


Health

Chapter 4


Class Objectives
Factors that influence health:

- Disease
- Nutrition
- Substance Abuse




Bio-Psycho-Social Health Model

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




Life is more than just living...
it is important to live
healthily.

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




Children's Health

- There are many important factors in children's health
- Prevention of diseases and health problems



Poverty

- How does poverty effect health?
- _____
- _____
- _____
- _____
- _____
- Malnutrition causes poor resistance to disease




Challenges to Physical Growth

There are two major problems concerning nutrition:

Malnutrition is not limited to underdeveloped countries!

The percentages of young children who are overweight or at-risk for



11% of U.S. 2- to 19-year olds were obese, in a 2003-2006 study, and 38% were at risk for becoming obese.

Obesity




What factors contribute to this?

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 fitness-minded 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.



www.foodfacts.info/blog

Risks and Complications of Obesity

- Increased risk of:
 - Heart Disease
 - Type II Diabetes
 - High Blood Pressure
 - _____
 - _____
- Increased risk of Emotional Problems
 - _____
 - _____
 - 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:
 - _____
 - _____

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



Aging Can Bring on New Health Problems

Chronic Disorders and Osteoporosis

- Most common chronic disorders

- Women: arthritis, hypertension, and sinus problems
- 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



Substance Use in Adolescence


- _____
- 19% of eighth graders and 48% of high school seniors drank in past 30 days
- Smoking has declined heavily
- _____






Substance Use in Older Adulthood

- _____
- About 38% of adults 45- to 64- years of age abstain from alcohol
- About 58% of adults 65 years and older completely abstain from alcohol





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.
