Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_

Senior High Health

Health styles and Dimensions Guided Notes

**Health: Yesterday and Today:**

World Health Organization-1947 defined health as:

“the state of complete \_\_\_\_\_\_\_\_\_\_\_\_, mental, and \_\_\_\_\_\_\_\_\_\_well-being, not just the absence of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or infirmity.”

This was the first time health meant more than an \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of illness

**Defining Health and Wellness:**

Health: a \_\_\_\_\_\_\_\_\_\_\_\_\_, ever-changing process of achieving \_\_\_\_\_\_\_\_\_\_\_\_\_ potential in each of the following dimensions:

Physical

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emotional

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Spiritual

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Wellness: the achievement of the \_\_\_\_\_\_\_\_\_\_\_\_ level of health in each \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The 6 dimensions of Health:**

1. Physical: Includes body functioning, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Activities of Daily Living (ADL)
2. Intellectual: Ability to \_\_\_\_\_\_\_\_\_\_\_\_ clearly, \_\_\_\_\_\_\_\_\_\_\_\_\_\_objectively
3. Emotional: Self-efficacy and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Social: Ability to have satisfying \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Spiritual: Feeling as if part of a greater spectrum of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Environmental: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the external environment and one’s role in caring for it

**Health Styles: Car Care Styles:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Approach Drive it ‘til it breaks

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Approach Maintenance

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Approach True car-lover

**The Traditional Approach *(Drive it till it breaks)* Characteristics include:**

* Concerned only when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of illness or disease exist
* Relies on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for cure or treatment
* Evolved from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Disease Era
* Does not work well on contemporary problems such as \_\_\_\_\_\_\_\_\_\_\_\_\_, cancer, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The Preventative Approach *(Preventative Maintenance)* Characteristics include:**

* Focus on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to determine risk factors
* Works to reduce \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ to eliminate or minimize potential for disease
* Focus is more \_\_\_\_\_\_\_\_\_\_\_ or disease-oriented, with several "\_\_\_\_\_\_\_\_\_\_" and "\_\_\_\_\_\_\_\_\_\_\_\_\_\_" to avoid negative consequences

**The Wellness Approach *(True Car Lover)* Characteristics include:**

* Attempt to move the person from a neutral to a \_\_\_\_\_\_\_\_\_\_level of health
* Focus on signs of \_\_\_\_\_\_\_\_\_\_ rather than on signs of illness or \_\_\_\_\_\_\_\_\_\_\_
* Indicate the key to wellness is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Educate towards a \_\_\_\_\_\_\_\_\_\_\_\_\_\_in all health domains
* Establish a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ approach

**Health Characteristics:**

* Realistic sense of \_\_\_\_\_\_\_\_\_\_\_\_\_, accepts personal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Ability to \_\_\_\_\_\_\_\_\_\_\_\_\_, cry, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Maintains and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_friendships
* A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in all areas of life
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_for self and others