

1: INTRODUCTION TO HEALTH AND WELLNESS



Kelly Falcone
Palomar College

CHAPTER OVERVIEW

1: Introduction to Health and Wellness

- 1.1: Dimensions of Wellness
- 1.2: Healthy People 2020
- 1.3: Major Health Concerns
- 1.4: Risk Factors and Levels of Disease Prevention
- 1.5: Behavior Change and Goal Setting

This page titled [1: Introduction to Health and Wellness](#) is shared under a [CC BY-SA 4.0](#) license and was authored, remixed, and/or curated by [Kelly Falcone](#) via [source content](#) that was edited to the style and standards of the LibreTexts platform; a detailed edit history is available upon request.

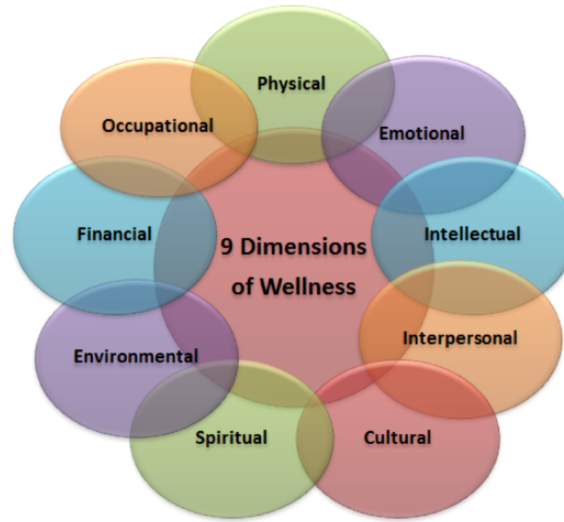
1.1: Dimensions of Wellness

What is Wellness?

Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being.

Remember that wellness is not just the absence of illness or stress. You can still strive for wellness even if you are experiencing these challenges in your life.

What are the Nine Dimensions of Wellness?



Learning about the Nine Dimensions of Wellness can help you choose how to make wellness a part of your everyday life. Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on your physical and mental health.

The Nine Dimensions of Wellness are:

1. **Emotional:** Coping effectively with life and expressing emotions in an appropriate manner.
2. **Environmental:** Occupying pleasant, healthy, and safe environments that support well-being; positively impacting the quality of our surroundings (including protecting and preserving nature).
3. **Financial:** Achieving satisfaction with current and future financial situations; handling finances wisely.
4. **Intellectual:** Recognizing creative abilities and finding ways to expand knowledge and skills; being open-minded.
5. **Occupational:** Personal fulfillment and enrichment from one's work and/or responsibilities.
6. **Physical:** Recognizing the need for physical activity, healthy foods, and adequate sleep; avoiding unhealthy habits.
7. **Social:** Developing a sense of connection, belonging, and sustained support system; having positive relationships.
8. **Spiritual:** Having a sense of purpose and meaning in life; establishing peace, harmony, and balance in our lives.
9. ***Cultural:** The way you interact with others who are different than you; understanding and celebrating our differences. (*recently added).

Learn more about the Eight Dimensions of Wellness (does not include Cultural wellness) by watching the video below:



<https://www.youtube.com/watch?v=tDzQdRvLafM>

Your Own Views on Health and Wellness

Reflect on the following questions:

- What does health mean to you?
- How important is health to you?
- What are some of your healthy habits?
- Which dimensions of wellness do you need to work on the most?

Contributors and Attributions

Public domain content

- Eight Dimensions of Wellness. **Authored by:** Substance Abuse and Mental Health Services Administration . **Provided by:** U.S. Department of Health and Human Services. **Located at:** <http://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>. **License:** *Public Domain: No Known Copyright*
- Video - The Eight Dimensions of Wellness. **Authored by:** SAMHSA. **Provided by:** U.S. Department of Health and Human Services. **Located at:** <https://www.youtube.com/watch?v=tDzQdRvLafM&feature=youtu.be>. **License:** *Public Domain: No Known Copyright*

This page titled [1.1: Dimensions of Wellness](#) is shared under a [CC BY-SA 4.0](#) license and was authored, remixed, and/or curated by [Kelly Falcone](#) via [source content](#) that was edited to the style and standards of the LibreTexts platform; a detailed edit history is available upon request.

1.2: Healthy People 2020

In December 2010, the Department of Health and Human Services launched Healthy People 2020, which has four overarching goals:



- Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death;
- Achieve health equity, eliminate disparities, and improve the health of all groups;
- Create social and physical environments that promote good health for all; and
- Promote quality of life, healthy development, and healthy behaviors across all life stages.

Healthy People 2020 tracks approximately 1,200 objectives organized into [42 topic areas](#), each of which represents an important public health area. At the time of the December 2010 launch 911 objectives were measurable with baseline data and established targets. A few objectives that have achieved high levels of success are being tracked without a target for informational purposes. Targets will be set during the decade for these objectives if warranted. The rest of the objectives did not have baseline data and were considered developmental. Targets for the developmental objectives will be set when baseline data become available. Healthy People 2020 also includes a new Foundation section which addresses several important health topics: General Health Status, Health-Related Quality of Life and Well-Being, [Determinants of Health](#), and [Disparities](#).

Contributors and Attributions

Public domain content

Healthy People 2020. **Authored by:** CDC/National Center for Health Statistics. **Provided by:** U.S. Department of Health and Human Services. **Located at:** http://www.cdc.gov/nchs/healthy_people/hp2020.htm. **License:** *Public Domain: No Known Copyright*

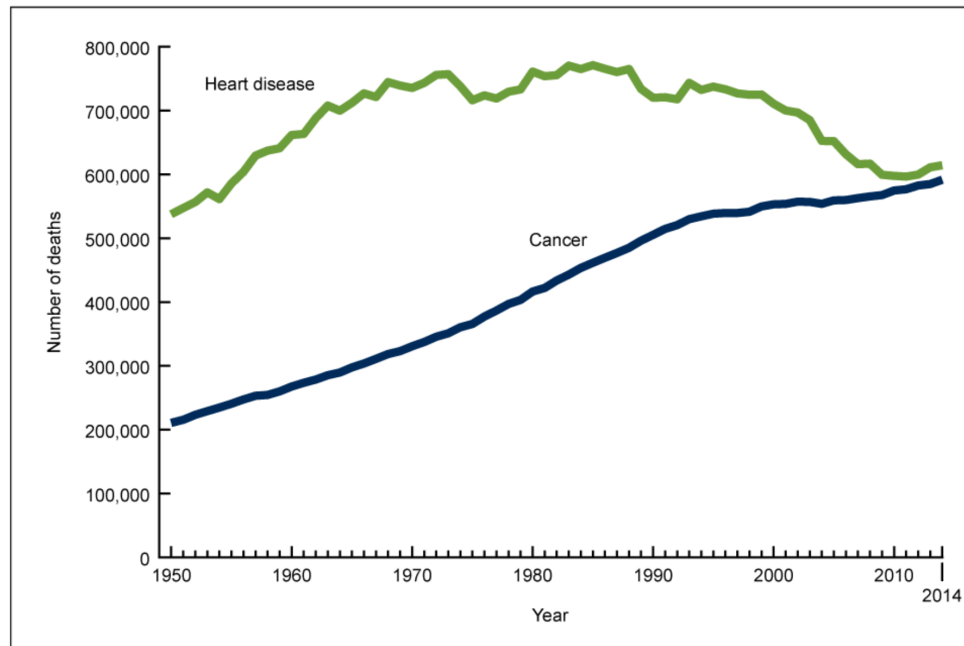
This page titled [1.2: Healthy People 2020](#) is shared under a [CC BY-SA 4.0](#) license and was authored, remixed, and/or curated by [Kelly Falcone](#) via [source content](#) that was edited to the style and standards of the LibreTexts platform; a detailed edit history is available upon request.

1.3: Major Health Concerns

Leading Causes of Death in the United States

Do you know what the top two leading causes of death are for Americans? Heart disease takes the number one spot, followed by cancer. As you can see by the graph below, cancer death rates have been steadily increasing throughout the years. What does this potentially mean for the future? Is cancer going to take over as the number one leading cause of death? It certainly appears to be headed in that direction.

Figure 1. Number of deaths due to heart disease and cancer: United States, 1950–2014



NOTES: Leading cause is based on number of deaths. Access data table for Figure 1 at: http://www.cdc.gov/nchs/data/databriefs/db254_table.pdf#1.
SOURCE: NCHS, National Vital Statistics System, Mortality.

The 10 Leading Causes of Death in the United States:

1. Heart disease: 614,348
2. Cancer: 591,699
3. Chronic lower respiratory diseases: 147,101
4. Accidents (unintentional injuries): 136,053
5. Stroke (cerebrovascular diseases): 133,103
6. Alzheimer's disease: 93,541
7. Diabetes: 76,488
8. Influenza and Pneumonia: 55,227
9. Nephritis, nephrotic syndrome and nephrosis: 48,146
10. Intentional self-harm (suicide): 42,773

CDC Winnable Battles

To keep pace with emerging public health challenges and to address the leading causes of death and disability, CDC initiated an effort called Winnable Battles to achieve measurable impact quickly. Winnable Battles are public health priorities with large-scale impact on health and known effective strategies to address them. By identifying priority strategies, defining clear targets and working closely with our public health partners, we are making significant progress in reducing health disparities and the overall health burden from these diseases and conditions.

Contributors and Attributions

Public domain content

- Leading Causes of Death. **Authored by:** Centers for Disease Control and Prevention. **Located at:** <http://www.cdc.gov/nchs/fastats/deaths.htm>. **License:** *Public Domain: No Known Copyright*
 - Winnable Battles. **Authored by:** Centers for Disease Control and Prevention. **Located at:** <http://www.cdc.gov/winnablebattles/>. **License:** *Public Domain: No Known Copyright*
-

This page titled [1.3: Major Health Concerns](#) is shared under a [CC BY-SA 4.0](#) license and was authored, remixed, and/or curated by [Kelly Falcone](#) via [source content](#) that was edited to the style and standards of the LibreTexts platform; a detailed edit history is available upon request.

1.4: Risk Factors and Levels of Disease Prevention

What is a Risk Factor?

Part of learning how to take charge of your health requires understanding your risk factors for different diseases. Risk factors are things in your life that increase your chances of getting a certain disease. Some risk factors are beyond your control. You may be born with them or exposed to them through no fault of your own.

Some risk factors that you have little or no control over include your:

- Family history of a disease
- Sex/gender — male or female
- Ancestry

Some risk factors you can control include:

- What you eat
- How much physical activity you get
- Whether you use tobacco
- How much alcohol you drink
- Whether you misuse drugs

In fact, it has been estimated that almost 35 percent of all U.S. early deaths in 2000 could have been avoided by changing just three behaviors:

- Stopping smoking
- Eating a healthy diet (for example, eating more fruits and vegetables and less red meat)
- Getting more physical activity

You can have one risk factor for a disease or you can have many. The more risk factors you have, the more likely you are to get the disease. For example, if you eat healthy, exercise on a regular basis, and control your blood pressure, your chances of getting heart disease are less than if you are diabetic, a smoker, and inactive. To lower your risks, take small steps toward engaging in a healthy lifestyle, and you'll see big rewards.

People with a family health history of chronic disease may have the most to gain from making lifestyle changes. You can't change your genes, but you can change behaviors that affect your health, such as smoking, inactivity, and poor eating habits. In many cases, making these changes can reduce your risk of disease even if the disease runs in your family. Another change you can make is to have screening tests, such as mammograms and colorectal cancer screening. These screening tests help detect disease early. People who have a family health history of a chronic disease may benefit the most from screening tests that look for risk factors or early signs of disease. Finding disease early, before symptoms appear, can mean better health in the long run.

Levels of Disease Prevention

Prevention includes a wide range of activities — known as “interventions” — aimed at reducing risks or threats to health. You may have heard researchers and health experts talk about three categories of prevention: primary, secondary and tertiary. What do they mean by these terms?

Primary prevention aims to prevent disease or injury before it ever occurs. This is done by preventing exposures to hazards that cause disease or injury, altering unhealthy or unsafe behaviors that can lead to disease or injury, and increasing resistance to disease or injury should exposure occur. Examples include:

- legislation and enforcement to ban or control the use of hazardous products (e.g. asbestos) or to mandate safe and healthy practices (e.g. use of seatbelts and bike helmets)
- education about healthy and safe habits (e.g. eating well, exercising regularly, not smoking)
- immunization against infectious diseases.

Secondary prevention aims to reduce the impact of a disease or injury that has already occurred. This is done by detecting and treating disease or injury as soon as possible to halt or slow its progress, encouraging personal strategies to prevent reinjury or recurrence, and implementing programs to return people to their original health and function to prevent long-term problems. Examples include:

- regular exams and screening tests to detect disease in its earliest stages (e.g. mammograms to detect breast cancer)
- daily, low-dose aspirins and/or diet and exercise programs to prevent further heart attacks or strokes
- suitably modified work so injured or ill workers can return safely to their jobs.

Tertiary prevention aims to soften the impact of an ongoing illness or injury that has lasting effects. This is done by helping people manage long-term, often-complex health problems and injuries (e.g. chronic diseases, permanent impairments) in order to improve as much as possible their ability to function, their quality of life and their life expectancy. Examples include:

- cardiac or stroke rehabilitation programs, chronic disease management programs (e.g. for diabetes, arthritis, depression, etc.)
- support groups that allow members to share strategies for living well
- vocational rehabilitation programs to retrain workers for new jobs when they have recovered as much as possible.

Contributors and Attributions

CC licensed content, Shared previously

- Disease Prevention. **Authored by:** Institute for Work & Health. **Located at:** <https://www.iwh.on.ca/wrmb/primary-secondary-and-tertiary-prevention>. **License:** *CC BY-NC-ND: Attribution-NonCommercial-NoDerivatives*

Public domain content

- Risk Factors. **Authored by:** womenshealth.gov. **Provided by:** U.S. Department of Health and Human Services, Office on Women's Health. **Located at:** www.womenshealth.gov/files/a...th-english.pdf. **License:** *Public Domain: No Known Copyright*

This page titled [1.4: Risk Factors and Levels of Disease Prevention](#) is shared under a [CC BY-SA 4.0](#) license and was authored, remixed, and/or curated by [Kelly Falcone](#) via [source content](#) that was edited to the style and standards of the LibreTexts platform; a detailed edit history is available upon request.

1.5: Behavior Change and Goal Setting

Transtheoretical Model (Stages of Change)

The transtheoretical model of behavior change, developed by Prochaska and DiClemente, assesses an individual's readiness to implement a healthier behavior, and provides insight into the decision making process that leads to action. For many people, changing or modifying a behavior that is unhealthy or potentially harmful can be quite challenging. Here are the stages that lead to behavior change:

- **Precontemplation (Not Ready)** – You are not intending to take action in the foreseeable future, and can be unaware that your behavior is problematic
- **Contemplation (Getting Ready)** – You are beginning to recognize that your behavior is problematic, and start to look at the pros and cons of your continued actions
- **Preparation (Ready)** – You are intending to take action in the immediate future, and may begin taking small steps toward behavior change
- **Action** – You are making actual changes to your problem behavior by incorporating healthy choices/behaviors into your life
- **Maintenance** – You have been able to sustain action for at least six months and are working to prevent relapse into previous unhealthy behaviors

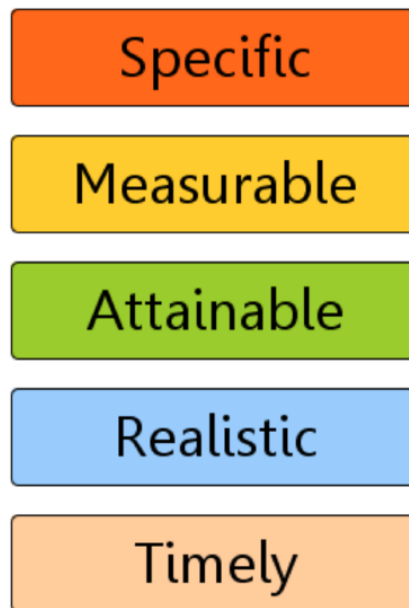
Check out this supplemental video to review the main concepts of the Transtheoretical Model:



YouTube Video: Improve Your Life Using the Stages of Change (Transtheoretical) Model - Dr Wendy Guess
(<https://www.youtube.com/watch?v=Twlow2pXsv0>)

SMART Goal Setting

Have you ever said to yourself that you need to “eat healthier” or “exercise more” to improve your overall health? How well did that work for you? In most cases, probably not very well. That’s because these statements are too vague and do not give us any direction for what truly needs to be done to achieve such goals. To have a better chance at being successful, try using the SMART acronym for setting your goals (S= Specific, M= Measurable, A=Attainable, R= Realistic, T= Time-oriented):



Specific – Create a goal that has a focused and clear path for what you actually need to do. Examples:

- I will drink 8 ounces of water 3 times per day
- I will walk briskly for 30 minutes, 5 times per week
- I will reduce my soda intake to no more than 2 cans of soda per week

Do you see how that is more helpful than just saying you will eat healthier or exercise more? It gives you direction.

Measurable – This enables you to track your progress, and ties in with the “specific” component. The above examples all have actual numbers associated with the behavior change that let you know whether or not it has been met.

Attainable – Make sure that your goal is within your capabilities and not too far out of reach. For example, if you have not been physically active for a number of years, it would be highly unlikely that you would be able to achieve a goal of running a marathon within the next month.

Realistic – Try to ensure that your goal is something you will be able to continue doing and incorporate as part of your regular routine/lifestyle. For example, if you made a goal to kayak 2 times each week, but don’t have the financial resources to purchase or rent the equipment, no way to transport it, or are not close enough to a body of water in which to partake in kayaking, then this is not going to be feasible.

Time-oriented – Give yourself a target date or deadline in which the goal needs to be met. This will keep you on track and motivated to reach the goal, while also evaluating your progress.

Contributors and Attributions

CC licensed content, Shared previously

- Stages of Change. **Authored by:** Boundless. **Located at:** www.boundless.com/psychology...ors-324-12859/. **License:** [CC BY-SA: Attribution-ShareAlike](#)
- Goal Setting. **Authored by:** Boundless. **Located at:** www.boundless.com/management...oals-244-5338/. **License:** [CC BY-SA: Attribution-ShareAlike](#)

All rights reserved content

- Supplemental Video - Stages of Change. **Authored by:** Dr. Wendy Guess. **Located at:** <https://youtu.be/Twlow2pXsv0>. **License:** *Other*. **License Terms:** Standard YouTube License

This page titled [1.5: Behavior Change and Goal Setting](#) is shared under a [CC BY-SA 4.0](#) license and was authored, remixed, and/or curated by [Kelly Falcone](#) via [source content](#) that was edited to the style and standards of the LibreTexts platform; a detailed edit history is available upon

request.