Shaping Your Health

- **Health** – being sound in mind, body, and spirit
- **Wellness** – deliberate lifestyle choice to move toward optimal health
6 Dimensions of Health

- Intellectual
- Physical
- Environmental
- Emotional
- Social
- Spiritual
Student Health

• Top 10 Health Problems on Campus

- Back pain: 47%
- Allergy: 46%
- Sinus infection: 29%
- Depression: 18%
- Strep throat: 13%
- Anxiety: 12%
- Asthma: 11%
- Ear infection: 9%
- Bronchitis: 8%
- Seasonal Affective Disorder (SAD): 8%
Prevention vs. Protection

- Prevention
- Protection
Personalizing Your Health Care

- Know your family health history
- Create a medical family tree

(https://familyhistory.hhs.gov/fhh-web/home.action)
• Personal DNA Testing Services
  - Purchase kit
  - Send in saliva sample and $250 - $1000
  - Receive risk report for approx. 100 diseases and traits
**Gender Matters!**

<table>
<thead>
<tr>
<th><strong>He:</strong></th>
<th><strong>She:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• averages 12 breaths a minute</td>
<td>• averages 9 breaths a minute</td>
</tr>
<tr>
<td>• has lower core body temperature</td>
<td>• has higher core body temperature</td>
</tr>
<tr>
<td>• has a slower heart rate</td>
<td>• has a faster heart rate</td>
</tr>
<tr>
<td>• has more oxygen-rich hemoglobin in his blood</td>
<td>• has higher levels of protective immunoglobulin in her blood</td>
</tr>
<tr>
<td>• is more sensitive to sound</td>
<td>• is more sensitive to light</td>
</tr>
<tr>
<td>• produces twice as much saliva</td>
<td>• takes twice as long to process food</td>
</tr>
<tr>
<td>• has a 10 percent larger brain</td>
<td>• has more neurons in certain brain regions</td>
</tr>
<tr>
<td>• is 10 times more likely to have attention deficit disorder</td>
<td>• is twice as likely to have an eating disorder</td>
</tr>
<tr>
<td>• as a teen, has an attention span of 5 minutes</td>
<td>• as a teen, has an attention span of 20 minutes</td>
</tr>
<tr>
<td>• is more likely to be physically active</td>
<td>• is more likely to be overweight</td>
</tr>
<tr>
<td>• is more prone to lethal diseases, including heart attacks, cancer, and liver failure</td>
<td>• is more vulnerable to chronic diseases, like arthritis and autoimmune disorders, and age-related conditions like osteoporosis</td>
</tr>
<tr>
<td>• is five times more likely to become an alcoholic</td>
<td>• is twice as likely to develop depression</td>
</tr>
<tr>
<td>• has a life expectancy of 75.2 years</td>
<td>• has a life expectancy of 80.4 years</td>
</tr>
</tbody>
</table>

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• Race Matters!
(Office of Minority Health: www.cdc.gov/omhd)
Making Healthy Changes

- Factors that shape positive behavior
Stages of Change

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Termination
The most important steps...

- “Decisional Balance” (weigh the pros and cons)
- Identify cues and avoid them
- Make a commitment
- Use reinforcements (especially small, regular rewards)
Making Healthy Changes

- Think about ALL SIX of the dimensions of health and list changes (small or large) that one could make in their life to improve each of those aspects of health. (List a MINIMUM of 5 potential changes for each dimension of health).