

Section 1-2

Practice**Role-Playing: Influences on Health**

Factors that influence health include heredity, environment, media, technology, healthcare, and behavior. Each factor can have a positive or negative influence on health. For example, television news programs can help you learn about health risks, but spending hours watching television can cause you to exercise less.

As a group, select one of the factors that influence health. Brainstorm a situation in which that factor could affect your health. Write a role-play about the situation. Use the spaces below to record your ideas. Then practice your role-play.

Factor: _____

Situation: _____

Overview of Role-Play:

Section 1-1

Enrich**Family Involvement: Quality of Life**

Quality of life is a subjective concept. It means different things to different people. One person might enjoy a life that is exciting and hectic, another person might want a life that is quiet and predictable. How do the members of your family define *quality of life*?

Interview family members about quality of life. What makes them feel happy and satisfied? Record their responses below. Use an extra sheet of paper if necessary.

Person 1: To me, quality of life depends on _____

Person 2: To me, quality of life depends on _____

Person 3: To me, quality of life depends on _____

Answer the questions below in the spaces provided.

1. Based on your interviews, list three characteristics that your family members would agree describe a high quality of life.

2. Do you agree with your family? If not, what would you choose instead?

3. List two actions you could take throughout your life to help ensure a high quality of life for yourself.

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Quiz

Write the letter of the correct answer in the space provided.

- _____ 1. What is life expectancy?
 - a. the ability to find enjoyment in life
 - b. the only factor used to evaluate health
 - c. the average age of people in a population
 - d. the number of years a person is likely to live
- _____ 2. The degree of overall satisfaction a person gets from life is called
 - a. quality of life.
 - b. quality of health.
 - c. life expectancy.
 - d. life satisfaction.
- _____ 3. Which aspect of health refers to how you react to events in your life?
 - a. emotional health
 - b. physical health
 - c. mental health
 - d. social health
- _____ 4. A trait associated with good social health is the ability to
 - a. learn from your mistakes.
 - b. get along well with others.
 - c. recognize your achievements.
 - d. do daily tasks without getting too tired.
- _____ 5. A person at the midpoint of the health continuum is
 - a. very ill.
 - b. perfectly well.
 - c. neither ill nor perfectly well.
 - d. unable to move on the continuum.

Decide whether each statement is true or false. Write true or false in the space provided.

- _____ 6. Health is the same as the absence of illness.
- _____ 7. Life expectancy in the United States today is 90 years.
- _____ 8. Physical health refers to how well your body functions.
- _____ 9. Physical health is more important than mental and emotional health.
- _____ 10. Your choices affect your position on the health continuum.

Section 1-2

Enrich**Family Involvement: Evaluating Health Risks**

You make decisions every day that can have short- or long-term consequences for your health. In most cases, you probably make a decision without thinking about the risks involved in a given situation.

Read the situations below and identify the health risk for each situation. Also, decide what you could do to reduce the risk. After you record your answers, discuss the situations and your responses with a parent or other trusted adult.

1. You are going to a party where you know people will be drinking alcohol.

2. You have a bad cold, but you don't want to miss school.

3. You are out with friends who choose to have lunch in a fast-food restaurant.

4. A person at school has been spreading false rumors about you, which is making you very angry.

Section 1-3

Quiz

Decide whether each statement is true or false. Write true or false in the space provided.

- _____ 1. A specific goal of *Healthy People 2010* is to increase seat belt use.
- _____ 2. The leading causes of death for young people are related to behaviors.
- _____ 3. Knowing how to locate a doctor is an example of making decisions.
- _____ 4. One of the steps in analyzing influences is to make an action plan.
- _____ 5. Health literacy is the ability to gather, understand, and use health knowledge.

Write the letter of the correct answer in the space provided.

- _____ 6. What does the term *prevention* mean?
 - a. increasing years of healthy life
 - b. eliminating differences in health
 - c. being productive at school and work
 - d. acting to avoid negative health outcomes
- _____ 7. What is an example of gaining awareness about a health problem?
 - a. having your blood pressure measured during a medical checkup
 - b. reading about the effects of high blood pressure
 - c. taking medication to lower blood pressure
 - d. communicating the dangers of high blood pressure to others
- _____ 8. Figuring out why you choose to eat certain foods is an example of
 - a. accessing information.
 - b. analyzing influences.
 - c. making decisions.
 - d. communicating.
- _____ 9. In the DECIDE process, the letter I stands for Identify your
 - a. values.
 - b. results.
 - c. actions.
 - d. decisions.
- _____ 10. How is communication generally used in advocacy?
 - a. to gather and understand health information
 - b. to make a plan for breaking an unhealthy habit
 - c. to practice new behaviors until they become habits
 - d. to influence others in making positive health decisions

Section 1-3

Enrich**Community Involvement: Healthy Behaviors**

Behavior can have a major impact on health. How healthy are the behaviors of people in your community? Do community members practice behaviors that improve their health or behaviors that put their health at risk?

Ask five people of different ages from your community to respond to the questions below. Use the following scale for responses: 1 = always, 2 = sometimes, and 3 = never.

Community Health Survey					
Questions	Person 1	Person 2	Person 3	Person 4	Person 5
Do you exercise at least three times a week?					
Do you wear a seat belt when in a motor vehicle?					
Do you avoid smoking or chewing tobacco?					
Do you avoid foods that are high in fat?					
Do you make time to rest and relax each day?					
Do you share your feelings with family or friends?					

Answer the following questions in the spaces provided.

1. In which areas could the people surveyed practice healthier behaviors?

2. Based on your answer to Question 1, what services or programs might your community offer to help community members improve their health?
