An Invitation to Health

The Power of Now

Slideshow Prepared by:
Richard C. Krejci, Ph.D.
Professor of Public Health
1.15.16
Chapter Objectives

Define health and wellness.

Identify each of the six dimensions of health and describe how they relate to total wellness.

Describe how poverty, race, and gender contribute to health disparities in the U.S.

List guidelines for evaluating websites that provide health information.

Outline the national health objectives in Healthy People 2020.

Describe the five stages in the transtheoretical model of change and apply it to a lifestyle behavior you want to change.
Why Learn More About Personal and Public Health?


- We do not have a health care system – we have a disease management system

- Today, we are not even in the top 20 countries in the world for live expectancy

- Medical costs are totally out of control

- We are mortgaging our future as we spend far too much on medical care.

- The key is education, awareness, promotion of healthy lifestyles, and prevention of chronic diseases and conditions.
  - This is why a course similar to PUBH 261 exists in most colleges and universities.
Health and Wellness

**Wellness**
- Purposeful, enjoyable living or lifestyle.
- A deliberate lifestyle choice characterized by personal responsibility and optimal enhancement of physical, mental, and spiritual health.

**Health**
- Being sound in body, mind, and spirit.
- Not merely the absence of disease or infirmity, but a state of complete physical, mental, and social well-being.

“**Process**”

“**Product**”
Create Your Definition Of Health

Some characteristics of health

- Positive, optimistic outlook
- Sense of control, able to relax
- Energy and vitality
- Supportive social network
- Personally satisfying job or endeavor

How do you define being of sound of body, mind and spirit?
## Three Major Areas Of Health Disparity

<table>
<thead>
<tr>
<th>Area</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income Level</td>
<td>Primary reason for minority health disparities is poverty</td>
</tr>
<tr>
<td></td>
<td>Poor receive worse care</td>
</tr>
<tr>
<td>Race</td>
<td>Dramatic differences in disease, death rates and injury between races</td>
</tr>
<tr>
<td>Sex/Gender</td>
<td>May have greater impact than any other variable</td>
</tr>
<tr>
<td></td>
<td>Biological, social, behavioral factors and health habits differ between sexes</td>
</tr>
</tbody>
</table>
The Integration of the Six Dimensions of Health

Integration of health dimensions means that each dimension will have a direct (or indirect) impact on others. It is impossible for one to reach a high level of personal health without giving full consideration to each dimension.

## The Six Dimensions of Health

<table>
<thead>
<tr>
<th>Physical Health</th>
<th>Good physical fitness and confidence in one’s personal ability to take care of health problems.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spiritual Health</td>
<td>Having a purpose for life; learn how to experience love, joy, peace, and fulfillment; experience altruism.</td>
</tr>
</tbody>
</table>
# The Six Dimensions of Health

<table>
<thead>
<tr>
<th><strong>Environmental Health</strong></th>
<th>The impact your world has on your well-being – protection and preservation.</th>
</tr>
</thead>
</table>

| **Intellectual Health**   | The ability to think and learn from life experiences; be open to new ideas; and to question and evaluate information. |
## The Six Dimensions of Health

<table>
<thead>
<tr>
<th><strong>Psychological Health</strong></th>
<th>Psychological health refers to both our emotional and mental states – that is, to our feelings and our thoughts.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Social Health</strong></td>
<td>The ability to interact effectively with other people and the social environment, to develop satisfying interpersonal relationships, and to fulfill social roles.</td>
</tr>
</tbody>
</table>
The Wellness-Illness Continuum

Premature death | Neglect | Education/Awareness | Optimal health and wellness

Illness | Symptoms | Average health | Emotional growth | Zest for life

Optimal health and wellness
Healthy People 2020

• Every decade the Federal Government identifies the most significant preventable threats to health and creates leading indicators that assess the health of Americans.

• Healthy People 2020 is the prevention agenda for the nation.

  1\text{st} \ Goal

To help individuals of all ages increase life expectancy \textit{and} improve their quality of life.

  2\text{nd} \ Goal

To eliminate health disparities among different segments of the population.
Specific Goals of Healthy People 2020

Reduce the Prevalence of Cigarette Smoking

Reduce the Number of New Cancer Cases

Promote the Health of People with Disabilities

Reduce Foodborne Illnesses

Reduce the Proportion of Obese Children

Reduce the Use of Illegal Substances

Reduce the Incidence of Binge Drinking


New Recommendations for 2020

• Prevent inappropriate weight gain
• Increase smoking cessation success
• Reduce the incidence of STDs
• Reduce the misuse of prescription drugs
• Increase cardiovascular health and fitness
• Reduce sports and recreation injuries.
Preventing Health Problems & Staying Healthy

• **Prevention**
  - Information and support offered to help healthy people identify their health risks, reduce stressors, prevent potential medical problems, and enhance their well-being.

• **Protection**
  - Measures that an individual can take when participating in risky behavior or prevent injury and unwanted risks.

• **Understanding the Behaviors That Carry High Risks**
Medical Claims Can Be Misleading

Evaluate claims by asking questions: 

- Who are the scientists involved?
- Where did they report their findings?
- Is information a testimonial?
- Are ‘amazing, secret, or quick’ used?
- Are they trying to sell something?
How Do Undergraduate Students Rate Their Health?

<table>
<thead>
<tr>
<th></th>
<th>All</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical health</td>
<td>52%</td>
<td>64%</td>
<td>43%</td>
</tr>
<tr>
<td>Emotional health</td>
<td>51%</td>
<td>57%</td>
<td>46%</td>
</tr>
<tr>
<td>Self-confidence (intellectual)</td>
<td>58%</td>
<td>66%</td>
<td>50%</td>
</tr>
<tr>
<td>Self-confidence (social)</td>
<td>49%</td>
<td>54%</td>
<td>46%</td>
</tr>
<tr>
<td>Self-understanding</td>
<td>51%</td>
<td>56%</td>
<td>48%</td>
</tr>
<tr>
<td>Spirituality</td>
<td>37%</td>
<td>35%</td>
<td>38%</td>
</tr>
</tbody>
</table>

Based on a national survey of 289,452 students at 440 colleges and universities.


Are women less healthy or are they more critical of their health?
Health-Related Impediments to Academic Performance

- Stress: 32%
- Cold/flu/sore throat: 25%
- Sleep difficulties: 24%
- Concern about family/friends: 18%
- Relationship difficulties: 16%
- Depression/anxiety: 15%
- Internet use/games: 12%
- Sinus infection: 9%
- Death of friend/relative: 9%
- Alcohol use: 8%

Sample size $n = 19,497$

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How are Males and Females Different?

**He:**
- averages 12 breaths a minute
- has lower core body temperature
- has a slower heart rate
- has more oxygen-rich hemoglobin in his blood
- is more sensitive to sound
- produces twice as much saliva
- has a 10 percent larger brain
- is 10 times more likely to have attention deficit disorder
- as a teen, has an attention span of 5 minutes
- is more likely to be physically active
- is more prone to lethal diseases, including heart attacks, cancer, and liver failure
- is five times more likely to become an alcoholic
- has a life expectancy of 75.2 years

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**She:**
- averages 9 breaths a minute
- has higher core body temperature
- has a faster heart rate
- has higher levels of protective immunoglobulin in her blood
- is more sensitive to light
- takes twice as long to process food
- has more neurons in certain brain regions
- is twice as likely to have an eating disorder
- as a teen, has an attention span of 20 minutes
- is more likely to be overweight
- is more vulnerable to chronic diseases, like arthritis and autoimmune disorders, and age-related conditions like osteoporosis
- is twice as likely to develop depression
- has a life expectancy of 80.4 years
<table>
<thead>
<tr>
<th>Who created it?</th>
<th>Student Health 101</th>
</tr>
</thead>
<tbody>
<tr>
<td>When was it last updated?</td>
<td></td>
</tr>
<tr>
<td>Are there references?</td>
<td></td>
</tr>
<tr>
<td>Is the author qualified?</td>
<td></td>
</tr>
<tr>
<td>Is there a potential bias?</td>
<td></td>
</tr>
</tbody>
</table>
## Does Race Affect One’s Health Risk?

<table>
<thead>
<tr>
<th></th>
<th><strong>African Americans</strong></th>
<th><strong>Whites</strong></th>
<th><strong>Latinos Living in the U.S.</strong></th>
<th><strong>Women of Filipino, Hawaiian, Indian, Pakistani, Mexican, South and Central American and Puerto Rican Descent</strong></th>
<th><strong>Native Americans</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Infant Mortality Rate</strong></td>
<td>↑</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Life Expectancy</strong></td>
<td>-5 years</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>High Blood Pressure</strong></td>
<td>↑</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>Cancer (colon, rectal and prostate)</strong></td>
<td>↑</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>Eye complications of diabetes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>↑</td>
</tr>
<tr>
<td><strong>Late Stage Breast Cancer</strong></td>
<td></td>
<td></td>
<td></td>
<td>↑</td>
<td></td>
</tr>
<tr>
<td><strong>Osteoporosis, cystic fibrosis, skin cancer, and PKU</strong></td>
<td>↑</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Diabetes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>↑</td>
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</tbody>
</table>
The Top 10 Leading Causes of Death by Race

<table>
<thead>
<tr>
<th></th>
<th>Blacks</th>
<th>Whites</th>
<th>Hispanics</th>
<th>Asians/Pacific Islanders</th>
</tr>
</thead>
</table>


What are some of the similarities? Major differences?
What Can I Do to Improve My Health If My Racial Background Puts Me at Risk?

- Know as much as you can about your family’s medical history.
- Ask if you are at risk for any medical conditions or disorders based on your family history, racial, or ethnic background.
- Find out if there are screening tests that could determine your risks.
- Ask what steps you can take that may lower your vulnerability to disease.
- Bring someone else with you for support and to help you remember what you learn.
Factors That Shape Positive Behaviors

Positive Change in Health Behaviors Incorporates

Predisposing Factors
- Knowledge
- Attitudes
- Beliefs
- Values
- Perceptions

Enabling Factors
- Skills
- Resources
- Facilities
- Physical capabilities
- Mental capabilities

Reinforcing Factors
- Praise from others
- Rewards
- Encouragement
- Recognition
- Sense of achievement
The Transtheoretical Model of Change

Stages of Change

Processes of Change

Self-Efficacy

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Positive Behaviors to Adopt

- Independent Exerciser
- Choose Healthy Foods
- Weight Control
- Manage Stress
- Medical Check-ups
- Personal Safety Awareness
- Learn First Aid/CPR Skills
- Healthy Relationships/Safe Sex
- Environmental Sensitivity

Negative Behaviors to Eliminate

- Use of Tobacco Products
- High Fat/Cholesterol Diet
- Sugar Dominated Foods/Beverages
- Alcohol Abuse
- Drug Abuse
- Over-exposure to the Sun
- Worry/Procrastination
- Sedentary Lifestyle
Transtheoretical Model: The Six Stages of Lifestyle Change

- **Precontemplation**: Individuals have no intentions of making a change in the next six months.
- **Precontemplation**: Individuals have no intentions of making a change in the next six months.
- **Contemplation**: Individuals are aware they have a problem behavior and are considering changing within the next six months.
- **Preparation**: Individuals intend to change a problem behavior within the next month.
- **Action**: Individuals are modifying their behavior according to their plan but not consistently.
- **Maintenance**: Individuals have continued to work at changing their behavior and have avoided relapse for at least six months.
- **Adoption**: Often after two to five years behaviors can become so deeply ingrained that a person cannot imagine abandoning it.
The Transtheoretical Model can be a Model of Progression or a Model of Relapse Prevention
The Stages of Change and the Change Processes that Apply

- Precontemplation
  - Consciousness raising
  - Social liberation

- Contemplation
  - Emotional arousal
  - Self-reevaluation
  - Commitment

- Preparation

- Action
  - Rewards
  - Countering
  - Environmental control
  - Helping relationships

- Maintenance

- Termination
Steps for Modifying a Health Behavior

1. Identify area of change and behavior to modify.
2. Write a “SMART” long-term goal.
3. Determine your current stage of change.
4. Select a process relevant to the stage of change.
5. Develop a specific plan of action.
6. Determine a strategy for positive reinforcement.
7. Examine all possible resources as part of your support network.
“SMART” Goal Setting

To initiate a change in behavior, well-written goals are essential. Written goals should be:

- **Specific** short-term and long-term
- **Measurable**
- **Acceptable**
- **Realistic**
- **Time-specific**
Self-Efficacy and Locus of Control

**Locus of Control**
The sense of being in control of your life.

**Self-Efficacy**
The belief in your ability to change and cope with challenge.
The End

Slideshow was developed by:
Richard C. Krejci, Ph.D.
Professor of Public Health
Columbia College
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