

Lesson 1.1

Key Terms Review

Multiple Choice: Write the letter that corresponds to the correct answer in the blank space.

- | | |
|--|--|
| <p>_____ 1. Which of the following refers to a healthy balance of physical, emotional, intellectual, and social health?</p> <p>A. well-being
B. optimal health
C. wellness
D. disorder</p> <p>_____ 2. Which of the following does <i>not</i> describe a disorder?</p> <p>A. an abnormal physical condition
B. a condition that appears to have no single cause
C. a condition that has a single, specific, identified cause
D. an abnormal mental condition</p> <p>_____ 3. The flu and chicken pox are examples of _____.</p> <p>A. chronic diseases
B. acute diseases
C. disorders
D. all of the above</p> <p>_____ 4. Cancer, heart disease, and diabetes are examples of _____.</p> <p>A. chronic diseases
B. acute diseases
C. disorders
D. all of the above</p> | <p>_____ 5. On the health and wellness continuum, the opposite of disease and early death is _____.</p> <p>A. chronic disease
B. optimal health
C. disorder
D. acute disease</p> <p>_____ 6. What traits characterize people who are in a state of well-being?</p> <p>A. They feel safe.
B. They feel fulfilled.
C. They feel productive.
D. all of the above</p> <p>_____ 7. A disease indicator that is sensed by the sick person is called a(n) _____.</p> <p>A. sign
B. symptom
C. impairment
D. disorder</p> <p>_____ 8. An outward indicator of disease that can be detected and measured by other people is a(n) _____.</p> <p>A. sign
B. symptom
C. impairment
D. disorder</p> |
|--|--|

Matching: Match each description with the name of the dimension of health it describes. Write the letter corresponding to the answer in the blank space. One term will not be used.

- | | |
|---|---|
| <p>_____ 9. involves communication skills, relationships, and the ability to interact with others</p> <p>_____ 10. involves your body, including physical fitness and the ability to cope with everyday physical tasks</p> <p>_____ 11. involves your emotions, mood, outlook on life, and beliefs about yourself</p> <p>_____ 12. involves your ability to think clearly and critically, learn, and solve problems</p> | <p>A. emotional health
B. intellectual health
C. physical health
D. social health
E. optimal health</p> |
|---|---|

Lesson 1.1

The Four Dimensions of Health

The four dimensions of health—physical health, emotional health, intellectual health, and social health—are interrelated. A change in the state of one dimension often affects the other dimensions. In the boxes following each scenario, write the effects of the scenario on each dimension of the person’s health.

1. Jermaine and his girlfriend split up. In the weeks following the breakup, Jermaine pulls away from his friends and his family. He spends hours alone in his room. He has problems sleeping through the night and often oversleeps. As a result, he regularly skips breakfast. He has trouble concentrating in class and does poorly on his midterm exams. To make things worse, he picks up a cold, followed by the flu.

Physical Health	Emotional Health
Intellectual Health	Social Health

2. Near the end of her senior year, Melanie is diagnosed with mononucleosis, a viral infection characterized by fatigue, sore throat, fever, and swollen lymph nodes. People with this illness can sometimes develop more serious medical problems. Melanie’s doctor prescribes weeks of bed rest. Melanie can’t go to school, play sports, appear in the school play, or attend some graduation parties she was looking forward to. The doctor says it may be several months before Melanie feels normal again. After several days, Melanie feels increasingly sad and upset and falls into depression.

Physical Health	Emotional Health
Intellectual Health	Social Health

3. Jeremy often feels jittery and unfocused. As a result, he has a hard time concentrating in class, and his teachers get annoyed with him. Jeremy has a hard time keeping up in class, which makes him feel bad about himself. Jeremy begins to drink alcohol in the attempt to cope with his negative feelings. After drinking one night, Jeremy is biking home when he runs a stop sign and gets knocked over by a car. He suffers a broken leg and collarbone.

Physical Health	Emotional Health
Intellectual Health	Social Health

Lesson 1.2

Finding Reliable Health Information

For this activity, you will find three sources of reliable information for each of the three topics listed below. You may use the sources of information given in Figure 1.6, "Health and Safety Information," or you may research your own sources. For each source, write the name of the organization and the title of the article or web page. If the source does not appear in Figure 1.6, list its website address as well. Do not use a source more than once.

Topic: Shin splints

- 1. A. Website #1 (name of organization) _____
- B. Title of article or web page _____
- 2. A. Website #2 (name of organization) _____
- B. Title of article or web page _____
- 3. A. Website #3 (name of organization) _____
- B. Title of article or web page _____

Topic: Alcohol poisoning

- 1. A. Website #1 (name of organization) _____
- B. Title of article or web page _____
- 2. A. Website #2 (name of organization) _____
- B. Title of article or web page _____
- 3. A. Website #3 (name of organization) _____
- B. Title of article or web page _____

Topic: Acne

- 1. A. Website #1 (name of organization) _____
- B. Title of article or web page _____
- 2. A. Website #2 (name of organization) _____
- B. Title of article or web page _____
- 3. A. Website #3 (name of organization) _____
- B. Title of article or web page _____

After compiling the above information about your sources, answer the following questions:

- 1. Of the three sources you chose for each topic, which sources were most reliable? How do you know?

- 2. Which sources provided the most interesting information? Write three facts you learned about each topic.

Lesson 1.2

Evaluating Health Information

Find an article that describes a research study and attach a copy of the article to this page. The article should describe a study that addresses a health and wellness topic; involves research on human subjects, not animals; and provides enough detail that you can answer the questions below.

1. What is the name of the publication or website in which the article appears? Does it qualify as a credible source? Why or why not? _____

2. Is information about the author(s) of the article given? If so, what is the name of the person or persons who wrote the article? What are the credentials and occupations of the author(s)?

3. Who conducted the research study, and what are the credentials of the researcher(s)? If little to no information about the researcher(s) is given, note that here. _____

4. Does the article indicate the organization, government agency, institution, or business that funded, or paid for, the research? Does the funding organization benefit in some way from the research findings? If so, explain. _____

5. What was the sample size of the study? How many people participated as research subjects? A small sample size is problematic. _____

6. How were participants selected? Were they chosen randomly? Studies based on subjects who were not randomly chosen can sometimes be problematic.

7. Did the researchers use a control group in addition to the study group participants? A control group would be a group of people who were not exposed to the conditions of the research study. Studies conducted without control groups are usually not as rigorous as those that use control groups.

8. Summarize the conclusions of the study, including any recommendations or health advice given in the article. _____

9. Does the article inspire you to make changes to your lifestyle and choices? Explain.

Lesson 1.3

Decision Making 101

Every day you make decisions that can affect your health and wellness. For example, you choose which foods to eat, how late you will stay up, who your friends are, and how you resolve conflicts with your parents or caregivers. Identify a health or wellness problem you are currently facing. Use the decision-making process to guide you in finding a solution and in putting the solution into action this week.

Step 1: Define the problem.

In the space below, briefly but accurately describe the problem you are facing.

Step 2: Explore alternatives.

List three possible solutions to the problem and the pros (advantages) and cons (disadvantages) of each alternative. Your possible solutions should contain steps or actions that you can realistically begin to take this week.

Solution 1:

Pros	Cons

Solution 2:

Pros	Cons

(Continued)

Name _____

Solution 3:

Pros	Cons

Step 3: Select the best alternative.

Choose one of the solutions you listed. Which solution did you choose? Why?

Step 4: Act on your decision.

Describe how you will act on your decision, and then take action. Afterward, explain how you acted on your decision and what happened or will happen as a result.

Step 5: Evaluate your decision.

Based on the consequences of your actions, do you think you made a good decision? Explain.

Lesson 1.3

Goal Setting 101

In this activity, you will set a goal for improving your health this week. Your goal should be specific, and you should realistically be able to achieve it within one week. For example, an unrealistic goal might be, "I will lose thirty pounds this week." A realistic goal might be, "I will run outside for thirty minutes each evening this week." After recording a specific and realistic goal in the chart below, list specific steps you can take to reach that goal. If you are uncertain what steps you can take, confer with your teacher. Then, each day this week, check off the steps you took toward completing your goal. At the end of the week, analyze the results of your efforts by answering the questions at the bottom of the page.

Goal for Better Health							
Set a goal. Your goal should be <i>specific, realistic, and achievable.</i>							
Steps	Sun	Mon	Tues	Wed	Thurs	Fri	Sat

1. What circumstances, people, or resources were helpful as you tried to achieve your goal?

2. What circumstances, people, or resources hindered your progress or became obstacles to the achievement of your goal?

3. Are you satisfied with the results of your efforts this week? Explain your answer.

4. Do you need to revise your goal or the steps you will take to reach it? If so, explain how.

Lesson 1.4

Communicating with Your Doctor

Communicating clearly and effectively with your healthcare providers is an important part of receiving good healthcare. In this exercise, you will partner with a classmate and act out a scene in which a patient visits his or her doctor about a health problem. One person in each pair will play the patient and the other will play the healthcare provider. Your classmates will evaluate how the patient communicates his or her problem and will suggest improvements.

As the Patient-Doctor Pair

Choose a health problem, such as a bad cold or a broken leg. On a separate sheet of paper or online, write a script in which a patient describes his or her problem to the doctor. The doctor can ask questions, if necessary, to obtain more information from the patient. You will act out this scene in front of the class.

As the Audience

While watching your classmates act out their scenes, answer the following questions for each pair.

1. Did the patient clearly describe his or her problem and symptoms? If not, what was unclear?

2. Were the patient's comments general or specific? If not, which points needed more detail?

3. Did the doctor have to ask follow-up questions to get more information?

4. Did the patient do a good job answering the doctor's questions? Why or why not?

5. Describe the body language of the patient and doctor during their interaction. What did the patient's body language convey?

6. Is there anything the patient could have done to improve the communication?

Chapter 1

Reading Practice

Reread the following passage from the textbook. Then answer the questions that follow.

A Continuum of Health

People often think of well-being as a dichotomy (one or the other)—you are either healthy or you are not. This is not, however, an accurate description of health. A person's health status normally lies somewhere between the extremes of poor and excellent. This range in health status is described as a *continuum*. Most people experience one or more problems that put their health status in the center of the wellness continuum.

Optimal health lies at one end of the continuum. Optimal health is not just the absence of disease. Optimal health is a state of superb health and wellness—excellent physical, emotional, intellectual, and social health. People want their health status to be at or near this end of the continuum.

At the other end of the continuum lies disease and premature death. The term *disease* describes an overall poor state of health in which people cannot function normally. As you'll learn, there are many types of diseases and disorders that can affect the body and the mind.

- _____ 1. Based on the context, what is the definition of the word *dichotomy*?
- | | |
|-----------------------------|---|
| A. a range in health status | C. a division of two groups or entities that are mutually exclusive |
| B. a person's health status | D. a state of superb health and wellness |
- _____ 2. Why is the range of health and wellness called a *continuum*?
- | | |
|---|--|
| A. A person is either wholly healthy or wholly unhealthy. | C. A person's health usually lies somewhere between premature death and optimal health and wellness. |
| B. It is impossible to achieve optimal health and wellness. | D. A person with optimal health and wellness will likely die prematurely. |
- _____ 3. Based on the context, what is the definition of the word *optimal*?
- | | |
|--------------------|-------------------------------------|
| A. least desirable | C. neither most nor least desirable |
| B. most desirable | D. the absence of disease |
- _____ 4. The health status of most people lies at what point on the continuum of health and wellness?
- | | |
|-----------------------------------|---|
| A. at disease and premature death | C. between optimal health and disease and premature death |
| B. at optimal health | D. outside of the continuum |
- _____ 5. Which of the following statements about disease is *not* true?
- | | |
|---|---|
| A. Disease is a state of health in which people cannot function normally. | C. Disease can affect the body and the mind. |
| B. Disease describes an overall optimal state of health. | D. Disease describes an overall poor state of health. |
- _____ 6. What is the main idea of the passage?
- | | |
|---|--|
| A. There are many types of diseases and disorders. | C. The health status of most people lies between the extremes of optimal and diseased. |
| B. People often think of well-being as a dichotomy. | D. Optimal health is not just the absence of disease. |

Chapter 1

Practice Test

Completion: Write the term that completes the statement in the space provided.

- The ability to locate, interpret, and apply information pertaining to your health is called health _____.
- _____ learning is the continuing pursuit of learning and studying throughout life.
- A _____ is someone who purchases goods and services.
- A 2010 law that expanded access to health insurance to more Americans and included a “Patient’s Bill of Rights” was the _____.
- The _____ division of the United States Department of Health and Human Services provides leadership, funding, and oversight of the healthcare system.

True/False: Indicate whether each statement below is true or false by circling either T or F.

- T F 6. A problem in one dimension of health will not affect other dimensions of health.
- T F 7. Reliable health information can usually be found on websites with URL stems of .gov, .edu, and .org.
- T F 8. The size or popularity of a newspaper or magazine is a good indicator of how much you can trust the information it provides.
- T F 9. Your actions can affect your health.
- T F 10. The healthcare field employs more people than any other type of business in the United States.

Multiple Choice: Write the letter that corresponds to the correct answer in the blank space.

- _____ 11. Which of the following is true about the theories and health claims resulting from pseudoscience?
- | | |
|---|---|
| A. They are based on experimentation and observation. | C. They cannot be repeated. |
| B. They are peer-reviewed. | D. They are verified by other scientists. |
- _____ 12. The health claim, “Use this product for one week and get rid of acne forever!” is an example of _____.
- | | |
|---------------------|------------------|
| A. health promotion | C. science |
| B. health literacy | D. pseudoscience |
- _____ 13. The _____ is a type of health insurance that only pays when the patient uses doctors and hospitals that are members of a network.
- | | |
|------------------------------------|------------------------------------|
| A. primary care system | C. life and disability system |
| B. health maintenance organization | D. preferred provider organization |
- _____ 14. A type of healthcare professional who can deliver primary care services, but who works under the supervision of physicians, is a(n) _____.
- | | |
|-----------------------|------------------------|
| A. osteopathic doctor | C. nurse |
| B. specialist | D. physician assistant |
- _____ 15. _____ is a type of government-funded health insurance for people who are 65 years of age and older.
- | | |
|----------------------------|--------------------|
| A. The Affordable Care Act | C. Medicaid |
| B. Medicare | D. Social Security |

Name _____

Matching: Match each medical or healthcare term to its definition by writing the letter of the term in the space provided.

- | | |
|--|---------------------------|
| _____ 16. hospital where patients reside overnight | A. deductible |
| _____ 17. regular fee paid in exchange for insurance services | B. diagnosis |
| _____ 18. medical provider who is extensively training in one or two areas of health | C. generic drug |
| _____ 19. recovery of function following surgery, disease, or injury | D. inpatient facility |
| _____ 20. identification of a disease, disorder, or disability | E. outpatient facility |
| _____ 21. use of medicine, surgery, counseling, or other therapy to deal with a condition | F. premium |
| _____ 22. healthcare establishment where patients receive diagnoses and care, but do not stay overnight | G. prevention |
| _____ 23. doctor who provides routine checkups and screenings | H. primary care physician |
| _____ 24. services for reducing potential causes of diseases, disorders, and injuries | I. rehabilitation |
| _____ 25. amount paid for healthcare services each year before a health insurance company begins to pay claims | J. specialist |
| | K. treatment |

Analyzing Data: Use the information provided to answer the following questions.

Real-World Healthcare

The Tanakas are a family of four with two teenage children. They have a preferred provider organization (PPO) health insurance plan. Their monthly premium for the plan is \$500. Their annual deductible is \$2,000.

26. How much do the Tanakas spend on health insurance premiums each year?
- _____
- _____
27. Suppose 17-year-old Susan Tanaka breaks her leg while skateboarding. The doctor bills, emergency room visit, X-rays, prescription drugs, and other expenses add up to \$700. It's early in the year and none of the family's deductible has been met. How much of the bill will be covered by the health insurance company? by the Tanakas?
- _____
- _____
28. Another plan is available to the Tanakas that charges a monthly premium of \$350. The other plan is a health maintenance organization (HMO) plan. Over one year, how much money would the Tanakas save if they switched to the HMO plan? What would be a disadvantage of changing plans?
- _____
- _____

Short Answer: On a separate piece of paper, answer the following questions using what you have learned in this chapter.

29. Explain the difference between science and pseudoscience.
30. List three actions that consumers can take to lower their healthcare costs.

