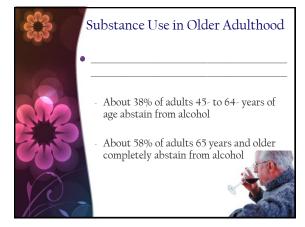


- Aging and exercise
 - Related to prevention of common chronic diseases
 - Associated with improvement in disease treatments
 - Effective in treatment/reduce risk of mental health problems
 - Linked to improved cognitive/brain functioning



Beside exercising, another important healthy practice is to avoid using substances







Next Class...Chapter 5

- Motor Development
 - Reflexes
 - Gross motor skills
 - Fine motor skills
- You will be responsible for the section on sensory and perceptual development on the exam.